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2017 EVENT CALENDARS INSIDE!

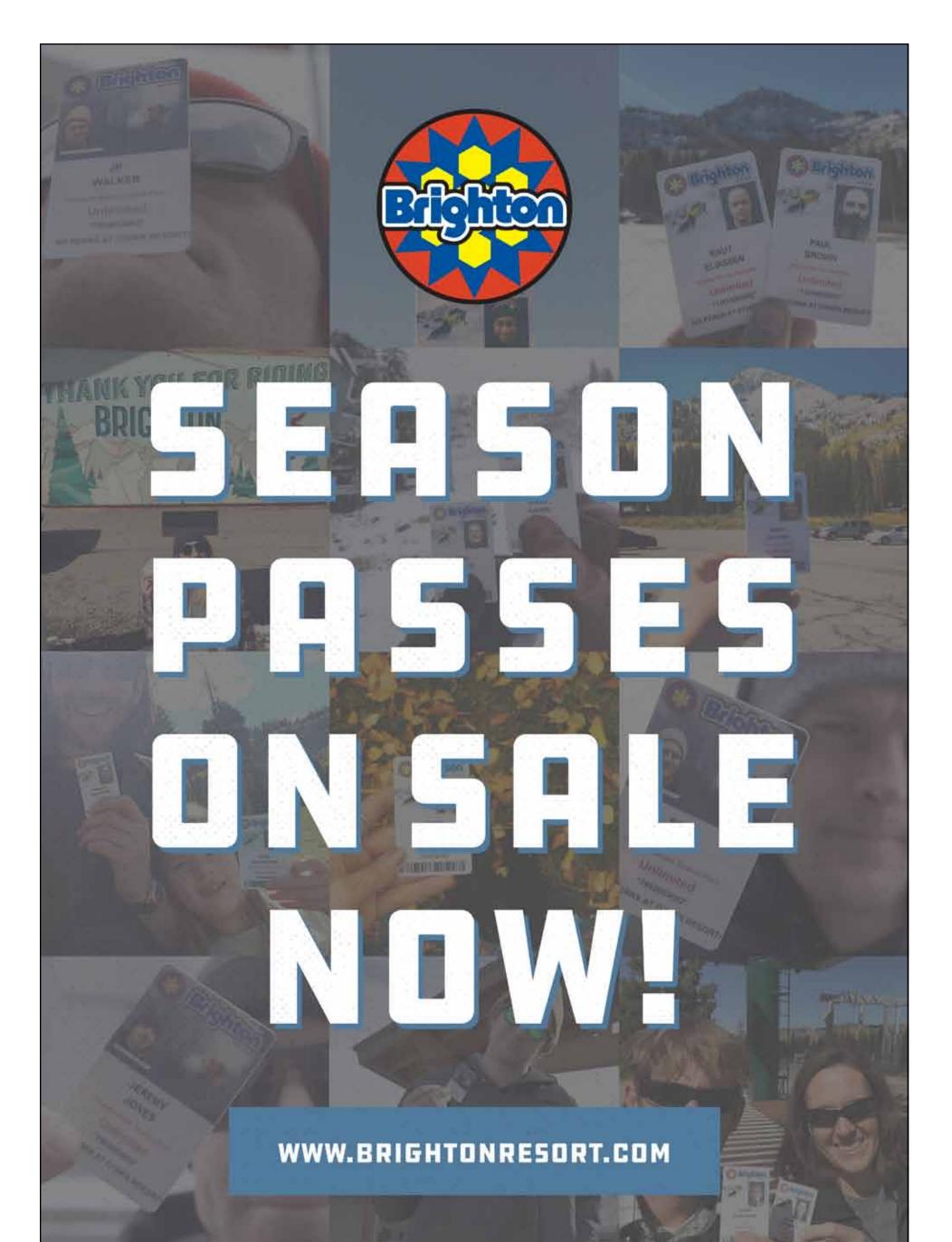
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CYCLING & THE MENSTRUAL CYCLE
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states!

Cover Photo: Tanner's Flat in

Little Cottonwood Canyon is the

place to be during the Queen Stage of the Tour of Utah. Photo

by Jason Porter, jasonporter-

photo.com

TOUR OF UTAH

Britton Wins 2017 Larry H. Miller Tour of Utah

UTAH

By Lyne Lamoureux

The 2017 Tour of Utah was held from July 31 to August 6. The 7 stage UCI Category 2.1 race brought top domestic and international teams to the Beehive state to compete for the overall title, stage wins, and jersey competitions. The following is a stage by stage recap of one of the top North American Stage Races.

This year's Tour of Utah featured 605 miles of racing and extended outside Utah (Bear Lake region of Idaho) for the third time in its 13-year history. The course offered a total of 36,525 feet of vertical gain for the week, solidifying the event as "America's Toughest Stage Race."

Ty Magner Sprints to the Win At Stage 1 of Tour of Utah

Holowesko Citadel Racing Team p/b Hincapie Sportswear's Tyler Magner (USA) sprinted to victory in a heated finish in downtown Logan to take the stage win and overall lead An emotional Rob Britton (Rally Cycling) lets out a cheer after winning the overall title of the 2017 Larry H. Miller Tour of Utah., 2017 LHM Tour of Utah. Photo by Dave Richards, daverphoto.com at the 2017 Larry H. Miller Tour of

LITAH

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UTAH

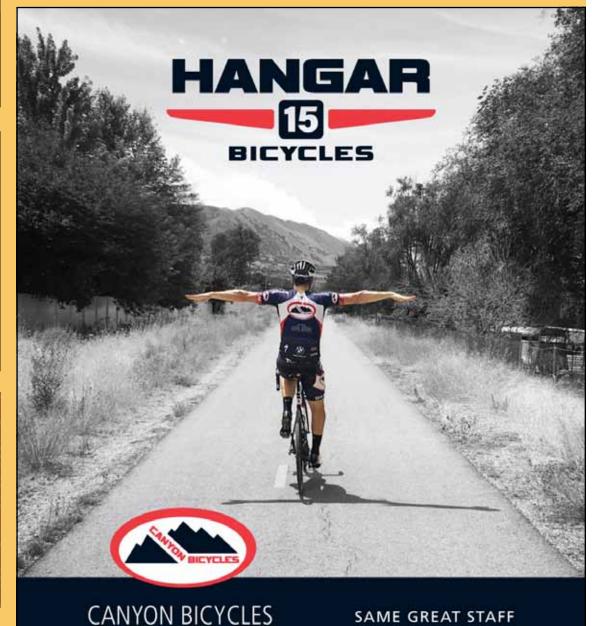
Utah. Magner covered the 132-mile course in four hours and 56 minutes.

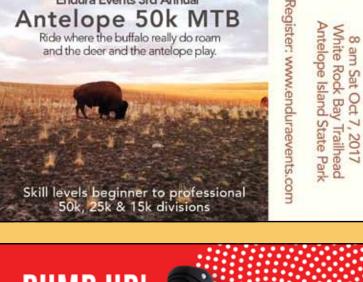
Magner opened his sprint early and held a tire-width margin for the victory on Stage 1 presented by America First Credit Union. Christopher Lawless (Great Britain) of Axeon Hagens Berman Cycling

Team and Travis McCabe (USA) of UnitedHealthcare Pro Cycling Team finished second and third, respectively, in a feverish bunch sprint.

"Our goal as Holowesko l Citadel was to get in the breakaway and put

Continued on page 16







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COMMUTER COLUMN

Kenny Freestone Tackles a 38-mile Commute with a Pedal-Assist Electric Bike



Kenny Freestone commutes 38 miles each day on his pedal-assist eBike. Photo by Jill Freestone

<u>By Jamie Morningstar</u>

Kenny Freestone is a Product Director at AncestryDNA. To balance out the inactivity of the of average desk job, Kenny started cycling to work over a decade ago. Kenny faced a new commuting challenge when AncestryDNA relocated to Lehi, about 20 miles from his house. He now uses a pedal-assist eBike to make his 38-mile daily cycle commute possible.

CW: What's your cycling background? When did you begin cycle commuting?

KF: I've enjoyed riding bikes for as long as I can remember. Since elementary school I have ridden both for fun and transportation. I remember riding my bike three blocks down the street to Cascade Elementary School in Orem because it was faster and more fun than walking. After school my friends and I would go ride in the dirt fields around the neighborhood. We built jumps in the dirt, measured how far we could jump, and then would take turns laying down in the dirt so we could jump over each other. It's a miracle we never sustained injuries more traumatic than skinned knees and elbows.

In high school, I got into mountain biking. The nearby mountain trails were endlessly exciting to explore in almost any weather. I didn't have a car of my own, so I also frequently rode my bike to school. While commuting to high school I learned the importance of securing my bike - my seat was stolen more than once. High school and college commuting also helped me get used to cold-weather bike commuting. In my early 20's I took a long break from school to do volunteer work in Italy for my church. I quickly learned the value of helmets when my front wheel separated itself from my bike while riding home one night.

When I was young, I cycle commuted out of necessity. Now I ride my bike because I value the exercise, I like saving money by decreasing my dependency on my car, and I also feel a responsibility to reduce (in however small my way) the air pollution in Utah County.

CW: What is your daily commute like?

KF: A year ago my company relocated to Lehi and my bike commute changed from 3 miles to 19. By car, the new commute is about 15 miles each way, mostly on the freeway. The congestion isn't too bad for most of the commute, but when the freeway drops to 4 lanes from 6 in Lehi there is often a slow-down. I realized early on that driving in crowded traffic is super lame, plus I-15 is also the state's deadliest road; it's a road I like to avoid when possible.

My bike commute route follows the wonderful Murdock Canal Trail for 16 of the 19 miles. The canal trail is mostly flat, but the Ancestry office sits high on a hillside, so my morning commute concludes with a pretty steep climb. The Murdock Canal Trail is perfect for commuting - whenever it intersects a major road there is a bicycle underpass, which means better safety and no stoplights!

Last year I made the 38-mile round-trip commute on my regular unassisted commuter bike, a 2007 Jamis Coda outfitted with a rear rack, panniers, lights, and fenders. The unassisted commute was about 75 minutes door-to-door and was pretty challenging. Because it took so long, I only rode about once per week. I wanted to ride more frequently, and since work wasn't going to move closer to me, in March 2017 I bought an electric pedal-assist bike to see if the assisted ride would help me ride more frequently.

CW: How did you choose which pedal-assist bike to purchase?

KF: I explored a range of electric bike options, and found some excellent options out there. I also explored buying an electric conversion kit to turn my Jamis commuter into an electric commuter. I was looking for a bike that could be fast, safe, and have the battery range to go at least twenty miles on a single charge. Conversion kits can support most of this, but I had concerns about the bike's brakes, wheels, and fork being able to hold up to the higher speed.

After lots of shopping and research, I chose the Trek XM7000+. There were lots of factors to consider when making my decision. First, I wanted to buy from an established brand to make sure I would get a trustworthy mechanical quality and safety at speed. Secondly, I was looking for good speed and range. And lastly I was looking for a good value.

The Trek has been a good mix of those priorities. I can ride at between 25 and 27 mph for my entire 19-mile commute. The motor has 5 speed options (off through high). The battery can run the bike at its highest speed for my entire commute. The motor is what they call a pedal-assist motor - it only works as you pedal and there is no throttle option. When you hit 28 mph it stops assisting and you ride on only your own power. The Trek bike was not the cheapest option available, but it was a good choice for me. At around \$3,500 it is by far the most I've ever paid for a bike.

CW: How does a pedal-assist commute compare to an unassisted ride?

KF: My pedal-assist bike has made it possible to do my daily 38-mile round-trip commute on two wheels. My commute time was reduced from 75-minutes each way on my unassisted commuter bike to about 55-minutes door-to-door,

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The Trek XM7000+ turned a 75 minute ride into a 55 minute ride and made commuting to work a little easier. Photo by Jill Freestone

which is only about 30 minutes longer than it would take me in a car. Also, rather than arriving to work sweaty and tired, I'm able to sustain an average speed of about 27 mph with the same effort as a fast walk. It's still a light workout, but nowhere near the effort of riding unassisted.

The speed of my Trek XM7000+ also took some getting used to. A sustained 27 mph is really fast! It is super fun, but is a different riding experience. For example, the wind is very loud at that speed. I used to put one earbud in and listen to a podcast on the way to work, but that's no longer feasible because of the wind noise of my pedal-assist bike. Similarly, because I don't work as hard on the ride I don't generate as much body heat, so between my higher speed and lower heart rate, those cool 35-degree mornings feel a lot colder than on my unassisted bike.

The electric bike has a few peculiarities that took some getting used to. The chain has fallen off the front sprocket a few times when downshifting while pedaling, and it took a trip to the bike shop to realize how to correct that. Also, the battery range varies based on wind and temperature. On cooler mornings the range is about 20 miles, and in the warmer afternoons the range can up to 25 miles. Lastly, since the charge lasts about 20 miles, I have to remember to bringing a charger cord with me to the office in addition to my clothes and laptop.

CW: How do other cyclists and trail users react to your pedal-assist bike?

KF: I've gotten some curious questions about my bike while on the

Murdock Canal Trail, but I've never gotten any dirty looks or rude comments. Whatever bike I'm on, I try to be a safe and courteous rider, and my pedal-assist bike is no exception.

The Murdock Canal Trail is a mixed-use trail, and sometimes I have to be patient and wait for joggers and other cyclists to space out a little before passing them. My speed is similar to that of a fast road bike, and like any other faster rider I sometimes have to slow down when the trail gets congested.

CW: What advice would you give to someone considering cycle commuters?

KF: My advice to a new commuter is that commuting is easier than you might think. Regardless of the length or difficulty of your ride, you don't have to be in Tour de France shape to ride to work. Just allow for extra time until you learn the ins and outs of it all. And if your commute is exceptionally long, there are some great alternatives out there to help you get to work faster and less sweaty, like I discovered with my pedal-assist bike.

You'll also probably find that things are just better on a bike. For me, the electric bike has changed my approach to transportation. It has made it easier (and funner) to do errands by bike, even just going to the bank or the grocery store.

If you have a suggestion for a commuter profile, have a commuter question, or other comments, please send it to <u>lou@</u>cyclingutah.com.



THE MIGHTY 5° BY BIKE

There's no better way to experience Utah's mountains and five national parks than from the saddle of your bike. This itinerary will take you from the peaks of snow-capped mountains to the depths of redrock canyons for the most adventure-packed week of your life.

DAY 1 | Salt Lake City

LITTLE COTTONWOOD CANYON • 17 MILES Kick start your week with some of the most amazing alpine views Utah has to offer. Take a ride up (and we mean UP) to Snowbird Ski Resort. Gaining 3,500 feet over 8.5 miles, this this is one of the signature climbs featured in the Tour of Utah.





DAY4 Moab

KLONDIKE BLUFFS • VARIABLE Trade skinny tires for fat ones to explore one of the hundreds of trails that have made this area the mountain biking mecca. Advanced riders will want to try Moab's 13-mile Slickrock Trail.

Capitol Reef National Park

SCENIC LOOP • 25 MILES After a scenic two-hour drive you'll make it just in time for an amazing sunset ride. You'll see the sky turn from coral to violet, taking the technicolor cliffs to a whole new dimension.

DAY 5 Bryce Canyon National Park

SCENIC LOOP

 38 MILES After winding along one of America's "Top 10 Scenic Roads" (Hwy 12) to Bryce Canyon, this ride will take you past scene after scene of unmatched grandeur, including vibrant, multi-hued hoodoos, and vermillion and white cliffs.

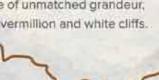
BRYCE

MT. CARMEL SCENIC BY WAY

ZION

NV

AZ



DAY 6

DAY 7

CAPITOL REEF

Canyonlands National Park

ISLAND IN THE SKY • 25-70 MILES You decide how much beauty—and how much elevation gain—you can handle in one day. You'll ascend through the Moab Fault until you reach a breathtaking panorama of mountains, canyons, and cliffs.

Arches National Park

DEVILS GARDEN + THE WINDOWS SECTION • 41 MILES Tighten your helmet strap to keep your jaw from dropping for this entire ride. The multi-colored sandstone set against the white-capped peaks of the La Sal Mountains is stunning. Hop out of the saddle for quick strolls to the North and South Window arches.

> UPPER COLORADO RIVER SCENIC BYWAY

RCHES

MOAB

Zion National Park

ZION CANYON SCENIC DRIVE • 20 MILES Drive along the Mt. Carmel Scenic Byway to Springdale, Utah where you'll start your ride. With traffic restricted you'll have the road basically to yourself as you ride by massive sandstone cliffs that soar into a brilliant blue sky.

DEAD HORSE POINT

CANYONLANDS

Park City

SCENIC LOOP • VARIABLE After a 4.5-hour drive back to Salt Lake City, cool down with a ride among alpine landscapes and through the rolling farmlands east of Park City. Ride through Brown's Canyon to access the foothills of the Uintah mountains and enjoy a scenic journey through the historic towns of Oakley, Peoa and Kamas.

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THE METAL COWBOY

Why I Ride



Commuting and sightseeing by bike on a recent trip to Florida. No rental cars were used in the making of that trip. Photo by Julie Palermo

By Joe Kurmaskie

The genesis of my entire life was experiencing the complete control, abandon and ecstasy of that first afternoon on a bicycle.

Even the streetlight's flicker couldn't bring me in.

It opened me wide for everything after; love and reaching for things real and beautiful, trying even after the passage of hope, the strength to lose, and the pull and lure of the long dark ride called America.

I've been chasing, occasionally catching my first ride dragon ever since.

And since that fateful day at 5

years of age, I've been bullish on bicycles, some might even say evangelical at times, but mostly I try to show by example and through storytelling. Here's the hard science story side of bikes that keeps me preaching its gospel;

I've always been bullish on bicycles..

1) Bicycling keeps avg of \$10,000 of savings in your pocket vs a car.

2) A bicycle has a tiny manufacturing footprint when compared to

a car. 3) Bicycles produce no meaningful pollution when in operation.

4) Bikes save taxpayers money by

reducing road wear.

5) A community of cyclists has 10 times the disposable income to spend in local businesses.

6) Using a bike for transportation can help you lose weight and improve your overall health.

7) You can store a dozen bicycles in a single automobile-sized parking place.

8) Bicycles don't burn gasoline. 9) Bicycling is often faster and more efficient than taking a car.

10) Bikes cost thousands per year less to maintain and operate than automobiles.

11) Bicycling would reduce transportation fatalities by 99 percent.

12) Bicycle commuters are more productive, and require less time off at work.

13) It's the most fun you'll have with your clothes on.

And if we truly want a revolution against the suicidal energy policies being proposed by climate deniers then get out of your car and onto a bicycle, mass trans, foot. Even a few days a week. If we cut national car use by just TEN percent it would up end the fossil fuel industry and change EVERYTHING.

Now, thinking beyond all the

world changing benefits of the bicycle, allow me to end on a Zen note about the absurd and funny moments the bicycle has given me. A man, maybe this man, once took a bicycle ride to a holy place on a high pass. Worn to the bone, cold and wet and hungry, this man took his place across from the teacher. Waiting for last light to leave the sky he asked his questions. Time slowed, then seemed to stop.

The teacher leaned in, conspiratorially. "Perhaps, Jessie's girl grew up to be Stacy's mom." (Credit goes to Rick Springfield's classic pop hit, Jessie's Girl and another one hit wonder, Fountain's Of Wayne's, Stacy's Mom)

Joe Kurmaskie is a journalist, syndicated columnist, and contributor to numerous magazines including Outside, Bicycling Magazine, Men's Journal and Parenting. He's a bike advocate, activist, found of Cadence Press, and a Random House author of seven books including Metal Cowboy, Mud, Sweat and Gears and A Guide To Falling Down In Public.

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DRIVE WITH RESPECT

- Bicyclists have a right to a lane
- Allow a minimum of 3 feet when passing a bicycle
- Be alert and always watch for bicyles
- Do not exceed speed limits when passing bicycles
- Always yield to bicycles



Learn the Rules at: Road Respect.Utah.gov

Zero Fatalities'

1: Falley avan Sollie ain as an Incebeel

RIDE WITH RESPECT

- Wear bright, reflective clothing and use lights
- Ride in the direction of traffic ٠
- Be alert and avoid distractions
- **Ride predictably and obey traffic laws**
- Make eye contact with motorists before crossing their path

MECHANIC'S CORNER

It's Time to Upgrade Your Bike Parts!

By Tom Jow

Labor day is passed and I'm sorry to say it, summer is coming to a close. However, there are a couple of good things going on in September, the beginning of the fall riding season and Labor Day sales. This is the time when you can find some great deals on components to service or upgrade your bike. Maybe some drivetrain parts need to be replaced. If you're going to replace them, might as well install better ones. Or maybe you've been coveting a pair of carbon wheels. You deserve them. Now, the price is right to improve the quality of your ride. What follows are what I feel are good value performance upgrades with reasons why, and what to watch out for before making the purchase.

One component that is nearly always worth upgrading is the wheel set. Whether you ride road or mountain, having a lightweight, wheel set is a big improvement. Lighter wheels are advantageous because not only do they reduce the overall mass of the bike, they accelerate faster due to their lower rotating mass. For road riding, aerodynamics is also an important factor. If your average speed is above 15 miles per hour and your rides do not often involve long, steep climbs, an aerodynamic wheelset is worth considering. Deep dish wheels with a profile greater than 50 millimeters are pretty specialized, but many all-around wheels with a rim profile less than that are available.

A big design change for both road and mountain bikes is the width of rims and tires. The benefit of this increased width is more comfort and

better traction. For road, tires 25 millimeters wide are becoming the norm and 28 millimeter width is not uncommon. Mountain bikes, in addition to having a new plus size, are equipped more often with tires 2.3 - 2.5 inches wide. Mountain bike riders really benefit from wider rims because they reduce flex of the tire casing and square the "edge" of the tire to increase cornering traction.

When purchasing wheels, be sure to pay close attention to the type of axle required. Currently the standard of thru-axles is in a state of flux. Some road and cyclocross bikes with disc brakes started out using 15 millimeter front axles with quick-release in the rear. Some incorporated mountain bike standard rear of 12 millimeter x 142 millimeter. Now some manufacturers have decided to use a 12 millimeter front thru-axle. On the mountain bike side, there is a new axle standard called "boost." This features a 15 millimeter x 110 millimeter front axle and 12 millimeter x 148 millimeter rear axle. There was a short time when bikes were equipped with boost front axles and standard rear axles. A wheel purchase could get confusing because many wheelsets are not sold mixed boost and not boost.

Parts that wear out are always a good target for upgrading. Weight savings and performance gains can be made by replacing the cassette and rear derailleur. For example, many mid-priced bikes are equipped with a low end, all steel cassette. These units are quite heavy. Upper end cassettes are built with an aluminum carrier with just the load carrying cog teeth being made of heavier steel. Some of the best cassettes will use aluminum or titanium

for the largest cogs. If that large cog is not quite low enough, there are many companies making kits to add a larger cog to your current cassette (See http://www.cyclingutah.com/ tech/mechanics-corner/how-to-do-ityourself-1x-drivetrain-conversion/).

Be aware that cassette brands do not mix well. Campagnolo only fits Campagnolo. Operationally Shimano and SRAM cassettes are compatible but Shimano mountain cassettes do not fit the SRAM XD freehub (the part the cassette mounts to). In addition, 11 speed Shimano mountain freehub bodies are being phased out since the mountain cassette is narrower and will fit the standard road freehub body with a 2.5 millimeter spacer behind.

A part that does not really wear out, but is a good candidate for an upgrade is handlebars. The best reason to purchase a new handlebar is to customize our fit. Another reason is to improve the ride. A good carbon handlebar dampens vibration better than aluminum, thus making the ride more comfortable. It is also a good way to make our bike a little lighter. Even a good mid-level bike comes with a pretty heavy aluminum bar. Also, if the bars are heavy, the stem is probably heavy too. Similar to handlebars, upgrading the stem can both improve our fit, the quality of the ride and again, reduce the weight of the bike. When purchasing handlebars or stem, be sure to match the handlebar clamp diameter. Road bars have pretty much settled on a standard size, but mountain bikes are currently developing a new standard. Mountain bike handlebar width is important as well, not because they are too wide, but many bars have a minimum width.

For a more comprehensive mountain bike upgrade, try a 1x set-up. Removing the front derailleur and parts is a significant weight savings and also makes shifting much simpler. A 2 x 10 can easily become a 1 x 10 (Cycling Utah, June 2015). A 2 x 11 can become a 1 x 11 with just the removal of some parts and a new chainring. If you are really interested in having 12 speeds and a 50t cassette, the SRAM 1 x 11 can be upgraded to the new Eagle by purchasing a shifter, rear derailleur and cassette.

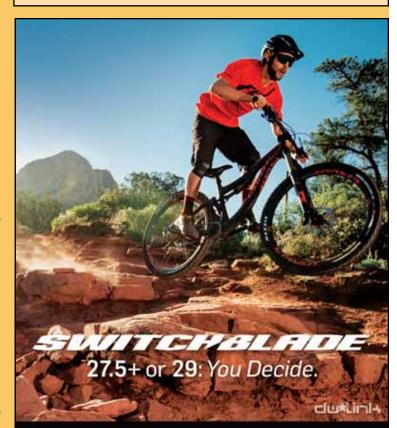
I can go on and on about upgrades. I am always wondering what is the best value for performance gain. It may sound small, 4 ounces lighter. But twice 4 ounces equals a half pound. A half pound is significant in my book. As well as making our bike lighter, we are improving our fit, our comfort, and performing regular maintenance. And with it being sale season, who doesn't like getting a good deal on bike parts. Just be sure to take the time to find the compatible components to fit your needs and your bike.

Puncturevine Pull Nets 855 Pounds of the **Noxious Weed**

7



On Saturday, September 9, 2017 volunteers pulled 855 pounds of puncturevine from the Jordan River Parkway and 9-Line Trails in Salt Lake City. The weed is a serious problem for cyclists Many members of the community showed up, but unfortunately, not that many cyclists. In 2016 Cycling Utah worked to get puncturevine declared a statewide noxious weed. Send us your thoughts as to what more should be done to <u>dave@cyclingutah.com</u> Photo by Dave Iltis



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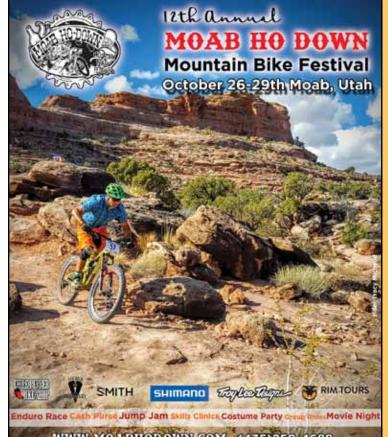
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MOUNTAIN BIKE RACING

Connors and Swenson Victorious at Park City Point to Point



Larissa Connors on her way to winning the women's open race at the 2017 Park City Point 2 Point. Photo by Angie Harker, Find your photo at <u>Selective-Vision.com</u>

<u>By Shannon Boffeli</u>

Saturday morning, September 2, 2017, the backcountry mountain bike spectacle known as the Park City Point 2 Point sounded the start canon. The race that normally ushers in Utah's colorful fall blasted off but none of the cool temps, changing foliage, or damp hero dirt that usually accompany the event were on hand. Instead, summer conditions were in full force in the Utah high country.

Men's Race

The forecasted temperatures in Park City were hotter than ever but so was the competition at the 9th annual Point 2 Point. With a \$2,000 winners purse, the Point 2 Point always draws some top talent but 2017 featured a faster-than-ever group of men vying for the top positions. Highlights of that group included former national champions Todd Wells (Scott/Troy Lee) and Geoff Kabush (Scott), defending P2P champion Keegan Swenson (Cannondale), who passed up a trip to the world championships for a shot at defending his title, as well as a host of ultra-endurance honchos like Construction Zone Racing/Scott Sports teammates Kyle Trudeau and Fernando Riveros-Paez, Ben Sonntag (Clif Bar), and Justin Lindine.

Right from the gun it was clear this year's P2P was going to be like no other. An hour in, despite miles of singletrack, no fewer than



Keegan Swenson beat Todd Wells in a fast and furious sprint after 75 miles of racing in the 2017 Park City Point 2 Point. Photo by Angie Harker, Find your photo at <u>Selective-Vision.com</u>

a dozen riders still occupied the men's lead group, and they were rolling fast.

Another hour of climbing only managed to dislodge two riders as a pack of 10 powered through the Deer Valley feed led by '15 P2P champ Robbie Squire. All the top riders were represented with Geoff Kabush biding his time a few bike lengths off the back.

Around the halfway point, Swenson attacked, pushing the pace into the long enduro segment on the Corvair trail. A move that worked for him in 2016, Swenson popped more riders from the lead group but couldn't shake Wells. By the time he entered the aspen-rooted maze known as John's Trail, Swenson and Wells established a gap of a few seconds over the rest of the lead group.

The two leaders stayed wheel to wheel and Kabush rejoined the affair as they climbed up and around Shadow Lake, the high-point of the race. As they descended down the 20-minute Crescent Mine Grade trail Kabush would blow a tire before they reached Park City Resort (Support Station #3), dropping him back a little more than 5 minutes.

With just over 20 miles left the lead duo now had a 2-minute gap on Kyle Trudeau and Ben Sonntag and over 5 minutes on Canadian, Geoff Kabush.

Wells and Swenson continued their twoman battle over the final mix of climbs, rocky descents, and unbroken singletrack from Park City Resort to the new finish line outside Skullcandy headquarters.

After 75 miles the race came down to a sprint finish. Wells took the early lead out on the slightly downhill paved bike path that made up the final 200 meters of the Point 2 Point course. Swenson tucked in behind as both riders built up speed all along the finishing stretch. In fact, they were coming so fast that race director Jay Burke had to clear all the spectators from the finishing venue and pull up stakes on the finishing chute to make room for the elbow-to-elbow battle.

Both riders powered out of the saddle in their biggest gears, surging toward the line with Swenson popping out of the draft in perfect slingshot position to nip Wells at the line and take his second Point 2 Point title.

Geoff Kabush made an impressive final surge, posting the fastest time over the final 20 miles, taking minutes out of the leaders but coming up just short only a minute and a half behind at the finish.

Ben Sonntag rolled in for fourth just in front of Kyle Trudeau.

Women's Race

The ladies of the 2017 Point 2 Point provided their own firepower for this ultra-endurance event. Past win ner Evelyn Dong (Liv) made her return to Park City and the P2P. Hannah Bingham (Eriksen), winner of the Steamboat Stinger, made her debut at the race as did TransSylvania Epic winner Kaysee Armstrong (Liv). Recent Pierre's Hole 100k champion

was also on hand along with Breck 100 and Lutsen 99er champion Larissa Connors (Twenty20/Felt). From the start

the pace was high as Connors and Armstrong jumped to the front opening gaps early on. Connors quick-

ly established herself as the early leader though, pulling away from Armstrong and

the rest of the T field in the winding one-track of Round Valley. The early climbs certainly didn't slow Connors either as she steadily opened a gap to the chasers while picking off riders in the open men's field that started in front of her.

A battle for second was brewing behind the lone leader however, Firecracker 50 winner Marlee

Caedran Harvey as both riders climbed past Deer Valley and Shadow Lake over 50 miles into the race.

Dixon held about a minute lead until both riders entered the Park City feed together. Harvey left the feed just in front of Dixon and despite having several thousand feet of climbing in front of her, Harvey started to feel her best form of the day coming on.

Harvey made the best of it, putting almost 10 minutes into Dixon in the last 20 miles. Despite Caedran's impressive surge Connors was too far-gone to even think about bringing back.

Larissa Connors had such a good day in fact that at the finish her time would have placed her in the top-20 of a stacked open men's field.

After just over 7 hours of riding Connors crossed the line to claim another win in her long list of ultra-endurance triumphs this summer. In a surprise move Connors donated her entire \$2,000 prize purse to the Summit Bike Club, a local youth mountain bike development team.

Connors took the win by almost 30 minutes



(Fitzgerald's) Two riders finish after 10 hours and 30 minutes. They are the spirit of the was also on hand



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past over second-placed Caedran Harvey. Marlee Dixon held on for third over past P2P winner Evelyn Dong who finished fourth. Hannah

Bingham took the final podium spot in fifth. Once all the excitement, awards, and money had been dispersed the final finisher was still on course. Although the fastest finishers cross the line in just over 6 hours most riders in the Park City Point 2 Point take much longer to

Red Lantern

cross the line.

Each year the P2P saves a special prize package for the Red Lantern, the final racer on course, recognizing the incredible effort of the rider who spent the longest time on their bike and persevered to the finish. This year Josh Murphree took home the Red Lantern prize who in his second attempt at the Point 2 Point finished the 75-mile course in 12 hours 52 minutes and looked surprisingly fresh doing so.

See results in this issue.

SPEAKING OF SPOKES

Remembering LOTOJA 2005

By David Ward

When you get older, you begin to look backward a lot more. I have over 66 years behind me and, sadly, much less than that in front of me, so I speak first hand of this. Of course, I do still look forward. Right now, for example, I am looking forward to this year's LOTOJA, No. 30 for me, which takes place in five days.

No. 2 was memorable because I won my division and took 7th overall. Our group was the second to finish. We were 8 minutes behind the first group, which contained future Tour de France racer Marty Jemison. That turned out to be my best LOTOJA ever.

After that, the LOTOJAs blur together a lot. But one edition does stand out more than all the rest: The infamous 2005 LOTOJA. Promoter Brent Chambers, who has been putting on the LOTOJA since 1998, will tell those who ask about what to wear to talk with someone who rode in 2005. I was one of them.

As does everyone else, or so I thought, I was watching the weather forecast in the days leading up to race day. It was looking sketchy. I still remember the morning thereof, checking the forecast for the final time, and deciding I should dress warm and for rain. So I did, and then set off on my bike for the start line.

When I arrived at the start, I remember looking around me and wondering if my fellow racers had seen the same forecast I had. I had donned long pants, a full jacket and long-fingered gloves. Around me I saw that most had maybe a vest and arm warmers. Some had nothing extra on.

Well, the race started and by the time we reached Preston, Idaho, it was raining. By the time we had startSummit, it was getting cold and I began to see cyclists off to the side of the road. Just before arriving at the short flat about 4 miles from the summit, it was snowing huge flakes. Fortunately, though, while the snow was accumulating off the road, on the road it was melting so it was not getting slick.

ed up the canyon toward Strawberry

My biggest surprise, however, was when I reached the summit and started down the other side. Despite my preparations, I was extremely cold. I could hardly feel my fingers. Logic told me it would be somewhat warmer once I descended, so I got into a tuck, determined to descend as quickly as I could. As I rounded the sweeping bend leaving the summit, to my astonishment I saw at least 50 cyclists walking their bikes down the road.

I was amazed. I couldn't understand why they would be doing that. But I wasn't stopping to ask why. I did notice that many still had little to no extra clothing on, and on later reflection, I figured that they were likely so cold they were shivering and unable to control their bikes. The one piece of good fortune for us all was that it had stopped snowing.

When I reached the lower elevations, it was a little but not much warmer. Along the way, I saw bikes leaning up against cars, homes and other buildings. I even saw an idling police car with three bikes leaning up against it. Personally, I was soaked and cold and anxious to cover the next 15 miles or so it took to get to the feed zone in Montpelier. I kept passing riders who, I could tell, were worse off than me, and likely just trying to pedal their way to Montpelier where they would call it good for the day.

At that time of my life, I still considered myself a racer. So, instead of stopping at the feed zones, I was still just grabbing a feed bag from my wife and loyal support person, Karma, as I would ride by. But this time, while she was there ready to hand off my bag, to her surprise I pulled off and stopped, telling her I needed to change into dry clothes. (Just to brag a little, I bet I was one of the few people to bring not one, but two sets of warm clothing to the LOTOJA that year. Smart me.)

We're looking for contributors: Writers, Reporters, and Photographers needed.

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She was parked on the other side of the park, so off we ran across the lawn. She offered to start the car and let me warm up awhile, but I knew I just needed some dry clothing. So, with no thought of modesty, upon arriving at the car I began stripping while she fished out my dry clothes. In the midst of doing this, Karma also told me that a board had been set up and it was announced that if a rider's number was posted on it, his or her support was to head back on the course to find their rider.

In a few minutes, I was dressed again, dry and back on the road, with even warmer gloves than I had been wearing before. After that, the rest of the ride was comparatively uneventful. It rained off and on the rest of the race, but I was warm, or at least warm enough, and finished without incident.

I later learned that I was among the one-third of the riders who actually finished the race. I heard stories of riders suffering from hypothermia, which was no surprise to me. I think I saw about 50 of them walking down the road from Strawberry Summit.

I believe it may be been after that year that the LOTOJA was moved from the third Saturday of September to the second Saturday. Good move. Every year since then has seen decent weather.



The 2005 LOTOJA was filled with snow, rain, and cold cyclists. Photo by Joaquim Hailer

This year, the forecast is calling for warm, dry weather. That's good. Hopefully we will have a nice tailwind to make the ride even better. At my age, I need all the help I can get. I just hope to make it, and maybe even before dark. Still, I'll be taking along my warm

clothing, long-fingered gloves, and water/windproof booties. I remember LOTOJA 2005 and I'll be ready. Just in case.



<u>TOUR OF UTAH</u> Mavic's Neutral Service - In the Tour of Utah Peloton



The Mavic Neutral Service Car lined up for its spot in the caravan prior to the start of Stage 1 of the 2017 Tour of Utah. Photo by Steven Sheffield



One of the two Mavic Neutral Service motos stops to help a Bardiani-CSF rider whose team car is behind the chasing peloton. Photo by Steven Sheffield

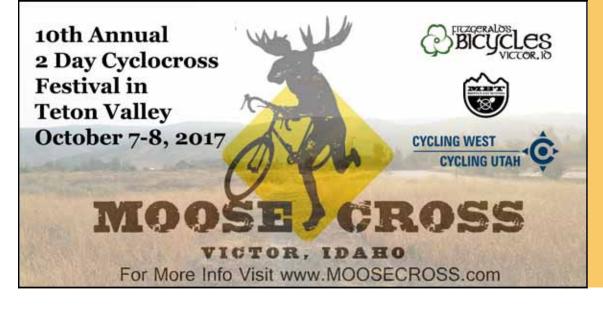


Once the wheel is changed, the rider is given a good push by the Mavic mechanic to get him back up to speed as quickly as possible. Photo by Steven Sheffield

Support fo By Steven Sheffield 1973 "Neutra

Support for Pro Road Racing Since 1973 "Neutral Service" is a phrase that

Mavic has Provided Neutral likely had the father of the Tour





As the peloton races towards the red kite prior to the first of two finishing circuits, one of the Mavic Neutral Service motorcycles is primed and ready in case anything happens as the roads begin to narrow. Photo by Steven Sheffield



A Novo-Nordisk rider works his way back through the caravan to rejoin the peloton after being serviced by his team car. Stage 1, 2017 Tour of Utah. Photo by Steven Sheffield

de France, Henri Desgrange, turning over in his grave when the first Mavic Neutral Service car became part of the caravan behind the peloton at the 1973 Paris-Nice. In the early years of the Tour, riders were responsible for conducting their own repairs and were forbidden any outside assistance.

Founded in 1889 as Manufacture d'Articles Vélocipédiques Idoux et Chanel, by Charles Idoux and Lucien Chanel, Mavic was long known for their bicycle components and groups, but today are mostly known for their wheels and technical apparel.

So how did that first Mavic Neutral Service vehicle come to join the caravan? It all started the previous year at the Critérium du Dauphiné Libéré, when one team director's vehicle broke down, and Bruno Gormand (the then-current owner of Mavic) lent the director his own personal car.

Support cars were nothing new, but the ideas of having a fully professional neutral support vehicle, stocked with spare wheels, bikes, and a mechanic with enough tools to effect a wide variety of mid-race mobile repairs was good for racing. When gaps were relatively small from the breakaway to the peloton, the commissaires would call for the Mavic car to come forward to provide support for the riders in the break until the gap opened up enough to call team cars forward.

By 1977, Mavic had become the official Neutral Support partner of the Tour de France. Soon, the yellow Mavic cars became one of the most widely recognized symbols in bike racing, like the maillot jaune or maglia rosa or the red kite flown at 1 km to the finish.

So why yellow? Gormond asked one of the cameramen filming the race for French television what color would stand out best, and the response was yellow and black for contrast.

At most races there will be 2-3 Mavic Neutral Service cars along with 2 motorcycles also providing service when needed.

Each car is typically stocked with 4 bikes on the roof, 3 full sets of wheels on the rear, and 1 set of wheels in the car. The mechanic always sits in the right rear passenger seat for quickest and safest egress from the car when service is needed by a rider. Typically, the mechanic will have a full portable tool chest on the rear driver's side, and often will have the most commonly needed tools in a pouch hanging from the back of the front passenger's seat.

Each motorcycle is typically stocked with 2 sets of wheels mounted to a rack on the rear, while the mechanic riding in the passenger position will carry another set of wheels in his hands, ready to jump off the bike to change a wheel if a rider flats.

While the drivers are often mechanics as well, many of them are also former racers with a high familiarity of how the peloton ebbs and flows, allowing them to successfully navigate the often-chaotic caravan and peloton ballet to get to the front safely when called forward. They will most often be the first car called forward when a break is established, and the last to pull out of the gap if the break is reeled in by the peloton.

On a good day, everything is quiet in the neutral service car except for the crackling of race radio, but they are always there, always ready to jump into action when the need arises.

Since the introduction of a professional neutral service vehicle at the 1973 Paris Nice, other companies have also joined the caravan in a similar position; Vittoria is at most of the races in Italy, and both Shimano and SRAM are becoming more common sightings at races, but Mavic owns the distinction of being the first and the most widely recognized.

I had the honor of riding with Mavic Neutral Service at the 2017 Tour of Utah for a couple of days. Unfortunately for telling a story, both days were relatively quiet, but I was able to capture some photos of the crew in action, as well as of the race itself from a different perspective, at the rear.

The caravan ballet is a pretty amazing thing to be a part of, especially when it's happening on a windy canyon road at 60mph on a descent.

Mavic's current partnership as the official Neutral Support provider began with the 2016 edition of the Larry H. Miller Tour of Utah, and is expected to continue through 2018.

My thanks to Aaron Walker at Mavic USA, which is part of the Amer Sports portfolio of companies based in Ogden Utah, for helping to arrange my time in the cars, and to Nate Field and the rest of his Mavic crew at the Tour of Utah for being such gracious hosts.

FALL 2017

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BIKE & SKATE

COACH'S CORNER Cycling through the **Menstrual Cycle**

By Sarah Kaufmann

One aspect of training that is completely unique to women is managing training around a menstrual cycle. The hormonal symptoms you experience; lethargy, weakness, poor balance, lack of motivation, dehydration, etc., are not in your head. There are real changes in body chemistry occurring that are causing these issues. Fortunately, understanding what is causing them and tracking your personal variations can be useful in mitigating the symptoms. There are also some simple steps you can take to help.

Women's cycles are different so you will need to do some self-tracking to understand how your own cycle plays out and how to best manage it. Most women are on a 28 day cycle that is broken into two 14 day halves in terms of hormone balance and how you will feel. The first half, the follicular phase begins on the first day of your period. Starting after the first couple days of your period, estrogen begins to rise. This is when you can expect to feel your best. You are set up well to handle large volume and intense training. Your balance and equilibrium should be spot on, so technical skills training for off-road cyclists can be done with the best precision.

Ovulation occurs on approximately day 14, at which point estrogen drops (before rising again) and progesterone rises. This is the beginning of the luteal phase. You may retain water and experience an increased appetite and and/or cravings. The retention of water and constriction of your blood vessels increases blood pressure, resulting in a decrease in blood plasma. Progesterone also elevates core temperature approximately one degree. Up to 75% of your body's energy can be diverted to thermoregulation during exercise so this increase in core temperature can be consequential and cause a marked decline in athletic performance.

Later in the luteal phase, progesterone also drops and initiates

your body and energy resources that you may want to devote to training are otherwise disposed. As a result, you may feel tired, lethargic and unmotivated. When you do get on the bike, you may find that it is difficult to hit power numbers and other athletic markers can suffer, including balance and coordination. The fatigue will peak during the week before you get your period so it is a good time to schedule a light

your period. This is a big ask of

All of this being the case, here are some helpful tips to mitigate some of these symptoms:

•To combat the bloating and water retention, make sure you stay hydrated. Water alone will not be sufficient to maintain balanced osmotic concentration. Use a dedicated prehydration product or add sea salt to your water. Salting your food can be helpful as well.

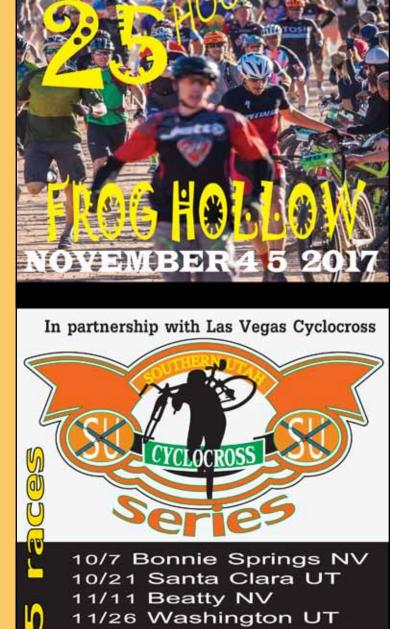
many women is the result of prostaglandins which cause the uterus to contract prior to shedding its lining. Try taking baby aspirin (80mg dose). Note that other pain relievers and NSAIDS do not combat prostaglandins in the same way as aspirin so will not be as effective.

•Many women use hormonal contraceptives to manage their menstrual cycles and symptoms. This is a personal decision but can be consequential and have its own side effects, which is a topic for another discussion.

A great resource for further explanation on this subject is the book ROAR by Stacy Sims, PhD. Additional questions can also be directed to the author, contact info below.

Sarah Kaufmann is an elite XC and CX racer and the owner of K Cycling Coaching. She is based in Salt Lake City, UT and can be reached at sarah@kcyclingcoaching.com or 413.522.3180

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RACE RESULTS



North Fork ICup, Intermountain Cup Series, August 12, 2017, Eden, UT Place, Name, Team, Time Girls 9 & Under Hannah LMWY Bingham Cyclery Peak Fasteners 4:40.0 Boys 10-12 1 Tre LUNDBERG Lunkheads 24:08.0 2 Ryder GOFF LIVe Well p/b Harristone 28:14.0 3 Austyn MONSON 31:37.7 4 Keden BECKER 36:48.2 4 Keden BELKER 36:48.2 Girls 10-12 1 Addisyn LUNDBERG Lunkheads 23:10.0 JH Boys 1 Porter WILKINS Morgan 44:27.1 44:27.1 2 Bryce GELEY 46:14.4 3 Maddux LEONARD Summit Bike Club 46:27.2 46:27.2 4 Stewart HARIS Maybird Reys-Psych 48:43.2 48:43.2 5 Alex HEINRICH 49:26.1 49:26.1 V Girls V Girls 3 Arek network 1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00.1 92:00 JV Girls 1 Tai-Lee SMITH 47:35.4

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3 Scott HOFFMAN 1:10:12.5 4 Gordon GARRETT 1:13:42.3 5 James KISIELEWSKI Team Little Wing 1:16:24.1 6 Mike TURNER Summit Bike Club 1:20:39.0

Varsity Boys 1 James MOTT The Bike Shoppe 1:27:39.1 2 Spencer DAVIES 1:28:13.5 3 Connor FULLMER Rouleur Devo p/b DNA 1:41:38.3 4 Spencer STEVENSON 2:02:50.9 5 Learon MERS 2:00:11 5

3 Connor FULLMEH Rouleur Devo p/ b DNA 1741:38.3 4 Spencer 37EVENSON 2:02:50.9 5 Logan WEBB 2:09:21.5 **Expert Men 19-39** 1 Parker THOMPSON 1:43:43.7 **Expert Men 40-49** 1 Christoph HEINRICH Kuhl, Racers Cycle Service 1:31:39.9 2 Aaron PHILLIP'S Bingham Cyclery Peak Fasteners 1:33:47.2 3 John GilL America First Cycling p/b P-Town Cross 1:35:56.8 4 Eric DUPUIS Diamond Peak 1:36:09.0 5 Jody HARRIS LiVe Well p/b Harristone 1:37:07.9 **Elite Women** 1 Nicole ITTENSOR Other 1:42:36.7 2 Kc HOLLEY Kuhl, Racers Cycle Service 1:44:06.3 **Expert Men 50**+ 1 Zan TRASJUPE Bountful Bicycle Racing p/b Okland Construction 1:38:15.4 2 Bilta RESSA 1:41:44.5 3 Joseph BRUBAKER 1:44:34.6 4 Bill HARRIE Maybind Reyes Psych 1:47:56.3 5 Mark KUDERS OCET 1:51:2.9 **Elite Men** 1 Alex GRANT Cannondale/Gear Rush 1:55:13.3 2 Jamey DRISCOL Other 1:56:47.5 3 Robert SQUIFE 2:00:30.0 4 Chris HOLLEY Kuhl, Racers Cycle Service 2:01:48.1 5 Matthew TURNER 2:08:08.7

Powder Mountain ICup, Intermountain Cup Series, August 26, 2017, Powder Mountain, UT Place, Name, Team, Time Boys 10-12 Boys 10-12 1 Owen HAWKES Mtn Green Race Team 16:56.0 2 Myles PERKY Rouleur Devo p/b DNA 16:56.8 3 Maximus SAXTON Rouleur p/b DNA Cycling 19:21.7 4 TE UUNDBERG Lunkheads 19:47.1 5 Jaden KNIGHT 20:09.8 Girls 10-12

We have tons of race photos posted at gallery.cyclingutah.com

1 Makelle MELLOTT Cottonwood cobras 22:16.5 2 Ellie HORTIN 29:05.9 JH BOys 1 Mit NEDERHAUSER 43:09.9 2 Porter WIKIN 43:51.7 3 Jett CHLD 45:18.9 4 Bryce EGLEY 45:27.6 Maddux EDORARD Summit Bike Club 47:30.4 JV Girls Elly PETERSON 1:27:52.4 2 Haley JENSEN 1:31:29.7 3 Natalie QUINN Weber High 1:37:47.3 4 Mia MENUCY CCHS MTB 1:39:29.1 5 Maggie YOUNGBLOD 1:43:01.4 Novice Men 1 Zachary LARKIN Maybird-Reyes Psych 1:32:25.1 2 Brione ROBERDS Brilene 1:33:45.2 3 Todd THEURER Logan Race Club 1:37:17.3 4 Briander MAXEN 1:40:09.4 Novice Women 1 Becha HETINGA Randy Hetinga 56:23.5 2 Lacy WEBB 1:00:56.6 3 Emily PULLEY Maybird 1:05:57.1 4 Jette YOUNGBLOD 1:12:24.5 JH Girls 1 Svdney MILSON 33:19.5 4 Jette YOUNGBLOOD 1:12:24.5 JH Girls 1 Sydney NIELSON 33:19.5 2 Addisyn LUNDBERG Lunkheads 36:51.8 3 Jane HAIGHT Summit Bike Club 37:34.1 4 Kallie GIBBY 38:30.3 5 Laneia WEBB Maybird Reyes-Psych 38:38.0 JV Boys 1 Porter HAWKES Morgan High School 1:14:33.5 2 Parker CHRISTENSEN 1:15:40.1 3 Andrew DRAPER Maybird Reyes-Psych 1:16:21.3 4 Isaac TAYLOR 1:16:52.0 5 Max MILLER 1:17:17.0 Varsity Girls 5 Max MILLER 11/11/0 Varsitty Girls 1 Camille LIDDELL 1:23:59.3 2 Kendyl NELSON Rouleur Devo p/b DNA 1:27:58.4 3 Hadley PEAY Rouleur Devo p/b DNA 1:28:01.7 4 Bailey NELSON 1:28:00.2 5 Hattie RANSOM Lone Peak 1:29:00.4 Sport Women 1 Trina HEDRICK 1:35:45.4 2 Whitney VOUGH 1:35:53.6 3 Jaynann GAOIRAN 1:36:15.8 4 Kelli DAVEY 1.37.53 9 5 Marley COLT Nordic valley 1:45:15.5 6 Kelly SCUDDER Summit Cyclery 1:47:25.5
 Tech JS Sopular Joinning Gydey 1, 17, 22-3

 Pressh/Soph Boys

 1 Zach DESPAIN Hangar 15/Shirmano 1:14:16.7

 2 Henry LARSON Canyon Bicycles Shirmano 1:16:50.8

 3 Adam PENDLETON Weber High School 1:20:13.6
 4 Aidan MEEGAN 1:20:36.4 5 Dallin GEDDES Ohs 1:22:39.2 Expert Men 60+ 1 Mark ENDERS OCef 2:53:53.6 2 Rick MORRIS 3:05:45.9 3 Dick NEWSON 3:22:21.6 4 Denny TYNAN stay Park City Cycling 3:35:11.9 5 Lawrence WOOLSON Bingham Cyclery Peak Fasteners 3:39:55.8 Expert Women 1 Whitney POGUE CCHS MTB 1:25:55.1 2 Lyna SAFFELL bingham cyclery peak fasteners 1:39:26.8 3 Lisa FITZGERALD 1:53:57.5 Sport Men 19-39 1 Tanner PULLEY 1:22:03.0 2 David LAMAY Bingham Cyclery Peak Fasteners 1:24:21.3 3 John FERNANDEZ 1:25:21.0 4 Jon HUFF 1:44:15.0 5 Justin BROCKEL 2:23:28.1 Sport Men 40-49 1 Cameron KASTELER 1:15:47.2 2 Rob BRASHER 1:15:58.7 3 Jeffrey BITTON 1:16:44.5 2 Rob BRASHER 1:15:58.7 3 Jeffrey BITION 1:16:44.5 4 Steve SAXTON Rouleur *pib* DNA (ycling 1:19:09.6 5 Bart SCHENK 1:23:36.0 **Sport Men SO-**1 John PENDLETON Old Guys 1:20:16.8 2 Gregg BRONKA Pearl Lzumi 1:25:31.4 3 Ben BECKER 1:26:14.6 4 James KISTELEVKSKI Ream Little Wing 1:33:53.3 5 Richard BELONG SAS 1:34:30.7 **Varsity Boys** 1 Spencer DAVIES 1:07:24.9 2 Ryder JORDIN Hangar 15/Shimano 1:08:14.6 3 James MOTT The Bike Shoppe 1:09:28.7 Kade BRASHER Rouleur *pib* DNA (ycling 1:10:32.0 5 seth SATON Rouleur *ycling* 2:25:38.1 3 Mick HARRIS 2:29:33.3 4 Thomas COUCK Men.Trek/Storm (ycles 2:30:30.2 5 seb SAFFELL bingham cyclery peak fasteners 2:32:17.5 **Elike Women** 1 Nicole 11TIFLON ROULEY Kuh, Races Cycle Service 2:51:33.5 3 Ami STUART SHOR Other 2:46:07.4 2 K HOLLY Kuh, Races Cycle Service 2:51:33.5 3 Ami START SHOR (Yz 2:35:28.8

 Twice
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 2 KC HOLLEY Kuhl, Racers Cycle Service 2:51:33.5
 3 Ami STUART Storm Cycles Park City 2:53:52.8

 4 Erika POWERS Bingham Peak Rasteners 2:56:17.8
 5 Amika HELWELL 3:03:44.6

 Expert Men SO-59
 1 Ant CONNOR WUKAR Fit 2:41:106.5

 2 Reed TOPHAM Bingham Cyclery Peak Fasteners 2:48:28.4
 3 Bill HARKIS Maybrid Reyes-Psych 2:49:22.2

 3 Bill HARKIS Maybrid Reyes-Psych 2:49:22.2
 4 Brich CARMAMDRE Kuhl Cycling Team 2:59:59.9

 5 Brian RESSA 3:00:49.7
 Elite Men

5 Bran RESSA 3:00:49.7 Elite Men 1 Justin LINDINE Apex/NBX/Hyperthreads 2:10:38.0 2 Jamey DRISCOLL Other 2:12:39.4 3 Chris HOLLEY Kuhl, Racers Cycle Service 2:13:47.2 4 Sam SWEETSER 2:18:20.1 5 Aaron CAMPBELL Bountiful Bicycle Racing p/b Okland Construction Park City Point 2 Point, September 2, 2017, Park City, UT

Men 29 & Under 1 Josh BROMLEY CONTENDER 7:21:52 2 Jamen BENNION SCHEELS 8:07:34 3 Spencer GLASGOW ALPINE UT UNITED STATES 8:12:25 4 Porter TRAPP SANDY LIT LINITED STATES 8:25:52 5 Arnaud PETAMENT PARK CITY UT UNITED STATES 8:32:45 6 Gunnar SHAW LIPPER VALLEY FLYING WOMBATS 8:56:45

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7 Karson ROBERTS HYPERTHREADS 9:28:04 8 Matt SCHURTZ SALT LAKE CITV UT UNITED STATES 9:42:14 9 Alex WOOD LOGAN RACE CLUB 9:43:13 10 Dan ACCRUDEN SALT LAKE CITV UT UNITED STATES 9:56:08 Men 30-39 1 Roger ARHELL TEAM ENDURANCE 360 7:16:12 2 Darrell ROUNDY SUMMIT BIKE CLUB 7:16:18 3 GID ZARATE PEDAL POWER 7:30:11 4 Stewart GOOWIN GOOWIN MIDDIA 7:33:49 5 Michael HAWLEY INTERMOUNTAIN LIVEWELL 7:40:59 6 Adam COLE COLE SPORT 7:41:06 7 Peter HINMON RED LODGE ANT UNITED STATES 7:41:32 8 Zachary RICHTER KEVIN WILZELER PHOTOGRAPHY 7:54:41 9 Jiver SOUTHARD TOSH 7/B HYPERTHREADS 7:55:51 10 Jake GARRETT GARRETT CAPITAL 7:57:56 Women 39 & Under 1 Onthia NEWBERRY SALT LAKE CITY UT UNITED STATES 9:39:16 2 Meisa ROLLINS TEAM FATTY 10:11:32 3 Jeannine ANDERS SACRED CYCLE 10:20:07 4 Megan HILL SARTIGA SPRINGS UT UNITED STATES 10:56:07 5 Brett STEVENSON ELEPHANTS PERCH 11:01:24 6 LER ANROULD LIZ RARDOLD STATES 11:02:44 8 Julia COLLINS TEAM FATTY DE STATES 11:52:59 9 Jordan OBRING OGEN UT UNITED STATES 11:52:59 9 Jordan OBRING OGEN UT UNITED STATES 11:52:44 10 Jean HUDAK SALT LAKE CITY UT UNITED STATES 11:50:13 Men 0-49 11 Daniel MAHLUM UC CYCLERY/W FLOORS 7:12:24 2 Jean NIESEN STATKS TOTUED STATES 11:22:44 10 Jean HUDAK SALT LAKE CITY UT UNITED STATES 11:50:13 Men 0-49 11 Daniel MAHLUM UC CYCLERY/W FLOORS 7:12:24 2 Jean NIESEN STATKS TOTUED STATES 11:52:50 10 ALMOR TORINO DAVEN STATES 11:52:50 10 ALMOR TORINO DAVEN STATES 11:52:51 10 ALMOR TORINO DAVEN STATES 11:52:51 10 ALMOR TORINO DAVEN SALTA SALTARSE ASTERES 7:51:32 8 Ed PALLART FUSION 7:59:14 9 John GILL AMERICA HIST PR P TOWN CROSS 7:59:16 10 Christian SYRBOWSYN COURD ARCHA SALTARES 7:51:32 8 Ed PALLART FUSION 7:59:14 9 John GILL AMERICA HIST PR P TOWN CROSS 7:59:16 10 Christian SYRBOWSYN COURD ARCHA SALTARES 7:51:32 8 Ed PALLARE REVISION 7:59:14 9 John GILL AMERICA HIST PR P TOWN CROSS 7:59:16 10 Christian SYRBOWSYN COURD STATES 10:25:13 4 Lym WARE PEEK PARK CITY UT UNITED STATES 11:2:2:41 4 Jim WARE PEEK PARK CITY UT UNITED STATES 11:2:5:13 4 Lym WARE PEEK PARK CITY UT UNIT 5 Dawn ELDRIDGE 92HFTY/ELEVATED LEGS 12:04:46 Men 50-1 Mike BAUGHMAN BOISE ID UNITED STATES 8:19:24 2 Mike DRIVER DRIVER RACING 8:31:20 Mark ENDERS OCER 8:55:54 4 John LAUCK BOUNTIFUL BICYCLE RACING P/B OKLAND CONSTRUCTION 9:00:09 5 James R SMITH VAIL CO UNITED STATES 9:00:55 5 James R SMITH VAIL CO UNITED STATES 9:00:55 6 Tim WAILKER NON 50PF ROA 9:12:28 7 Mark GLASGOW ALPINE UT UNITED STATES 9:12:56 8 Tod THORNITON MESA AZ UNITED STATES 9:15:27 9 David OLSEN UJGGERNAU TES 9:30:18 10 Lance ANDERSON ZONE 5 9:43:01 10 Lance ANDERSON 20NE 5 9:43:01 Open Women Larisas CONNORS TEAM TWENTY20/FELT 7:11:38 2 Caetran HARVEY FITZGERALDS BICYCLES 7:39:17 3 Marlee DDNO MIRBACENEWS, COM PIVOT CYCLES 7:48:20 4 Evelyn DONG FULL CYCLE/LIV 8:01:20 5 Hannah BINGHAM KENT ENKSEN CYCLES / HONEY STINGER 8::06:08 6 K HOLLEY KUHL, RACRES CYCLE SHOULE SHOUSE 3::05:46 8 Ami STUART STORM CYCLES 8::12:44 9 Kaysee ARMSTROMG 8::37:31 10 Jen HANKS 8:41:23 Open Men 10 Jen HANKS 8:41:23 Open Men 1 Keegan SWENSON CANNONDALE 3ROX RACING 6:06:57 2 Todd WELLS SRAM/TLD/SCOTT 6:06:58 3 Geoff KABUSH SCOTT SPORTS - MAXXIS 6:08:34 4 Benjamin SONNTAG 6:11:18 5 Kyle TRUDEAU CZ RACING 6:14:36 6 Justin LINDINE APEX/NBX/HYPERTHREADS 6:23:23 7 Fernando RIVEROS CONSTRUCTION ZONE RACING 6:24:34 8 Zach CALTON COMPETITIVE CYCLIST MTB TEAM 6:25:33 9 Robert SOUIRE FELT- ASSOS 6:29:45 10 Sam SWEETSER COLE SPORT 6:33:08 Singlespeed Open 1 Cary SMITH JACKSON WY UNITED STATES 6:46:34 2 Ouinten BINGHAM BIKERS EDGE 6:57:48 3 Bart FLYNN FITZGERALDS BICYCLES 7:09:11 4 Cole ANDERSON SALT LAKE CITY UT UNITED STATES 7:29:10 5 Corev LARRABEE DRAPER UT UNITED STATES 7:34:02

6 Tom GOSSELIN REYNOLDS CYCLING 7:51:22 7 Michael FORSYTH SALT LAKE CITY UT UNITED STATES 8:37:47 8 Andy LEIFER WILLAS WHEELS 8:41:27 9 Rvan HOLDORF SAN DIEGO CA UNITED STATES 8:47:35 10 Bo PIHL AVON CO UNITED STATES 9:01:05



Snowbird Hill Climb, August 26, 2017, Snowbird, UT UT Place, Name, Time Women 30-39 1 SPENCER Abbie 1:09:57.6 2 COPELAND Kate Salomon 1:10:52.0 3 LEMIRE Michelle 1:27:34.2 4 CREGHTON Sanah 1:28:45.3 5 FREDSALL Leminfer 1:37:43.4 6 TOMTEN Blair 1:38:52.8 7 DRISCOLL Carly TWID Brand 1:39:47.4 8 PIERCE Vanesa TWID Brand 1:45:15.0 9 NALDER Breanne Visit Dallas DNA Pro Cycling 55:11.2 10 DEAN Annabeth Hangar 15 Bicycles 59:30.9 Women 40-49 10 DEAN Annabeth Hangar 15 Bicycles 59:30.9 Women 40-49 1 PERRY Anne Bingham (ydery Peak Fasteners 1:01:02.8 2 BLAISDELL Noelle 1:21:44.1 3 VATES Shannan 1:24:09.5 4 MONTOVR ARchille 1:44:02.4 Women 50-59 1 STROHL Stephanie 1:26:43.3 Women 70+ 1 BERGE Melinda Summit Velo 1:46:27.1 Junior Men 1 HATFIELD Oiver 58:01.2 Men 20-29 1 ROGERSON Tayor 1:17:01.9 2 TORRES Antolin 1:19:07.1 BRODRIGUEZ Simón 1:26:57.1 4 PETERSEN John 53-50 8 DAILY Taylor 58:23.4 Men 30-39



1 SACKLEY Mike 1:05:05.6 2 DEAN Michael Hangar 15 Bicycles 1:05:11.6 3 QUILL Sean 1:08:08.3 4 ARMITSTEAD Aaton 1:15:01.8 5 GREENWOD Scott 1:20:38.4 6 EMERY Peter 1:20:40.3 7 FOSTER Jeremy 1:39:00.3 8 GAUDET Jesse 50:51.9 9 HATCH Richard Orbital ATK 53:25.0 10 LAW Spencer LAW BROTHERS INC, 53:34.1 11 CATINO Erme 53:39.9 12 SNYDER Matt 55:19.6 **Men 40-49** I I CAINU ETIME 35:39-9 12 SWYDER MAU 55:19-6 **Men 40-49** 1 STEINHAUER Yaron Stay Park City Cycling 1:00:50.1 2 FENNANDEZ Moses 1:02:38.3 3 CRAIG Shawn 1:03:14.9 4 LEFEVRE Barel 1:04:24.6 5 HUTCHISON Dryke Durango Wheel Club 1:07:49.5 6 PERNINS David 1:03:16.1 7 VEST John Team Pundar 1:09:06.7 8 LEIGH David 1:09:22.3 9 ETHINGTON Jared 1:21:27.7 10 LAW Jeffrey 1:40:04.3 11 CLINGER Shane 54:19.2 12 PARSONS Simon Zone Five Racing 55:16.8 13 NEDELEC Antoine 56:09.4 14 HARWARD David PLAN 7D 55:62.8.4 15 WILSON Isaac Salomon 57:35.0
 13 HE2LECA HIOMER 2003-4

 14 HARWARD David PLANT DS 56:28.4

 15 WILSON Isaac Salomon 57:35.0

 Men 50-59

 1 SORENSON Christopher 1:03:10.2

 2 SWANSON Eric 1:06:46.6

 3 ZANETTI Bob 1:08:31.4

 4 JARRETT Alan 1:10:02.3

 SWOLFE Sam 1:12:16.0

 6 STOEGER Joey 1:17:30.5

 7 NELSON Mike WW Farm 1:18:25.4

 8 ZIMBELMAN Mark Volo Cycling Clothing 51:44.5

 9 PELLMANN Todd 55:52.2

 Men 60-64

 1 FRYE Norman Ski Gity Cycling 1:00:43.0

 2 ACHELIS Steve 1:05:15.3

 3 HANSEN Peter 1:07:08.4

 4 LEWIS Scott Bonneville 1:11:22.5

 Men 60-65.9
 Men 65-69 1 HANDWERK Jeff Contender 1:03:54.4 2 XAIZ Earl 1:06:33.0 3 WHITING Charlie 1:21:44.2 4 HILLYARD David 55:28.9 Men 70-74 1 HANEY John 1:08:33.8 Men 75-79 1 SWANSON Steve 1:40:46.8 2 CHAMBERS Bill 1:56:19.7 Punisher Race, UCA Series, August 26, 2017, Powder Mountain, UT Place, Name Women Cat 3/4/5 1 Heidi Madsen 2 Megan Porteous Junior Women 1 Mackenzie Meiroutz Women Cat 1/2/3 1 Marci Kimball 2 Lindsev Stevenso

3 Eleise Hinton 4 CHANDRA CRUZ Women Masters 50+ 1 Dixie Madser

Men Cat 4-5 1 Niels Wheelwright

3 Viggo Moore 4 DEREK GORONSON

5 Marcus Singleton 6 Tyler Porteous Men Cat 3-4

1 Jesse Dunn 2 Liam ODonnell

3 Ryan Smith 4 Ian Gonder 5 Matt Scott Men Cat 1/2/3 1 Chad Hall 2 Nathan Manwaring

3 Cortlan Brown

4 Spencer Johnson

5 Samuel Dearder

1 Brian Davis

2 Ken Louder

Men Masters 55+

FALL 2017

3 Charles Palmer **Men Cat 1/2/3/4 Masters 45+** 1 alan wheelwright 2 Mark Schaefer 3 Dwaine Allgier 4 Justin Wilson 5 Aaron Branha Men Cat 4/5 Masters 35+ 1 Curtis Madsen 2 Morten Pedersen 2 Morten Pedersen 3) Jeff Phillips 4 James Derrick 5) Jeff Olsen **Men Cat 1/2/3/4 Masters 35+** 1 David Bagley 2 Josh Foukas 3) Tyler Kirk 4 Kyle Nelson 5) Luce Parker 5 Lucas Parke West Mountain Road Race, Utah State Championship Road Race, UCA Series, September 2, 2017, West Mountain, UT Place, Name, Team, Time Junior Women Cat 1/2/3/4/5 1 Mackenzie Meirowitz 132:15 Women Cat 1/2/3/4/5 Masters 35+ 1 Colleen NetB0 (zyling 2:51:14 Women Cat 1/2/3/4/5 Masters 55+ 1 Cathleen Wilde Fam Endurance360 2:47:45 Women Cat 1/2/3/4/5 Masters 55+ 1 Cathleen Wilde Fam Endurance360 2:47:45 Women Cat 3/4/5 1 Emily Birch Caliber-SBR Cycling p/b LHM Lex 2:47:45 Women Cat 1/2 2 Clarissa Johnson Caliber-SBR Cycling p/b LHM Lex 2:47 Women Cat 1/2 11 Ingrid Hansen Endurance 360 3:34-53 2 CHANDRR CAUZ Team T05H p/b Hyperthreads 3:48:30 Men Cat 1/2/3/4/5 Masters 35+ 1 Jarde Trince AMCU 3:08:46 2 Sortt Burcambus Plan 7 D5 3:08:48 3 Darren Goff 3:08:49 4 Thomas Pitcher Pavestone Capital 3:08:50 5 Morten Pedersen Pavestone Capital Cycling Team 3:09:06 Men Cat 1/2/3/4/5 Masters 55+ 1 rick black Plan7 DS Cycling Team 2:18:49 2 Paul LaStayo KUHL 2:18:50 3 Stephen Tueller Bountiful Mazda Cycling Team 2:18:50 4 James Ferguson Bountiful Mazda 2:18:54 Men Cat 1/2/3/4/5 Masters 60-64 Men Cat 1/2/3/4/5 Masters 60-64 1 Jeff Schall Utal Velo Club 2:1848 2 Norman Frye Ski City Cycling 2:1849 3 Dirk Cowley FFKR ARCHITECTS RACING 2:1850 4 Charles Palmer FFKR ARCHITECTS RACING 2:1850 Men Cat 1/2/3/4/5 Masters 65-69 1 Ken Louder FKR ARCHITECTS RACING/eloSpor 2:18:50 2 Jeff Handwerk Contender 2:18:51 3 Randa Buie Pavestone Capital 2:18:54 Men Cat 1/2/3/4/5 Masters 70-1 1 care isomere Buentiful Master 0:11:20 1 gary simmons Bountiful Mazda Cycling team 1:11:29 2 Larry Peterson Endurance360 1:11:29 Men Cat 1/2/3/4/5 Maters 45+ 1 Andre Gonzalez Ski City 3:16:29 2 Dennis Porter Castle & Cooke Mortgage 3:16:34 2 Dennis Porter Castle & Cooke Mortgage 3:16:34 3 Bill Gros Integrated Sports Medicine p/b 3:16:34 4 Stephen Rogers Zone Five Racing 3:16:34 5 James Rob Stratton NEBD Cycling 3:16:34 **Men Cat 1/2** 1 Jason Castor Contender Bicycles 4:15:53 2 Ira Sorensen Canyon Bicycles 4:15:53 2 Nathan Amavmain Jeam Endurance 360 4:21:49 4 gavin storie Team Endurance 360 4:21:49 **Men Cat 5** Men Cat 5 1 Richard Anderson Nebo Cycling 2:14:03 2 Boyd Timothy Zone Five Racing 2:14:03 3 Jyson Cook Gaston County Cyclists 2:14:04 4 Corry Cropper 2:14:04 5 Jackson Rayl America First Cycling Team Pres 2:14:04 5 Jackson Kayl America Hirst Cycling leam Pres Men Cat 4 1 Marshall Standift Zone Five Racing 3:23:42 2 Ryan Smith Zone Five Racing 3:25:03 3 Viggo Moore Zone Five Racing 3:25:04 4 JR Standift Zone Five Racing 3:27:44 5 Greg Guest Zone Five Racing 3:34:50 Men Cat 3
 Men Cat 3
 Billy Rappleye Zone Five Racing 4:27:34

 25 cort Miller 4:27:34
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 3 Samuel Dearden Zone Five Racing 4:27:39
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 4 Preston Yardige NA 4:33:47
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 5 nathan curtis Caliber-SBR Cycling p/b LHM Lex 4:37:02
 5



Great trails and great racing at the Powder Mountain I-Cup, August 26, 2017. Photo by Nate Gibby



Ethan Lassiter is part of the new wave of racers from high school and junior high school mountain biking. Powder Mountain I-Cup, August 26, 2017. Photo by Nate Gibby

MOUNTAIN BIKE RACING

Tittensor & Lindine Win the Intermountain Cup Finale at **Powder Mountain**



The pro women at the start. Nicole Tittensor (in red) won the race and the overall series. Powder Mountain I-Cup, August 26, 2017. Photo by Nate Gibby



Alaka'i Naluai races in the Junior High Boys category at Powder Mountain I-Cup, August 26, 2017. Photo by Nate Gibby

By Nate Gibby

Eden, UTAH-Nicole Tittensor (Jan's Park City/Scott Bikes/ Reynolds Cycling) won the Elite Women's division while Apex/NBX/ Trek's Justin Lindine took top spot on the podium of the Elite men's category at the Intermountain Cup's series conclusion at Powder Mountain on August 26.

With a record-setting number of participants, the Powder Mountain course started just east of the Ogden Valley overlooking Pineview Reservoir, the race christened the new 15-mile lap, with approximately 1,800' of climbing per lap. Featuring a hefty ~500' climb up a service road right out of the gates, the course leveled out entering single track across several of Powder Mountain's pristine high-valley trails.

With an initial push up the first climb, Tittensor was able to beat out KC Holley (Kuhl, Racer Cycle Service) and Ami Stuart (Storm Cycles) to the single track and pull away for the top spot on the podium. "I did a little attack before the single track hit and just kept charging after that," said Tittensor. "I had about a 15-second gap at the top and tried to catch as many of the men's group in front of us before the single track to give myself a little barrier."

"We took off and I thought we were going to start out kind of easy

but then [Tittensor] took off and [Stuart] followed her," said Holley, the second-place finisher. "I'm not a good starter so I just tried to hang. [Tittensor] continued to pull away, but I was able to beat [Stuart] to the single track and pull away on the fast, fun decent."

With the win at Powder Mountain, Tittensor edged out Holley for the series title.

On men's side, Lindine followed a similar strategy to fend off stiff competition from Jamey Driscoll (DNA Cycling) and Chris Holley (Kuhl, Race Cycle Service), the second- and third-place finishers respectively. "I was able to lead over the first climb, out of the start, which I was kind of surprised about actually but that let me get into the singletrack on Paper Airplane first," Lindine said. "I opened up a little gap by the end of that and decided to keep pushing it. I was able to race really hard on the parts of the course that suited be best and then just try and maintain on the longer climbs where I was suffering a little more."

Chris Holley's second-place finish at Powder Mountain secured a second-place finish in the series standings.

The Powder Mountain race also introduced a freshman/sophomore category. With almost 70 participants, the addition resulted in that category having more racers than any other.

"The Utah high school MTB rac-

BIKE FIT Bike Fit: Your Body or Your Bike.

By John Higgins

Cyclists as a whole are prone to seeking improvement, either against their own personal performance or against others. Strava wouldn't be the as popular as it is, and Zwift would not be on a meteoric rise if this was not the case. You define what sort of improvement motivates you. It may be riding a longer distance; knocking out a nominated distance in a faster time; entering a new event; achieving more elevation in a ride; improving sustainable power or simply having more fun on the bike.

To achieve any improvement it's vital that you and your bike are working well together as an integrated unit. If not, then that is probably the first place to start. Which may mean a bike fit. Or not. In August I attend a 3 day bike fit symposium in Colorado to hear the latest on bike fitting from researchers and practitioners, many of whom have a deep background in physical therapy and an understanding of how a cyclist's physical condition can impact their cycling comfort and performance. The presentations and conversations highlighted the dilemma all experienced bike fitters face when seeing a client. Is it their body or their bike? i.e. what are the cause and effect relationships that are detracting from this persons cycling experience? Is the priority adjusting their bike, or adjusting their body so it can function better on the bike?

Some detective work is involved to answer these questions, and one of the clues is how the bike looks without the rider on it, and then how the rider looks on their bike. If I look at a bike and I see some funky angles at the seat or handlebars, and uncommon relationships between these two parts, there is a high probability the rider's body is being forced into a compromised position, and the issue is in the bike set up. This is usually confirmed when I see the person on their bike and pedaling, through measurement and observation of body angles and posture, as well as their symptoms. Changes to the equipment usually bring about significant improvements for the cyclist.

On the other hand, if a bike set up looks "normal", and the cyclist looks good and measures up well on their bike, there is a higher probability that there are some physical factors at play that may not be resolved through making adjustments to the equipment. A bike fit in isolation of a movement assessment and remedial exercises may not result in any meaningful gain.

As a cyclist, how do you decide who to see and what to do? If you are out on a club or group ride, and someone says "you really need a bike fit", they are probably seeing a noteworthy compensation going on in your riding form that makes them wince. It's hard to see yourself on a bike from all angles, and someone else's perspective can be beneficial. If it's that obvious, it's probably the bike that needs adjusting. This also applies if any discomfort you are experiencing only happens while you are cycling, and not during other activities.

However if you know your bike fit position is reasonably refined and you experience some aches, pains or niggles which occur not only when cycling but during other activities, you may be better off seeing a body specialist. This could be a PT, chiro, acupuncturist or sports med doc.

Now let's say you go and see a sports massage, PT or a Sports Medicine doctor about a physical complaint you experience. They are unlikely to rectify the issue satisfactorily if your bike set up continues to provide a source of aggravation to your body. Or if you see a bike fitter to address an issue, but they are not able resolve your discomfort through adjustments to the bicycle, there are probably some subtle but habituated body movement patterns and restrictions that are holding you back. Improvement may only come from mobility and strengthening exercises. For this you may need to consult with a PT, athletic trainer or strength and conditioning coach. For those with a motivated DIY approach to body work, pick up a copy of the recently published "Maximum Overload for Cyclists by Jacque DeVore and Roy M. Wallack, published by Rodale. Maybe you don't need a bike fit, you just need your thoracic spine mobilized, your hip flexors stretched out, and your glutes woken up!

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

visit intermountaincup.com

Founded in 1991, the

Intermountain Cup consists of

X-country and endurance MTB

races throughout Utah. With seven

X-country races of approximately 25

miles and one endurance races of

approximately 50 miles, the series

covers some of the most pristine and

difficult rides in the state.

About I-Cup

ing scene is becoming incredibly competitive," said Joel Rackham, managing partner of Intermountain Cup. "The overwhelming response in the freshman/sophomore category not only shows the need to get these competing and ready for their high school season, but also gives the kids a first-hand look at world-class MTB competition."

For a complete listing of the results from all categories, please



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

White Pine Touring 1790 Bonanza Drive P.O. Box 280 Park City, UT 84060 (435) 649-8710

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

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Eden/Huntsville/Mountain Green Diamond Peak Mountain Sports 2429 N. Highway 158 Eden, UT 84310 (801) 745-0101

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

Shiftworks 2267 Grant Ave, Suite G-12 Ogden, UT 84401 385-389-2596 shiftworks.bike

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

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

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

Loyal Cycle Co. 15 E. State St. Farmington, UT 84025 801-451-7560 loyalcycleco.com

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

SALT LAKE COUNTY <u>Central Valley</u> Blue Monkey Bicycles 4902 South State Street Murray, UT 84107 (801) 608-5138

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

onkeyBicycles.com

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

Hangar 15 Bicycles 3969 Wasatch Blvd. (Olympus Hills Mall) Salt Lake City, UT 84124 (801) 278-1500 hangar15bicycles.com

Infinite Cycles 2315 E. Ft. Union Blvd Cottonwood Heights, UT 84121 (801) 523-8268 infinitecycles.com

Summit Cyclery 4644 S. Holladay Blvd Holladay, UT 84117 801-676-9136 summitcyclery.com

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

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

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

Cranky's Bike Shop 250 S. 1300 E. Salt Lake City, UT 84102 (801) 582-9870 crankysutah.com

Crank SLC 749 S. State Street Salt Lake City, UT 84111 385-528-1158 cranksic com

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

Gear Rush Consignment 1956 E. 2700 S. Salt Lake City, UT 84106 385-202-7196 gearrush.com

Go-Ride.com Mountain Bikes 2066 S 2100 E Salt Lake City, UT 84108 (801) 474-0081

Guthrie Bicycle 803 East 2100 South Salt Lake City, UT 84106 (801) 484-0404 guthriebike.com Highlander Bike 3333 S. Highland Drive Salt Lake City, UT 84106 (801) 487-3508 highlanderbikeshon com

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

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

L9 Sports 660 S 400 W Salt Lake City, UT 84101 877-589-7547 levelninesports.com

Performance Bicycle 291 W. 2100 S. Salt Lake City, UT 84115 (801) 478-0836 performancebike.com/southsaltlake

REI (Recreational Equipment Inc.) 3285 E. 3300 S. Salt Lake City, UT 84109 (801) 486-2100 rei.com/saltakecity

Salt Lake City Bicycle Company 247 S. 500 E. Salt Lake City, UT 84102 (801) 746-8366 slobike.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 Lady 1555 So. 900 E. Salt Lake City, UT 84105 (801) 638-0956 bikeguyslc.com

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

South and West Valley Bingham Cyclery 10510 S. 1300 East (106th S.) Sandy, UT 84094 (801) 571-4480 binghamgelay com

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

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

Hangar 15 Bicycles 762 E. 12300 South Draper, UT 84020 (801) 576-8844 hangar15bicycles.com

Hangar 15 Bicycles 11445 S. Redwood Rd S. Jordan, UT 84095 (801) 790-9999 hangar15bicycles.com

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

Lake Town Bicycles 1520 W. 9000 S., Unit E West Jordan, UT 84088 (801) 432-2995 Jaketownbicycles.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 bikepeddlerutah.com

Bicycle Motion Mobile Bike Shop 77 N. 200 E. Alpine, UT 84004 385-444-6666 bicyclemotion@gmail.com

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

Infinite Cycles 1678 East SR-92 Highland/Lehi, UT 84043 (801) 523-8268 infinitecycles.com

L9 Sports 101 N 1200 E Lehi, UT 84043 877-589-7547 levelninesports.com

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

Trek Bicycle Store of American Fork Meadows Shopping Center 356 N 750 W, #D-11 American Fork, UT 84003 (801) 763-1222 trek 4F.com

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

Payson Nebo Peaks Cycles 36 W. Utah Ave Payson, UT 84651 (801) 465-8881 facebook.com/NeboPeaksCyclesUtah

Provo/Orem/Springville Al's Cyclery / Al's Sporting Goods Coming October 2017 643 East University Parkway Orem, UT 84097 435-752-5151 als.com

Hangar 15 Bicycles 187 West Center Street Provo, UT 84601 (801) 374-9890 hangar15bicycles.com

Mad Dog Cycles 350 N. Orem Blvd Orem, UT 84057 (801) 222-9577 maddogcycles.com

Noble Cycling 877 N. 700 E. Spanish Fork, UT 84660 (801) 798-6624 noblesports.com

Racer's Cycle Service Mobile Bike Shop Provo, UT (801) 375-5873 racerscycle.net

SBR Cycles 858 S. State St. Orem, UT 84097 (801) 225-0076 <u>sbrutah.com</u>

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

ARIZONA

<u>Flagstaff</u> **Absolute Bikes** 202 East Route 66 Flagstaff, AZ 86001 928-779-5969

<u>Sedona</u> **Absolute Bikes** 6101 Highway 179 Suite D Village of Oak Creek Sedona A7 86351 928-284-1242

CALIFORNIA

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

Dr. J's Bicycle Shop 1693 mission D Solvang, CA 93463 805-688-6263 www.disbikes

COLORADO

CYCLING AND THE LAW

<u>Fruita</u> **Colorado Backcountry Biker** 150 S Park Squar Fruita, CO 81521 970-858-3917 backcountrybiker.com

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

WYOMING

Jackson Area **Fitzgeralds Bicycles** 500 S. Hwy 89 Jackson, WY 307-201-5453

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

Hoff's Bike Smith 265 W. Broadway Jackson, WY 83001 307-203-0444 hith.cm

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

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

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

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

IDAHO

<u>Boise</u> Performance Bicycle 8587 W. Franklin Road Franklin Towne Plaza Roise ID 83709 208-375-2415

Bob's Bicycles 6681 West Fairvi Boise, ID. 83704 208-322-8042 w hohs-hicycles co

CYCLINGWEST.COM

Boise Bicycle Project 1027 S Lusk St. Boise, ID 83796 208-429-6520 www.hoisehicy roiect.ora

Eastside Cycles 3123 South Brov Boise, ID 83706 208.344.3005

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

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

Idaho Mountain Touring 310 West Main oise, ID 83702 208-336-3854 www.idal

Joyride Cycles 1306 Alturas Street Boise, ID 83702 208-947-0017

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

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

Victor/Driggs **Fitzgeralds Bicycles** 20 Cedron Rd Victor, ID 83455 208-787-2453

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

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

<u>Idaho Falls</u> Bill's Bike and Run 930 Pier View D Idaho Falls, ID 208-522-3341

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

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

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

<u>Pocatello</u> **Barries Ski and Sport** 624 Yellowstone Pocatello, ID 208-232-8996

Element Outfitters 222 S 5th AVE Pocatello, ID 208-232-8722

Element Outfitters Pocatello, ID 208-232-8722

<u>Rexburg</u> Bill's Bike and 113 S 2nd W Rexburg, ID 208-932-2719

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

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

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

Sun Valley/Hailey/Ketchum

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

Power House 502 N. Main S Hailey, ID 83333 208-788-9184

Summit Ski & Cycle 791 Warm Springs Ro Ketchum ID 83340 208-726-0707

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

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

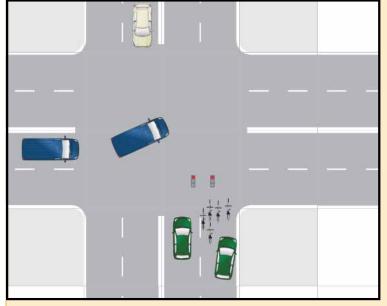
NEVADA

Boulder City All Mountain Cyclery 1601 Nevada Highway Boulder City, NV 89005 702-250-6596 untaincyclery.com

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

Las Vegas Cyclery 10575 Discovery Dr Las Vegas, NV 89147 (702) 596-2953 ascyclery.co

Motorists vs. Cyclists – Let's Remember to Look in the Mirror



The diagram shows another illegal, but fairly common, practice of group riders, bunching up at a stop light and impeding the path of the car behind them attempting to make a right-hand turn.

By Russ Hymas and Ken **Christensen**

For decades, cyclists have been subject to aggressive behavior by motorists. They cut us off, throw water bottles or other garbage at us as they speed by, yell obscenities, and mistake the "3-foot rule" for a 3-inch rule. Many cyclists have felt vindicated by recent technological advances (such as GoPro's and

social media) which provide concrete support to - and easy dissemination of - these types of incidents. And rightfully so! However, it's also important for us to look in the mirror on occasion and ask ourselves whether we're being good ambassadors of the cycling community in this ongoing debate.

As bicycle accident attorneys, we advocate for cyclists in the courtroom, at seminars, and in media interviews. But we lose credibility

by taking a "pro-cyclist" stance in situations where a cyclist has blatantly disregarded the law. A couple of years ago, we were thrilled when a KSL reporter asked us to be interviewed for a cycling story. The thrill turned to frustration, though, when we learned that the crux of the investigative piece revolved around video footage of multiple cyclists speeding down Emigration Canyon, blazing past school buses with flashing red lights.

Acknowledgement of our contributions to the animosity that often exists between cyclists and motorists is crucial to achieving mutual respect on the road. Take a moment to reflect on some common violations of the rules of the road:

• Do I stop at red lights and stop signs, or roll right through them? A primary complaint of motorists and pedestrians involves some variation of a collision or near-miss with a cyclist that ignored traffic signals and blew through an intersection. Remember, though, that a recent change in the law does allow a cyclist to proceed through a red light - assuming it's safe to do so - after waiting 90 seconds.

• Do I ride more than two abreast (or single file, where traffic may be impeded)? One of organizers of the popular LoToJa race recently

lamented receiving repeated complaints from locals about cyclists training for the race during the summer months. The cyclists were climbing Strawberry Canyon and riding three, four, and even five abreast, preventing frustrated motorists from passing.

• Do I swarm or mushroom out at a stop light on group rides? The diagram shows another illegal, but fairly common, practice of group riders, bunching up at a stop light and impeding the path of the car behind them attempting to make a right-hand turn

· Do I consistently use hand signals when stopping or turning? We all get frustrated with motorists who don't signal their intention to turn, but our own failure to do the same can limit a driver's reaction time.

• Am I guilty of other violations that could be an irritant to motorists or a danger to pedestrians or myself?

Many can answer the above questions appropriately, but the cyclists that are truly changing motorists' attitudes are those that are going the proverbial extra mile. Cyclists are wisely concerned about documenting poor motorist behavior with a GoPro ... are we as conscientious about acknowledging courteous motorist actions with a wave to the driver?

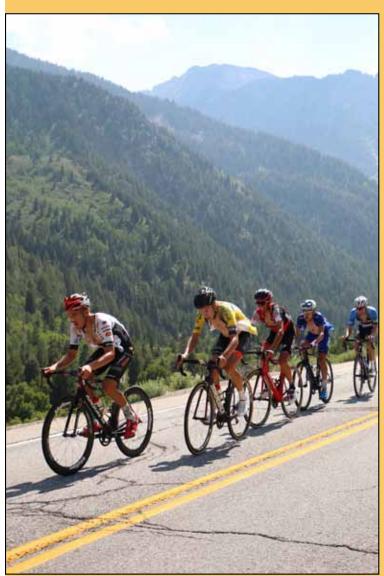
There are many ways we can curry favor with the non-cycling community. Last summer, a local cyclist took an afternoon ride in 101-degree heat. As he passed a parked car, he thought he heard a baby crying. The cyclist turned around and returned to the parked car, only to find a baby that had been left in the hot sun. He knocked on the door of the nearest home and located the baby's parents, who were mortified to learn of what would have been a fatal mistake were it not for the actions of a cyclist that had paid attention to his surroundings.

As cyclists, we are always looking for ways to log a few "extra miles" in the saddle. Let's be equally assertive in looking for ways to go the "extra mile" by doing our part to mend relationships with the motorists with whom we share the road.

Ken Christensen and Russ Hymas are avid cyclists and Utah attorneys at UtahBicycle-Lawyers.com. Their legal practice is devoted to helping cyclists injured in collisions with motor vehicles. They are authors of the Utah Bicycle Accident Handbook and are nationally recognized legal experts on cycling laws and safety.

Epic Elevation Sports epicelevationsp

Tour of Utah -**Continued from page 3**



Rob Britton (yellow) won the overall 2017 Larry H. Miller Tour of Utah. Here, he defends his lead in Stage 6 on the Little Cottonwood Climb. Photo by Dave Iltis

as much pressure on, basically, all the other teams so we didn't have to be at the front and pull," explained Magner about his team's strategy for the longest stage of the seven-day stage race. "We, as a team, were able to sit back and watch all the other teams at the front, pulling, working and we save all our bullets for the finishing circuits. Basically, John Murphy just gave me an incredible lead-out in the final 500 meters, coming out of the corner, super-fast sprint, and I was super stoked to hold

these guys off."

"The Tour of Utah is a notoriously hard race with altitude, the arid climate and the climbing. To be able to sprint at this race, you have to be able to climb and just be able to suffer. We were really going for the stage win today," said McCabe. "It ended up being pretty chaotic in the end, with that fast left-hand turn and it was a drag race all the way to the finish. Hats off to Ty and Christopher for first and second in the sprint." Magner claimed the first



Larry H. Miller Group of Companies Overall Leader jersey of the 2017 Tour of Utah and the Utah Sports Commission Sprint jersey. Jacob Rathe (USA) of Jelly Belly Cycling p/b Maxxis in the breakaway took the points for the two Utah Office of Tourism King of the Mountain climbs and will wear the KOM jersey on Tuesday.

Stage 1 presented by America First Credit Union began in Logan under sunny skies with 126 riders on 16 professional teams, representing 26 countries. Relentless attacks marked the first hour of racing with teams vying to get into the breakaway. Erik Slack (USA) of Hangar 15 Bicycles and Taylor Shelden (USA) of Jelly Belly Cycling p/b Maxxis started off the salvo and were particularly active. The cooler temperatures in the valley on their way to the first Utah Office of Tourism King of the Mountain (KOM) climb added an extra dimension to the dynamic racing.

Finally, after one hour of racing, the right combination of riders and teams was established and the breakaway of the day was formed.

"It took a while for that break to go because BMC was pretty much marking us out. We were trying to mark out the other sprint teams with Rally and also Holowesko so it just took a long time for it to go," McCabe explained.

A breakaway of 10 riders escaped on the slopes of the first Utah Office of Tourism King of the Mountain (KOM) climb. The break included Jacob Rathe (USA) and Joshua Berry (USA) of Jelly Belly Cycling p/b Maxxis, Brian McCulloch (CAN) and Eder Frayre Moctezuma (MEX) of Elevate-KHS Pro Cycling, Simone Andreetta (ITA) of Bardiana CSF, Miguel Angel Benito Diez (ESP) of Caja Rural-Seguros RGA, Tyler Williams (USA) of Israel Cycling Academy, Andres Diaz (COL) of Cylance Cycling, Cortlan Brown (USA) of Hangar 15 Bicycles and Andrei Krasilnikau (BEL) of Holowesko

Citadel Racing Team p/b Hincapie Sportswear.

Frayre launched first to grab the KOM points but he misread the course marker and threw his bike early. Williams took the top points followed by Berry and Frayre.



Hangar 15 on the attack. 2017 Tour of Utah Stage 1, Bear Lake to Logan. Photo by Cathy Fegan-Kim, Cottonsoxphotography.net



Cortlan Brown! 2017 Tour of Utah Stage 1, Bear Lake to Logan. Photo by Cathy Fegan-Kim, Cottonsoxphotography.net

The escapees pushed their gap to a maximum of seven minutes and 45 seconds as they circled Bear Lake, known as the "Caribbean of the Rockies" for its turquoise-colored water.

But the chase was on in the field. Rally Cycling, UnitedHealthcare Pro Cycling Team and BMC Racing Team put one rider at the front to bring back the breakaway.

"Watching it from behind, you got the feeling it was going to be a sprint pretty early on," stated McCabe. "Once the break is gone and you don't have anyone in there and you have a chance to win, you have to take the responsibility and that's what Rally and we did. And so did BMC, they did put more rider in for the majority of the race."

Under pressure of the chase and hot conditions, the break crumbled on the climb back up Logan Canyon. Benito attacked took the second KOM of the day followed by Rathe, Frayre, Andreetta & Krasilnikau. Soon it would be only Benito and Krasilnikau off the front but the pair was doomed. The duo was reeled in with five miles to go as enthusiastic crowds greeted the peloton in full flight for two downtown circuits.

"Over the top, we tried to put pressure on the second climb, we got rid of a few climbers but it came back together," said McCabe. "After the top, kept riding, Axeon Hagens Berman went to the front as well for Lawless, and we could tell it was going to be a sprint. It ended up being pretty chaotic in the end, with that fast left-hand turn and it was a drag race all the way to the finish."

Chaos ruled as no one team could get control of the peloton The Axeon Hagens Berman team went all in at the front for their sprinter Lawless. The young team was riding with extra emotion.

"We're using the day to commem-

orate (teammate) Chad Young, who suddenly passed away at the Tour of the Gila. It was a very special, emotional day for the team. I think we showed it on the road, we really rode well," said Lawless, who claimed the WCF Insurance Best Young Rider jersey. "It was a shame that I couldn't finish it off for the team really. It was the best team performance that I've ever been a part of."

"It was super chaotic in the last two circuits and we told the team, race it hard and [John] Murphy and I will fend for ourselves in the finish because it's so hectic and it's hard to keep everybody together. I lost Murph's wheel coming down the hill but we came back together perfectly in the last corner, I yelled at him to go and it was a perfect leadout. Not winning would have been bad on me," said Magner.

In the General Classification, Magner has a four-second lead over Lawless after Stage 1. Joshua Berry (USA) of Jelly Belly Cycling p/b Maxxis won the two Utah Sports Commission Sprints in the stage and sits in third place overall, also at four seconds from the race leader.

Magner looked to his teammate and Utahn Taylor "T.J." Eisenhart (USA) to do well in Stage 2 presented by America First Credit Union.

"I think tomorrow we'll hand it back over to our climbers. It will be cool being in the yellow jersey with Holowesko Citadel but we have TJ Eisenhart here and he's one of the best climbers in the world. It will be his day tomorrow."

STAGE 1 AWARD JERSEYS

Larry H. Miller Group of Companies Overall leader - Ty Magner (USA), Holowesko Citadel Racing Team p/b

Hincapie Sportswear Utah Sports Commission

Sprint leader - Ty Magner (USA),



Breakaway riders get aero on the descent down to Bear Lake during Stage 1, Logan-BearLake-Logan, 2017 LHM Tour of Utah. Photo by Dave Richards, daverphoto.com



Hangar 15 rider Erik Slack on the front during Stage 2 of the 2017 Tour of Utah. Brigham City to Snowbasin. Photo by Cathy Fegan-Kim, cottonsoxphotography.net

p/b Hincapie Sportswear

Utah Office of Tourism King of the Mountain - Jacob Rathe (USA), Jelly Belly Cycling p/b Maxxis

WCF Insurance Best Young Rider Christopher Lawless (GBR), Axeon Hagens Berman Cycling Team

Larry H. Miller Dealerships Most Aggressive Rider - Miguel Angel Benito Diez (ESP), Caja Rural-Seguros RGA

America First Credit Union Fan Favorite - Stephen Clancy (IRE), Team Novo Nordisk

Stage 2: Bookwalter Wins First Mountain **Top Finish of 2017 Tour** of Utah at Snowbasin Resort

Stage 2 presented by America First Credit Union was a 94-mile climbing affair on Tuesday, Aug. 1 that began with two neutral laps in downtown Brigham City. 11 miles into the stage, the racers encountered the first of three Utah Office of Tourism KOMs, which total 6,900 feet of elevation gain for the day. After circling the Wellsville Mountains, the route returned through Brigham City for a Utah Sports Commission Sprint line on Historic Main Street. The route headed south along State Highway 89 to reach the North Ogden Divide. After passing on the east side of Pineview

Holowesko 1 Citadel Racing Team Reservoir, it continued towards the first mountaintop finish of the week at Snowbasin Resort. The final climb on Old Snowbasin Road is a doublepitched incline to the resort covering six miles with a six percent average gradient, and has not been used in the race before.

> American Brent Bookwalter of BMC Racing Team powered away in the final meters of the climb to Snowbasin Resort to win Stage 2 presented by America First Credit Union of the Larry H. Miller Tour of Utah. Sepp Kuss (USA) of Rally Cycling finished second, with the same time as Bookwalter.

> "I didn't exactly imagine it, but it was always a hope," Kuss said of taking over the overall lead at the Tour of Utah. "I trained super hard for this race. I think when you prepare for a race, you can kind of envision it, but I didn't expect to be in this position today. I'm super excited and surprised."

By virtue of a tie breaker, Kuss secured the general classification lead which puts him in the Larry H. Miller Dealerships overall leader's jersey. After launching a surprise solo attack in the final kilometer, Canadian James Piccoli of Elevate-KHS Pro Cycling held on for third on the stage.

"It's the first year that the team is here and that I'm here. We've been preparing for a month now at altitude at Park City and doing all the courses.



We're super well prepared for this race and really happy to be here. Hopefully we show that we were a good pick," said Piccoli about his Elevate-KHS team.

Bookwalter covered the 94-mile course on Tuesday from Brigham City to Snowbasin Resort in three hours and 38 minutes. "At the end, it was just about picking the right moment and timing it right, and gambling a little too. Coming into this race a little more relaxed and not having my whole season or months of prep riding on this race served me well because I could sort of sit back and say if these guys stayed away, well, it's not like I've been staring at the big asterisk on my calendar, at this day for months. This race obviously means a lot to me and I'm inspired to do well here but that laid back approach helped." said Bookwalter, who finished third overall at the 2015 and 2016 Tour of Utah.

As expected, the first mountaintop finish of the 2017 Tour of Utah brought major changes to the overall leaderboard, with Bookwalter moving into second overall, tied on time with Kuss. Piccoli slots into third, also with the same time. Sixth on the stage, American Robin Carpenter, Holowesko

Citadel Racing Team p/b Hincapie Sportswear moves up to fourth overall, two seconds down. Neilson Powless (USA), Axeon Hagens Berman Cycling Team moves up to eighth place overall and takes over the WCF Insurance Best Young Rider jersey.

Ty Magner (USA) of Holowesko Citadel Racing Team p/b Hincapie Sportswear, who wore the

Larry H. Miller Dealerships leader jersey after winning Stage 1 in Logan on Monday, dropped to 52nd on G.C., more than 17 minutes off the lead. Sunny conditions greeted the rid-

ers for the start of Stage 2 presented by America First Credit Union in Brigham City this morning. Attacks started immediately from the start, as the riders started the ascent up Sardine Canyon, the first of three Utah Office of Tourism King of the Mountain climbs.

Numerous riders tried to escape but the large numbers of riders off the front doomed all moves to failure. One such rider was BMC Racing Team's Joey Rosskopf who took top points on the first KOM. More attacks followed but it took 28 miles of racing before a breakaway was established. Initiated by Rosskopf, the reigning U.S. Pro Time Trial champion, three riders managed to escape and gain a maximum of five minutes and 10 seconds on the field. The break included Oscar Clark

(USA), Holowesko

Citadel Racing Team, and Marco Canola (ITA) of Nippo-Vini Fantini. Meanwhile in the field, Rally Cycling took position at the front to control the gap. With 40 miles to go, the gap was down to under two minutes. The trio was ultimately reeled in on the second KOM of the day, the climb up North Ogden Divide.

Bookwalter was appreciative of the work put in by his BMC Racing Team, including his teammate Rosskopf. "The only thing I could have done to do their effort justice today was to win," he said. " Coming into this race, I was pushing him to ride G.C., he was a little less confi-



Brent Bookwalter took Stage 2 of the 2017 Tour of Utah with an extreme surge and bike throw. Brigham City to Snowbasin. Photo by Cathy Fegan-Kim, cottonsoxphotography.net

dent, said he was comfortable being aggressive. We've seen it before that he's really good at doing that, he's been good here. The ride he did on the climb too was just incredible. He was out there all day, covered in salt, and he came back, he was still riding at the front, popping guys out of that group. He's an animal, definitely hasn't seen his limits, still getting better."

The technical descent led to more attacking but the field down to 40 riders was all together as they started the final climb to the finish line. Canadian Adam De Vos of Rally Cycling countered an attach by Jhonnatan Narvaez (POR) of Axeon Hagens Berman and quickly established a gap to the field. With three kilometers, De Vos was fully committed to his attack, head down and giving it everything he had.

"Adam has a super good finishing kick himself. We decided that the climb might not be selective enough to have attacks go from the bottom and have big time gaps. I think when he saw Neilson's teammate go near the bottom, he followed that and it ended up being a pretty good move. And he was out there until the last k[ilometer]. A strong ride by him," said Kuss.

Powless, who is the reigning U-23 Road Race national champion, said about the climb, "It was pretty stop and go I think. It wasn't a crazy steep uphill finish, it was a bit more tactical so it was a bit more explosive. I tried to go a couple of times, but no one was really letting me go either. I had one other teammate Jhonnatan in the group which was really nice, he went pretty early on and when we caught him, I think he ended up going again before the finish which was really impressive. It helped me a lot too, because it's really nice to have a teammate up the road, if we catch him, I know he's strong and he'd still probably be able to hang in as well. On an uphill finish like this, you're really just trying to get to the last kick as fresh as possible because that's when a lot of gaps are going to happen."

STAGE 2 AWARD JERSEYS

Larry H. Miller Group of Companies Overall leader - Sepp Kuss (USA), Rally Cycling

Utah Sports Commission Sprint leader - Chris Lawless (GBR), Axeon Hagens Berman Cycling Team

Utah Office of Tourism King of the Mountain - Jacob Rathe (USA), Jelly Belly Cycling p/b Maxxis WCF Insurance Best Young Rider

- Neilson Pawless (USA), Axeon Hagens Berman Cycling Team

Larry H. Miller Dealerships Most Aggressive Rider - Adam De Vos (CAN), Rally Cycling

America First Credit Union Fan Favorite (Most Loved Veteran) - Danny Pate (USA), Rally Cycling

Rob Britton Moves into Overall Race Lead with Stage 3 Individual Time Trial Win at Tour of Utah

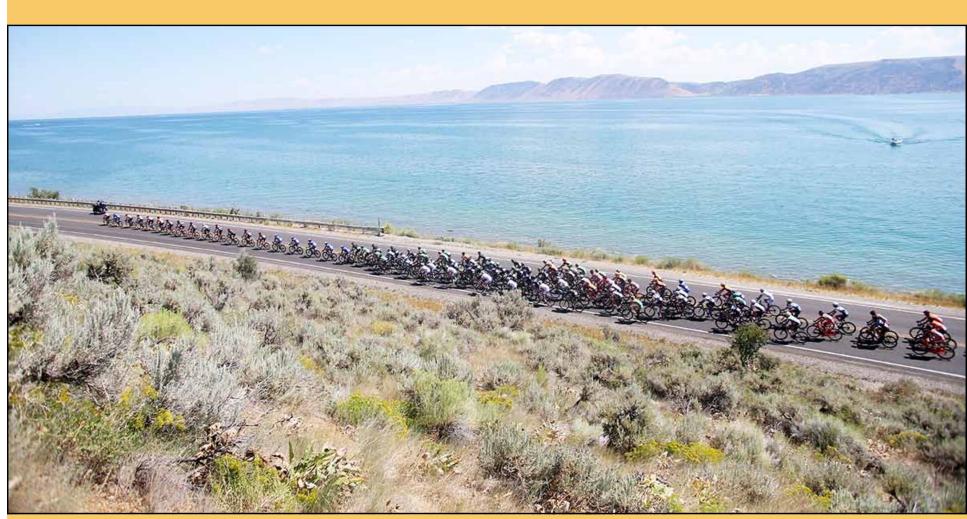
Stage 3 presented by Workfront marked the return of the popular individual time trial (ITT), last held in 2011. Starting at an elevation of 7,300 feet, the course climbs 1,725 vertical feet and provides a tough 5.6-mile ascent of Big Cottonwood Canyon Road. The course travels from the Donut Falls Trailhead parking at Reynolds Gulch to the front door of Brighton Ski Resort. The route passes Solitude Ski Resort, towering spruce trees and rock vistas that are part of the Uinta-Wasatch-Cache National Forest. With a 5.5 percent average gradient, the course should favor a strong rider who excels at high altitude.

"It could be the most decisive day of the race," Bookwalter said of Stage 3. "But it's a new stage, hard to know. Traditionally, we see pretty big time gaps on Snowbird too. Last time I was here (Big Cottonwood Canyon) two years ago, [Joe] Dombrowski put a minute into second place, it's all open."

Canadian Rob Britton of Rally Cycling cranked out the best time of 18 minutes and 29 seconds in the Individual Time Trial (ITT) on Wednesday at the 2017 Larry H. Miller Tour of Utah. With the victory at Stage 3 presented by Workfront, Britton vaulted to the overall lead in the general classification (G.C.) and earned the Larry H. Miller Group of Companies overall leader jersey.

"This has been my objective pretty much since [the Amgen Tour of] California, one of the main objectives for the whole year. We set new standards for how to train and get ready for these races. I was really excited when I saw that there was going to be an uphill time trial at this race, something that suits my strengths well," said Britton about being in the leader's jersey for a UCI stage race. "With today's ride and how I felt yesterday, we're right where we want to be. We brought the

<u>TOUR OF UTAH</u> Tour of Utah Photo Gallery - A Few of Our Favorite Shots!



Bear Lake sure is pretty. 2017 Tour of Utah Stage 1, Bear Lake to Logan. Photo by Cathy Fegan-Kim, Cottonsoxphotography.net



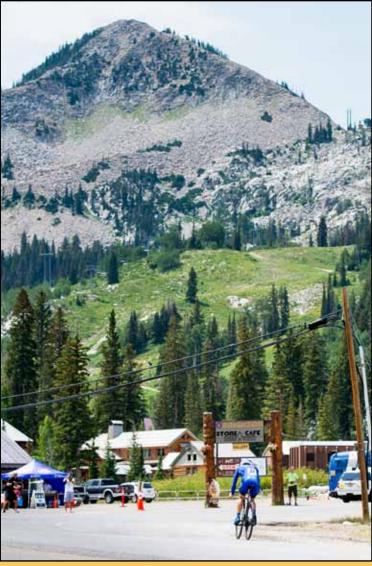
The peloton rides single file around rugged rock formation while descending Logan Canyon on Stage 1, Logan-BearLake-Logan, 2017 LHM Tour of Utah. Photo by Dave Richards, daverphoto.



A Jelly Belly rider gets much needed calories during Stage 2 of the 2017 Tour of Utah. Brigham City to Snowbasin. Photo by Cathy Fegan-Kim, <u>cottonsoxphotography.net</u>



Riders touch wheels and tumble as the peloton breaks up on the cliimb to first KOM of the day on Stage 2, BrighamCity-SnowBasin, 2017 LHM Tour of Utah. Photo by Dave Richards, daverphoto.com



UHC rider enters the Brighton Loop beneath the majestic Mt. Millicent at Brighton Ski Resort for the finish of Stage 3, Individual Time Trial Big Cottonwood Canyon, 2017 LHM Tour of Utah. Photo by Dave Richards, <u>daverphoto.com</u>



Single file on the rivet, as the peloton flies down the Sardine Canyon descent. Stage 2, 2017 Tour of Utah. Photo by Steven Sheffield

FALL 2017



Cortlan Brown of Hangar 15 rolls out of the start house. 2017 Tour of Utah Stage 3 Time Trial, 5.6 miles, 1725 feet of climbing, from Donut Falls to Brighton, Utah. Photo by Cathy Fegan-Kim, <u>cottonsoxphotography.net</u>

Tour of Utah -Continued from page 17

team to take care of me and Sepp [Kuss]. We've very confident."

Serghei Tvetcov (ROM) of Jelly Belly Cycling presented by Maxxis was 12 seconds behind to take second place. With a third-place ITT finish, 26 seconds back, Gavin Mannion (USA) of UnitedHealthcare Pro Cycling Team moved into second place overall.

"It was a great course. This course is pretty high compared to other time trials I've done uphill. For myself, I tried to go as hard as I can, I didn't really think about time or anything else," said Tvetcov, who set the fastest intermediate time of 10:16. "And finally I got a pretty good time."

The return of the popular ITT, last held in 2011, delivered a major shakeup in the overall standings. Britton, who was 10th on G.C. on Tuesday, now leads Mannion by 26 seconds overall. Tvetcov is in third, a further two seconds down. Finishing 33 seconds off the stage winner, Kyle Murphy (USA) of Cylance Cycling moves to fourth overall.

Mannion, along with his teammate Jonny Clarke (AUS) who sits ninth overall, will now be the leaders for the UnitedHealthcare squad. "Coming into the race, we had a few options with myself, Jonny Clarke and Janier Acevedo as G.C. guys, and then [Daniel] Jaramillo and Travis [McCabe] more for stage wins, said Mannion, who comes into Utah with a second overall finish at the Cascade Cycling Classic in late July. "Janier and Jaramillo are both a little bit under the weather so we're more focused on myself and Jonny this week. The second half of the season for me was pretty focused on this race. I used Cascade a couple of weeks ago as training for this race. I knew I was riding well there and did a good TT so looking forwards to the next four days of racing."

SeppKuss(USA) of Rally Cycling, who won Stage 2 in Snowbasin Resort on Tuesday, dropped down to 10th place, one minute and two seconds behind his teammate. Finishing 11th in the ITT in Big Cottonwood Canyon, Brent Bookwalter (USA) of BMC Racing Team moves from second to sixth on G.C., 44 seconds back. Utah's Taylor "T.J." Eisenhart of Holowesko-Citadel presented by Hincapie Sportswear, who resides in Lehi, jumped to seventh overall, 58 seconds down. Neilson Powless (USA) moved from seventh to fifth on G.C., 38 seconds behind the leader and retained the WCF Insurance Best Young Rider jersey.

Britton expects the battle for the overall win to heat up again in the last two stages this weekend that include the Queen Stage to Snowbird Resort and the overall finish in Salt Lake City. "Saturday is hard, it's pretty straightforward, get over the first climb with as many guys as possible and just take care of business on Snowbird. I think Sunday is going to be one of, if not the hardest day of bike racing at the Tour [of Utah]. That stage is incredibly hard, it's going to be insanely hot and it's on day seven with a quick turnaround of a hard day before. People's legs are going to be hurting. That circuit is incredibly hard. The next couple of stages are hard but we brought the team here to take care of business."

Starting at an elevation of 7,300 feet, the course climbed 1,725 vertical feet and provided a tough 5.6-mile ascent of Big Cottonwood Canyon. With a 5.5 percent average gradient, the course passed Solitude Mountain Resort en route to the finish at Brighton Resort.

The ninth rider to leave the start

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TJ Eisenhart is the fan favorite. 2017 Tour of Utah Stage 3 Time Trial, 5.6 miles, 1725 feet of climbing, from Donut Falls to Brighton, Utah. Photo by Cathy Fegan-Kim, <u>cottonsoxphotography.net</u>

house, American Bryan Lewis of Cylance Cycling, set the early fast time of 20:09. He had to sit in the hot seat until 15 more riders finished, and Simone Sternini (ITA) of Bardiani CSF cracked the 20-minute barrier. The Italian, who was the 42nd rider to start, clocked at time of 19:10. His teammate, Giulio Ciccone (ITA) was the first rider to go under the 19-minute mark with a time of 18:59, but he was not in the hot seat for long.

Not long after, U.S. Pro Time Trial champion, Joey Rosskopf of BMC Racing Team, stopped the clock with a time of 18:55. Rosskopf would ultimately place fourth on the stage.

Britton, who was not wearing an ear piece, was one-second slower that Tvetcov at the 3.2-mile intermediate time check. "I knew that I was second fastest but I didn't know how close I was," he said.

It was all about managing the altitude for the Canadian. "I tried to go out and go pretty into the red because that around 2 k[ilometer] to go, you crest over the 8,000-feet mark, that's when it really starts to get hard with oxygen death and that's pretty much what happened at that point I just held on for dear life and just started to see the watts slip away, hope that I could minimize the damage and hold on. The last 500 meters just take ages. But yeah, really happy all it all wrapped up."

STAGE 3 AWARD JERSEYS

Larry H. Miller Group of Companies Overall leader - Rob Britton (CAN), Rally Cycling

Utah Sports Commission Sprint leader - Chris Lawless (GBR), Axeon Hagens Berman Cycling Team

Utah Office of Tourism King of the Mountain - Jacob Rathe (USA), Jelly Belly Cycling p/b Maxxis

WCF Insurance Best Young Rider - Neilson Powless (USA), Axeon Hagens Berman Cycling Team

Larry H. Miller Dealerships Most Aggressive Rider - Adam De Vos (CAN), Rally Cycling

America First Credit Union Fan Favorite (Best Climber) - James Piccoli (CAN), Elevate-KHS Pro Cycling

American Murphy Wins Wild West Sprint at Stage 4 of 2017 Tour of Utah

Stage 4 presented by Workfront covered new territory across 125 miles in Salt Lake, Tooele and Utah counties on Thursday, Aug. 3. The stage began with the inaugural start/ finish in South Jordan City then headed to the west desert and Rush Valley. In the shadows of the Oquirrh Mountains, riders will found little protection from the wind. Two Utah Sports Commission Sprints were be contested on the out-and-back section of SR 73 at Cedar Fort. After 4,000 feet of elevation gain, there were two finishing circuits of three miles each around South Jordan City Park.

American John Murphy of the Holowesko-Citadel Racing Team presented by Hincapie Sportswear surged past the field in a wild west sprint finish to win Stage 4 presented by Workfront at the Larry H. Miller Tour of Utah. Traversing 125 miles of high desert before a climatic finish in South Jordan City, Murphy crossed the line in four hours and 22 minutes.

"I'm super happy to win at Utah, this is awesome," said Murphy. "We had control with 3K (kilometers) to go, our boys were on the front and it was looking good. But I think we all knew that it was going to be a little bit too early. With 1K (kilometer) to go, UHC took over with [Seba] Haedo and [Travis] McCabe and I sat behind them. I think they opened the sprint up a little bit too early and I stayed patient. We knew that (the finish line) was a long way from the last turn. Three or four guys came by me, wow these guys were going super fast, but I stayed patient. A little hole opened up in the last 150 meters and I was able to get through it and do my sprint."

On Murphy's wheel for second was Alfredo Rodriguez (MEX) of Elevate-KHS Pro Cycling. Mihkel Raïm (EST) of Israel Cycling Academy finished third. Raïm, who captured the first intermediate sprint in Cedar Fort, takes over the Utah Sports Commission Sprint jersey.

"Hard race all day. We had one guy in the breakaway, and the team stayed relaxed in the group. I stayed in the front in the last two laps of the circuits. It's a hard sprint, it's very fast and I don't know why I finished second place," Rodriguez commented with a laugh. "I'm happy."

It is the second stage win for the Holowesko-Citadel team, with Ty Magner (USA) capturing Stage 1 presented by America First Credit Union in Logan. Murphy added, "We were very happy already with Stage 1 with Ty and the yellow jersey, so that's why you didn't see us take control. We gambled a little on



A Hangar 15 rider on the front near the end of Stage 4 of the 2017 Tour of Utah, South Jordan to Cedar Fort and back to South Jordan, Photo by Cathy Fegan-Kim, cottonsoxphotography.net today's stage."

Rob Britton (CAN) of Rally Cycling continued for a second day in the Larry H. Miller Group of Companies Overall Leader jersey, finishing safely in the bunch in South Jordan. The overall leaderboard remained unchanged for the General Classification -- Britton retained a 26-second lead over Gavin Mannion (USA) of UnitedHealthcare Professional Cycling Team and a 28-second margin on Serghei Tvetcov (ROM) of Jelly Belly Pro Cycling p/b Maxxis.

Riders in the 124-rider field battled each other and the scalding temperatures through the Rush Valley, passing the Oquirrh Mountains.

the first hour and a half until the sixrider breakaway was finally established.

The first move, initiated by American Tyler Williams of Israel Cycling Academy, came 11 miles into the stage. Relentless attacking continued, with the yellow jersey Britton participating at the front. Rally Cycling wanted to make sure that the right combination of riders and teams were allowed up the road, while sprinters teams were shutting down any move that included sprint-

The field was still together as they approached the first of two Utah Sports Commission Sprint lines in Cedar Fort. Led out by his Axeon desert Pony Express Route and back, 2017 LHM Tour of Utah. Photo by Dave Richards, daverphoto.com (USA) opened his sprint first, but deviated from left to right of the road forcing Raïm in the gutter. After review, officials relegated Lawless, giving top points to Raïm. Lawless' teammate Rui Oliveira (POR) was second and Ty Magner (USA) of Holowesko 1 Citadel Racing Team third in that sprint.

Raïm described the incident as "nothing special."

"We were going for the sprint, he probably didn't see me, but also he wanted to gamble a little which is normal in cycling to block the others. But it was just a little bit too much I think. I couldn't pass him on the right side and he pushed me a little bit and I couldn't finish my sprint," he noted. "Those things happen. He came to me and apologized afterwards so all is good."

Attacks continued to fly until a group of five riders escaped 38 miles into the stage. The break included Lorenza Rota (ITA) of Bardiani CSF, Marco Zamparella (ITA) of

sented by Fondriest, Gonzalo Serrano Rodriguez (ESP) of Caja Rural-Seguros RGA, Taylor Sheldon (USA) of Jelly Belly Cycling p/b Maxxis and Daniel Turek (CZE) of Israel Cycling Academy. Two miles later, solo chaser Brian McCulloch (USA) of Elevate-KHS Pro Cycling made the junction, making it six up the road while the field settled in behind them.

Continued on page 24



John Murphy (Holowesko/Citadel Racing P/B Hincapie) celebrates winning Stage 4, South Jordan City to west

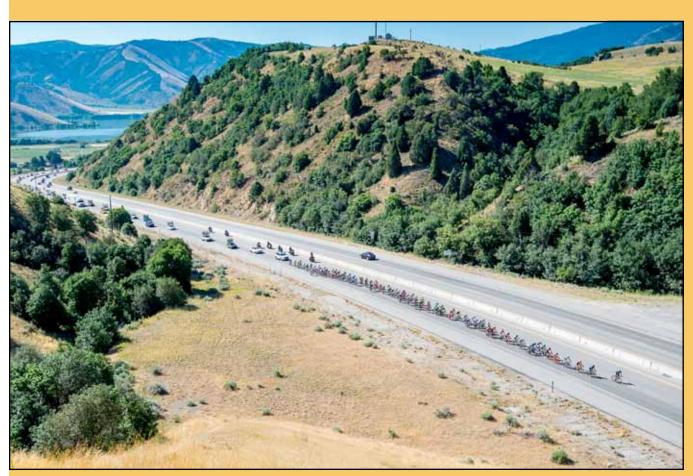


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<u>TOUR OF UTAH</u> Tour of Utah Photo Gallery - A Few of Our Favorite Shots!



The peloton rides up the canyon above Mantua, Utah. Stage 2, BrighamCity-SnowBasin, 2017 LHM Tour of Utah. Photo by Dave Richards, <u>daverphoto.com</u>



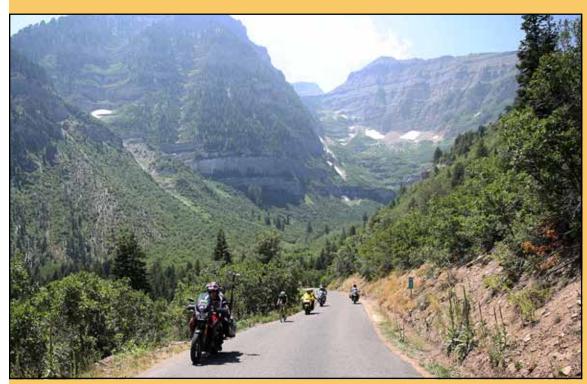
Takeoff! Riders exit from a brief foray onto Hill Air Force Base on Stage 5, Layton to Bountiful, 2017 LHM Tour of Utah. Photo by Dave Richards, <u>daverphoto.com</u>



The break flies down the Sardine Canyon descent after the first KOM, Stage 2, 21017 Tour of Utah. Photo by Steven Sheffield



High speed descent into a sharp turn below Reservoir Park during Stage 7, Salt Lake City Circuit Race, 2017 LHM Tour of Utah. Photo by Dave Richards, <u>daverphoto.com</u>



The Alpine Loop is a highlight. 2017 Tour of Utah Stage 6, Heber to Snowbird, photo by Cathy Fegan-Kim, <u>cot</u>tonsoxphotography.net



Riders roll down the finishing stretch at Snowbird Ski Resorit to complete Stage 6, Soldier Hollow to Snowbird Ski Resort, 2017 LHM Tour of Utah. Photo by Dave Richards, <u>daverphoto.com</u>



10 across. Tour of Utah 2017, Stage 7, Salt Lake City Circuit Race, 11 laps, 73 miles, 5450 feet of climbing. Photo by Cathy Fegan-Kim, <u>cottonsoxphotography.net</u>



Cheering fans at the 2017 Tour of Utah Stage 5, Layton to Bountiful, Photo by Cathy Fegan-Kim, <u>cottonsoxpho-</u> tography.net



Mount Raymond provides a beautiful backdrop for the ITT in Big Cottonwood Canyon. Stage 3, 2017 Tour of Utah. Photo by Steven Sheffield



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Utah's team, Hangar 15, chilling before the race. 2017 Tour of Utah Stage 5, Layton to Bountiful, Photo by Cathy Fegan-Kim, <u>cottonsoxphotography.net</u>



Robin Carpenter (Holowesko Citadel Racing P/B Hincapie Sportswear) hits the deck hard, but recovers to chase down the pack and take an amazing 4th place in a bunch sprint finish on Stage 5, Layton to Bountiful, 2017 LHM Tour of Utah. Photo by Dave Richards, <u>daverphoto.com</u>

Tour of Utah -Continued from page 21

Britton's team remained in control, letting the gap extend to a maximum of five minutes and 30 seconds before slowly reeling them in. Heat was definitely a factor with riders dumping water on their heads and putting iced-filled socks down their back to cool their body temperatures.

With 90 miles to go, under orders from his Israel Cycling Academy team director, Turek stopped working in the break, causing an uproar with his break companions. Seven miles later, Rota took a flyer off the front, was soon joined by Gonzalo Serrano Rodriguez, and the duo dug deep in a desperate but doomed dash for victory. The field was all together as they entered the first first of two finishing circuits in South Jordan. Rota was awarded the Larry H. Miller Dealerships Most Aggressive Rider jersey for his efforts.

Teams continued to battle for position on two laps of the 3.5-mile circuit in South Jordan. American Travis McCabe of UnitedHealthcare launched his sprint with 800 meters to go, but faded to take sixth on the stage.

"I had two teammates who were leading me out. Personally, I think we started too far back to sprint. We were coming fast, but with 1K (kilometer) to go, we were 45th position I think. I had good legs for the sprint. Probably I was the fastest guy today, but I wasn't the best. These two guys (Murphy and Rodriguez) were better than me," Raïm added.

Veteran Murphy had experience on his side. "These sprints are crazy, we knew that it was going to be very fast. I opted for a bigger chain ring because we knew how fast it was going to be. I'm super happy. Not super surprised because if you can take experience into these sprints, you can do more than your speed allows. You're able to make some moves, knowing when to be where, when to wait and when to go."

Rob Britton (CAN) of Rally Cycling continued for a second day in the Larry H. Miller Group of Companies Overall Leader jersey, finishing safely in the bunch in South Jordan. The overall leaderA Bardiani rider helps a Silber rider board remained unchanged for the General Classification -- Britton retained a 26-second lead over Gavin Mannion (USA) of UnitedHealthcare Professional Cycling Team and a 28-second margin on Serghei Tvetcov (ROM) of Jelly Belly Pro Cycling p/b Maxxis.

STAGE 4 AWARD JERSEYS Larry H. Miller Group of

Companies Overall leader - Rob Britton (CAN), Rally Cycling

Utah Sports Commission Sprint leader - Mihkel Raïm (EST), Israel Cycling Academy

Utah Office of Tourism King of the Mountain - Jacob Rathe (USA), Jelly Belly Cycling p/b Maxxis

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WHEN TRAINING INDOORS



Travis McCabe wins the sprint. 2017 Tour of Utah Stage 5, Layton to Bountiful, Photo by Cathy Fegan-Kim, <u>cot-</u> tonsoxphotography.net



A Bardiani rider helps a Silber rider beat the heat in Stage 5. Photo by Dave Iltis

WCF Insurance Best Young Rider - Neilson Powless (USA), Axeon Hagens Berman Cycling Team

Larry H. Miller Dealerships Most Aggressive Rider - Lorenza Rota (ITA), Bardiani CSF

America First Credit Union Fan Favorite (Best Sprinter) - Eric Young (USA), Rally Cycling

AmericanMcCabeRockets To Win at Stage5 of 2017 Tour of Utah

Stage 5 presented by Zions Bank returned to Davis County on Friday, Aug. 4 for a third consecutive year. New for 2017 was a stage start in Layton. The 112-mile course rolled through Hill Air Force Base for the first time, passing the Hill Aerospace Museum, the largest museum west of the Mississippi River. After two crushing climbs across the Bountiful Bench, each designated with a Utah Office of Tourism KOM, the 4,200feet of climbing of the stage ended in front of a huge crowd on Main Street in Bountiful.

Travis McCabe (USA) of UnitedHealthcare Pro Cycling Team blasted from a select group of riders to win Stage 5 presented by Zions Bank at the Larry H. Miller Tour of Utah. McCabe, who finished third on Stage 1 presented by America First Credit Union, climbed on the top step of the podium in a time of 4 hours, 5 minutes and 26 seconds.

"It was a pretty fast finish with that slight downhill and the tailwind coming into the finish. I was just patient, waited for 250 meters to go, opened up (the sprint) and I was the fastest one today. Pretty proud," said McCabe, who also won stage 4 at the 2016 Tour of Utah. After the win Friday, he took over the Utah Sports Commission Sprint jersey. "This is a stage that I've been targeting all year long. I love Utah, and I've done this now for the third year. I know just how hard it is, so to get a win is pretty emotional. I'm quite happy."

In the group of 26 lead riders, Marco Canola (ITA) of Nippo-Vini Fantini was second at the line. American Logan Owen of Axeon Hagens Berman Cycling Team, who won Stage 3 in Bountiful at 2015 Tour of Utah, finished third.

"I felt good, so that's why I wanted to take a win. It was an effort at the front in the last climb. McCabe



Wheelies, cookies, madness at Tanner's Flat in stage 6 of the 2017 Tour of Utah. Photo by Dave Iltis

was fast, he won well. Now we in check. The escapees maintained a are focused for the last stage (in Salt Lake City)," said Canola, whose Italian team is competing in Utah for a second consecutive year.

Overall race leader Rob Britton (CAN) of Rally Cycling finished seventh on Friday's 115-mile stage and retained the Larry H. Miller Group of Companies Overall Leader jersey. With a few changes in the overall standings, Britton continues to hold a 26-second lead over Gavin Mannion (USA) of UnitedHealthcare Pro Cycling Team and a 28-second margin on Serghei Tvetcov (ROM) of Jelly Belly Pro Cycling p/b Maxxis.

Neilson Powless (USA) of Axeon Hagens Berman improved one position to fourth overall and Brent Bookwalter (USA) of BMC Racing Team moved to fifth overall. American Kyle Murphy of Cylance Cycling dropped 15 spots to 20th overall. Taylor "T.J." Eisenhart (USA) of Holowesko-Citadel presented by Hincapie Sportswear improved one spot, now in sixth overall.

Once again, aggressive racing dominated the day from the start in Layton with the breakaway formed more than one hour into the race. The breakaway included Patrick Mueller (SUI) of BMC Racing Team, William Barta (USA) of Axeon Hagens Berman Cycling Team, Guillaume Boivin (CAN) of Israel Cycling Academy, Andrei Kasilnikau (BEL) and Stage 4 winner John Murphy (USA) of Holowesko l Citadel Racing Team p/b Hincapie Sportswear, Erik Slack (USA) of Hangar 15 Bicycles, Redi Halilaj (ALB) and David Galaretta Ugarte (ESP) of Amore & Vita - Selle SMP presented by Fondriest, Christopher Jones (USA) of UnitedHealthcare Pro Cycling Team, Alan Marangoni (ITA) of Nippo-Vini Fantini, Canadians Nickolas Zukowsky and Pier-André Côté of Silber Pro Cycling and Diego Rubio Hernandez (ESP), Cortlan Brown (USA) and Justin Oien (USA) of Caja Rural-Seguros RGA.

Having missed the break the entire Bardiani CSF team assumed the responsibility of keeping the gap gap of three minutes, as they rolled through Hill Air Force Base for the first time in the race's history.

"Being up front, I got to see a lot of it. Everyone else is trying to hold the wheel in front of them, but I'm like, wow, look at these planes next to us, this is sweet," said Oien about F-35 fighter jets passing overhead when the peloton sped through Hill Air Force Base.

"Today was hard. It took 50K (kilometers) for the break to finally go, we were going 50K (kilometers) an hour for the first hour. With the crosswind, headwind, crosswind, all the turns and just the aggressive that began the day made for a hard finish. With a 12-man break going up the road, it forced the peloton to stay on the gas the whole time. coming into the climb, it was hot, a bit of tailwind and that just makes that climb a little harder," said McCabe.

With the stage win on the line, cooperation ended in the breakaway and the final escapee was caught at the bottom of Bountiful Bench. The first time up Bountiful Bench which challenges the riders with a 11.3% maximum gradient decimated the field, but did not stop the attacks from flying off the front. Fans were treated to an action-packed finish along the flag-lined nine-mile finishing circuit in Bountiful. Attentive at the front, Britton's team protected the yellow jersey and covered all attacks.

McCabe and Owen were both dropped in the final meters of the climb. "Coming over the top, on the last bit, I came off with 200 meters to go with Logan and fortunately I had Jonny Clarke to pace me back on," McCabe explained. "(Clarke) and Neilson Pawless pretty much did the grudge of the work to bring Logan and I back on and that was really hard. With the G.C. guys taking a step back, it allowed us to get make it on over the top and then it was the finish."

The group re-formed on the fast descent to the finish line in downtown Bountiful.

"I just sat back all day, tried to save energy. It was a stage I'd targeted because I've won this stage before, so I just wanted to save energy, try to be there at the finish and try to get another win. But these guys were a little bit faster than me today," Owen said about finishing third.

"Caja Rural is typically a very aggressive team in terms of the way we race, we always want to be in the break," Oien said. "Today was no different. For me personally, I really wanted to be in the breakaway, because I thought that the climb here at the finish was right there on the edge something that I could make it over. It didn't end up working that way, but sometimes you got to give it a go. It feels great to be out there and race my bike."

STAGE 5 AWARD JERSEYS Larry H. Miller Group of

Companies Overall leader - Rob Britton (CAN), Rally Cycling

Utah Sports Commission Sprint leader - Mihkel Raïm (EST), Israel Cycling Academy

Utah Office of Tourism King of the Mountain - Jacob Rathe (USA), Jelly Belly Cycling p/b Maxxis

WCF Insurance Best Young Rider - Neilson Powless (USA), Axeon

Hagens Berman Cycling Team Larry H. Miller Dealerships Most Aggressive Rider - Justin Oien (USA), Caja Rural-Seguros RGA

America First Credit Union Fan Favorite (Tour of Utah Legends) - Taylor "T.J." Eisenhart (USA), Holowesko- Citadel Racing Team p/b Hincapie Sportswear

Stage 6: Italian Ciccone Completes Solo Summit of Snowbird to Conquer "Queen Stage" at Tour of Utah

Stage 6 presented by University of Utah Health, the "Oueen Stage" of the Tour of Utah, used the original route over Alpine Loop that was introduced in 2006. At 61 miles in length, the course was much shorter than previous editions, but not easier. This stage began for a second time in the Heber Valley at Soldier Hollow, in the shadow of Mount Timpanogos. The racers tackled the Category 1 climb through American Fork Canyon early in the stage, passing Sundance Resort and Timpanogos Cave National Monument. The final fireworks took place along Little Cottonwood Canyon on the Hors Category climb to Snowbird Resort, the signature six-mile ascent featuring 8-12 percent gradients.

Italian Giulio Ciccone of Bardiani CSF showed his climbing prowess to win Stage 6 presented by University of Utah Health on Saturday at the Larry H. Miller Tour of Utah. Ciccone soloed to victory on the legendary seven-mile climb of Little Cottonwood Canyon to Snowbird Resort, completing the 61-mile "Queen Stage" in 2 hours and 45 seconds.

Ciccone's teammate, Simone Sterbini (ITA), crossed the line 35 seconds later to claim second place. In a bid to improve his fourth-place position in the general classification (G.C.), Neilson Powless (USA) of Axeon Hagens Berman attacked in the final kilometers to take third on the stage.

"Today was really important because as the days have gone on we have gotten stronger, better as a team, and we felt better," said Ciccone

through an interpreter. "Today, it was really important to show ourselves and win the race. My goal, once I saw that I had a little bit of gap, was to regulate and pace myself well. I knew that the last 2 kilometers were a bit easy, so my goal was to regulate until and (give it) everything to the finish." Ciccone, winner of a stage of the 2016 Giro d'Italia, was awarded the Larry H. Miller Dealerships Most Aggressive Rider jersey for his dashing attack.

Rally Cycling's Rob Britton (CAN) survived an onslaught of attacks to finish fifth on the stage and retain his Larry H. Miller Group of Companies overall leader jersey. Stage winner Ciccone jumped 17 spots to sixth place overall. Britton retained his 26-second advantage over Gavin Mannion (USA) of UnitedHealthcare Pro Cycling Team, who is second on G.C., and a 32-second gap over Serghei Tvetcov (ROM) of Jelly Belly Cycling p/b Maxxis, who is third overall.

"I was very confident. The team has done a fantastic job all week and I had a lot of confidence that it would continue today," Britton said. "It's really not so much about me, as it is just about paying back all their hard work. It was just follow all the wheels across the line."

The Tour of Utah's "Queen Stage" lived up to its reputation as one of cycling's most exciting days in the saddle, with 7,700 feet of climbing and two Utah Office of Tourism KOM climbs. The stage began for a second time in the Heber Valley at Soldier Hollow, in the shadow of Mount Timpanogos. The hard terrain, altitude, heat and punishing pace decimated both the early 18-rider breakaway and the peloton over the course of 61 miles.

For the first time this week, the breakaway was established fairly early with 18 riders escaping in the first five miles of the stage. The break included Dennis Van Winden (NED) and Tyler Williams (USA) of Israel Cycling Academy, Luca Wackermann (ITA) and Simone Velasco (ITA) of Bardiani CSF, Rui Oliveira (POR) and Jonathan Brown (USA) of Axeon Hagens

Continued on page 26





Rob Britton (Rally Cycling) looks up the road on the Little Cottonwood Canyon climb checking the progress of the solo breakaway rider up ahead. Stage 6, Soldier Hollow to Snowbird Ski Resort, 2017 LHM Tour of Utah. Photo by Dave Richards, <u>daverphoto.com</u>



Rugged mountains form the backgdrop as the gruppetto arrives at Snowbird completing Stage 6, Soldier Hollow to Snowbird Ski Resort, 2017 LHM Tour of Utah. Photo by Dave Richards, <u>daverphoto.com</u>

Tour of Utah -Continued from page 25

Berman Cycling Team, Jacob Rathe (USA) and Angus Morton (AUS) of Jelly Belly Cycling p/b Maxxis, Americans Steve Fisher and Erik Slack of Hangar 15 Bicycles, Miguel Angel Benito Diez (ESP) of Caja Rural-Seguros RGA, Christopher Jones (USA) of UnitedHealthcare Pro Cycling Team, Tom Bohli (SUI) of BMC Racing Team, Connor Brown (USA) of Elevate-KHS Pro Cycling and Marc-Antoine Soucy (CAN) of Silber Pro Cycling. The front group also included Ruben Companioni (CUB), John Murphy (USA) and Ty Magner (USA) of Holowesko-Citadel Racing Team p/b Hincapie Sportswear.

Rally Cycling was content to let the move proceed with highest-placed rider on G.C. being Van Winden at over 13 minutes behind Britton. Companioni attacked, gaining a gap of 50 seconds as he crested the first Utah Office of Tourism KOM of the day at American Fork Canyon.

Meanwhile in the field, the battle for the overall win started to heat up when the BMC Racing Team set a vicious pace at the front, which reduced the peloton to 30 riders. The fifth and sixth place riders in the G.C., Brent Bookwalter (USA) of BMC Racing Team and Taylor "T.J." Eisenhart (USA) of Holowesko-Citadel presented by Hincapie Sportswear, made their move on the fast descent off the Category 1 climb at American Fork Canyon. This put pressure on Britton and his Rally Cycling team to retain the overall race lead.

Along with their respective teammates, Bookwalter and Eisenhart set a fast tempo to establish a gap of one minute to the yellow jersey group halfway through the stage. Staying calm, Britton lined up behind his teammates, who reeled in the dangerous move at the bottom of the hors-catégorie climb to Snowbird Resort. Though Bookwalter retained his fifth-place position, his gap to the leader increased to 2 minutes and 6 seconds, while Eisenhart dropped to 11th spot.

"I knew that Brent and T.J. were going to be going full gas to try and get across (to the break). It was actually kind of a good situation for us with our guys once they catch back up, we got some help from Caja Rural which was fantastic. It allowed Sepp (Kuss) and I to save our bullets with two of the strongest guys of the race riding full gas just to get 15 second lead at the base of the climb. It worked out in our favor, I couldn't ask for a better situation. Those two of guys were huge threats and their aggression kind of worked against them today," Britton said.

The G.C. contenders were all back together at the bottom of the final climb. The Bardiani CSF team came to the front to increase the pace in order to launch Ciccone for the win. "Bardiani CSF just rode a pretty blistering pace that brought it down to about five guys and that's all she wrote," Britton concluded.

After making his way into the breakaway, Rathe successfully defended Utah Office of Tourism KOM jersey. Travis McCabe (USA) of UnitedHealthcare Pro Cycling Team retained the Utah Sports Commission Sprint jersey.

Powless retained the WCF Insurance Best Young Rider jersey. "I just tried to stay within myself the whole time, whenever there would be a surge, just go as steady as possible up the climb, until I felt that the moment was right. So I attacked with around 2K (kilometers) to go. Unfortunately, I wasn't able to catch these two guys, but gave it everything. Happy with the stage," Powless added.

The Ultimate Challenge presented by University of Utah Health took part earlier on Saturday, on the same course as the pros. More than 550 amateur riders took part in the seventh annual event.

STAGE 6 AWARD JERSEYS

Larry H. Miller Group of Companies Overall leader - Rob Britton (CAN), Rally Cycling

Utah Sports Commission Sprint leader - Travis McCabe (USA), UnitedHealthcare Pro Cycling Team

Utah Office of Tourism King of the Mountain - Jacob Rathe (USA), Jelly Belly Cycling p/b Maxxis

WCF Insurance Best Young Rider - Neilson Powless (USA), Axeon

Hagens Berman Cycling Team Larry H. Miller Dealerships Most Aggressive Rider - Giulio Ciccone (ITA), Bardiani CSF

America First Credit Union Fan Favorite (Most promising rookie) Pier-André Côté (CAN), Silber Pro Cycling

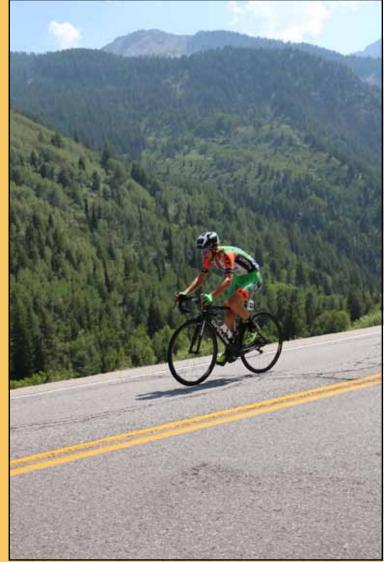
Canadian Britton Defends Overall Lead to Win 2017 Larry H. Miller Tour of Utah; Canola Takes Last Stage Win

Stage 7 presented by Utah Sports Commission brought back the overall finish to Salt Lake City for the first time since 2009. This 6.8-mile circuit is the same course that was first introduced in 2013 for a Friday stage, but this time the distance was doubled to a total of 73 miles with 5,450 feet of climbing. There were a total of 11 total laps, including intermediate sprints on laps three and seven, plus a time bonus at the finish. The course began and ended on the east side of the Utah State Capitol, with an uphill finish along State Street and at the summit of East Capitol Boulevard.

Canadian Rob Britton of Rally Cycling successfully fended off all challengers to earn the top prize at the 2017 Larry H. Miller Tour of Utah on Sunday. In his third Tour of Utah appearance, Britton claimed the biggest victory of his career, taking the Larry H. Miller Group of Companies Overall Leader title. The weeklong UCI stage race, which began July 31 in Logan, concluded with Stage 7 presented by Utah Sports Commission in downtown Salt Lake City.

"This year has been phenomenal. I think we've had success at just about every race we've gone to. Personally, I've knocked on the door for a long, long time and passed over for a few things, so this is pretty sweet," said Britton, who placed fifth overall at the 2016 Tour of Utah. "It means a lot to me (to win the overall). I was really grateful to have such a fantastic team around me, because without them I wouldn't be where I am."

A fast and furious circuit race beside the Utah State Capitol saw Nippo-Vini Fantini's Marco Canola



Guilio Ciccone (BARDIANI CSF) crushed the final climb to Snowbird to take the win in stage 6 of the 2017 Larry H. Miller Tour of Utah. Photo by Dave Iltis

(ITA) power away to a convincing win on Stage 7 presented by Utah Sports Commission. Canola flew up the final climb on State Street to cross the line in a time of 2 hours and 40 minutes. Americans Brent Bookwalter of BMC Racing and Gavin Mannion of UnitedHealthcare Pro Cycling Team lead the field across the line two seconds later, taking second and third respectively on the stage. Britton finished sixth on the stage.

"I could see day after day that my condition was better, so today we tried with all our strength and power to take the win. I have to say thanks to all my teammates because they did a really good job. We followed every attack today, and also they were chasing at the end to arrive all together at the last corner. In the end, the last kilometer was uphill, so it was up to the legs to see who was the winner. I am really, really happy to arrive in Salt Lake City and it was one of my favorite stages at Tour of Utah," said Canola, who finished second in a sprint finish on Stage 5 in Bountiful.

Aggressive racing was at the forefront on the 73-mile stage which saw numerous teams and riders attack in a last gasp for glory. Breakaways formed and re-formed at the front while the Rally Cycling team remained in complete control of the peloton. A first group of nine riders expanded to 18 up the road by the third lap. Jumping away at the end of the lap, Italian Lorenzo Rota took top points in the first Utah Sports Commission intermediate sprint followed by his Bardiani CSF teammate Simone Sterbini (ITA) and Joey Rosskopf (USA) of BMC Racing Team. Having missed the move, the

Israel Cycling Team started to chase to keep the escapees close. Halfway through the stage, Travis McCabe (USA) of UnitedHealthcare Pro Cycling Team saw an opportunity make it across to his teammate by jumping on BMC Racing Team's Sylvan Dilier's wheel.

"I felt good. We had (Daniel) Jaramillo up there and I thought there was a good chance that it would stick. Obviously I was wrong. When (Sylvan) Dilier (BMC Racing Team) went, I just sat on his wheel, I was right on when he jumped anyway and I figured I would just follow him across. He was frustrated that I wasn't pulling through but that's not my job," McCabe explained.

The front group swelled to 24 riders which also included Kyle Murphy (USA) of Cylance Cycling, Stephen Bassett (USA) of Silber Pro Cycling, Angus Morton (AUS) of Jelly Belly Cycling p/b Maxxis, Erik Slack (USA) of Hangar 15 Bicycles and Dilier's teammates Joey Rosskopf (USA) and Manuel Senni (ITA). The disorganized break did not manage to get more than one minute and 10 seconds on the field. Any sense of cooperation ceased in the front group with four laps to go. More re-shuffling at the front leaving seven riders dangling with only a 15-second lead on the penultimate lap. Redi Halijaj (ALB) of Amore & Vita - Selle SMP presented by Fondriest, Senni, Murphy all tried to escape on the final lap but the decimated was having none of it. The peloton was back together in the last kilometer to battle for the top step of the podium.

The 13th edition of the Tour of Utah, known as "America's Toughest Stage Race," included 605 miles of racing and 36,525 feet of elevation gain for the men's professional stage of winning the jersey but being in



Rob Britton (Rally Cycling) stays in front out of danger's way on the steep climb up State Street. Stage 7, Salt Lake City Circuit Race, 2017 LHM Tour of Utah. Photo by Dave Richards, <u>daverphoto.com</u>



Rally (in orange) defended the yellow jersey for most of the week, first with Sepp Kuss and then with overall race winner Rob Britton. Here, Rally cruises on Bonneville Boulevard on stage 7. Photo by Dave Iltis



One of many breaks on the Downtown/Avenues Circuit, this one featuring Francisco 'Paco' Mancebo of the Utah-based Hangar 15 Pro Cycling Team. Stage 7, 2017 Tour of Utah. Photo by Steven Sheffield

race. Over the course of seven days of hard racing, three different riders wore the Larry H. Miller Group of Companies Overall Leader jersey, until Britton blazed into the lead on the individual time trial Wednesday and gained a firm grasp on the prize. Of the 126 professional cyclists that began the week in Logan, 100 completed the stage race in Salt Lake City.

"By and large, this group of guys has been together for every race more or less this year. We've changed one guy for this race out of the eight, otherwise I've raced (with) the same seven guys. We know each other very well, we've all ridden for each other in some way all year, so we're very very tight knit. I have a lot of confidence and I think they have a lot confidence in me. I've been doing it awhile and I know that there's a lot of pressure that comes with that but it's something that I kind of thrived of," Britton said. "The work ethic and the sell out mentality of all the guys. It's pretty special to have everyone on

board to go all in for one goal."

UHC's Mannion finished second in the G.C., 22 seconds behind the overall leader. "I think we had a really good week. We came in here with a few guys targeting G.C. and Travis looking at stages. So to come away with a stage win, a podium overall and the sprinter's jersey I think it was very successful. Everyone on the happy and we all work well together," he said.

Serghei Tvetcov (ROM) of Jelly Belly Cycling presented by Maxxis was third, 32 seconds down. Placing fourth overall was Under-23 U.S. Road Race national champion Neilson Powless of Axeon Hagens Berman Cycling Team.

"This race was definitely a race won with strong legs because the climbs are long and tough. A bit stronger is a way to win the race. I think the strongest guy here won," said Powless, who took over the WCF Insurance Best Young Rider jersey on Stage 2 and never let go. "I think it's not just the experience the top 5 at a race like (the Tour of) Utah is really good just for overall development. I'm only 20 years old and still trying to get better at the sport. Anytime that I can battle it out with everybody at this table is really good for overall development. I'm really excited to see where the road takes me."

Pre-race favorite Bookwalter, winner of Stage 2 with the mountaintop finish at Snowbasin Resort, remained in fifth place on G.C. Utahn Taylor "T.J." Eisenhart of Holowesko-Citadel Racing Team presented by Hincapie Sportswear finished 11th overall.

Finishing seventh on the stage, McCabe successfully defended the Utah Sports Commission Sprint jersey. "Once I was in the break, I went for the sprint points and I still tried to go for it in the sprint, but it was pretty evident that I spent too much energy up there (in the break). I lost Marco's (Canola) wheel in the last 500 meters, and I couldn't do much after that. I'm just happy that I was able to hold on to the Sprint Jersey."

Jacob Rathe (USA) of Jelly Belly Cycling presented by Maxxis defended the Utah Office of Tourism King of the Mountain Leader jersey over the full seven days of racing. "It was a goal of the team, and personally I knew that I could get it for a day or two. We saw that there were two climb-heavy stages to start the race. I got in the break and the climbs suited me. I kept expecting to come across the line and have it gone, but twice I held on to it by one point."

Active in the break and attacking non-stop in the final laps, Senni was awarded the Larry H. Miller Dealerships Most Aggressive Rider jersey. His BMC Racing Team won the best overall team classification. Fans selected Pier-André Côté (CAN) of Silber Pro Cycling as the America First Credit Union Fan Favorite, in the Best Overall category.

"Congratulations to all the riders in America's Toughest Stage Race and our worthy champion," said Tour of Utah Executive Director Jenn Andrs. "Whether you were following the race on television or cheering at the finish line, we hope everyone enjoyed this showcase of the state of Utah and the sport of cycling. Pending final UCI approval, the tentative race dates for the 2018 Tour of Utah will be pushed back a week to August 6-12. We look forward to our 14th year of racing in 2018."

FINAL RESULTS AND STANDINGS

Stage 7 presented by Utah Sports Commission - Top 10 1. CANOLA Marco (ITA) NIPPO -

VINI FANTINI 2.40'18" 2. BOOKWALTER Brent (USA)

BMC RACING TEAM 2.40'20" 3. MANNION Gavin (USA) U N I T E D H E A L T H C A R E

PROFESSIONAL CYCLING TEAM 2.40'20" 4. MÜLLER Patrick (SUI) BMC

RACING TEAM 2.40'20" 5. ANDREETTA Simone (ITA)

BARDIANI CSF 2.40'20" 6. BRITTON Robert (CAN) RALLY CYCLING 2.40'20"

7. MCCABE Travis (USA) U N I T E D H E A L T H C A R E PROFESSIONAL CYCLING TEAM 2.40'20"

8. ELMIGER Martin (SUI) BMC



The race returned to Salt Lake City in 2017 with the infamous Capitol Hill-Avenues circuit. Tour of Utah 2017, Stage 7, Salt Lake City Circuit Race, 11 laps, 73 miles, 5450 feet of climbing. Photo by Cathy Fegan-Kim, <u>cotton-</u> soxphotography.net



Marco Canola of Nippo-Vini Fantini celebrates his stage 7 win. Photo by
Dave Iltis
RACING TEAM 2.40'20"58FISHERSteveHANGAR15

9. EISENHART Taylor (USA)
HOLOWESKO/CITADEL RACING
P/B HINCAPIE SPORTSWEAR
2.40'20"
10. POWLESS Neilson (USA)

AXEON HAGENS BERMAN 2.40'20"

FINAL GENERAL CLASSIFICATION - Top 10

1 BRITTON Robert RALLY CYCLING 22:48:03 2 MANNION Gavin UNITEDHEALTHCARE

PROFESSIONAL CYCLING TEAM 22:48:25

3 TVETCOV Serghei JELLY BELLY P/B MAXXIS 22:48:35 4 POWLESS Neilson AXEON

HAGENS BERMAN 22:48:38 5 BOOKWALTER Brent BMC

RACING TEAM 22:50:03 6 CICCONE Giulio BARDIANI

CSF 22:50:19 7 CLARKE

7 CLARKE Jonathan U N I T E D H E A L T H C A R E PROFESSIONAL CYCLING TEAM 22:50:44

8 BUTLER Christopher CAJA RURAL - SEGUROS RGA 22:50:50 9 KUSS Sepp RALLY CYCLING 22:50:58

10 PICCOLI James ELEVATE-KHS PRO CYCLING 22:51:03

11 EISENHART Taylor HOLOWESKO/CITADEL RACING P/B HINCAPIE SPORTSWEAR 22:51:06

23 SENNI Manuel BMC RACING TEAM 23:04:20

25 SQUIRE Robert HANGAR 15 BICYCLES 23:05:53

26 MANCEBO PEREZ Francisco HANGAR 15 BICYCLES 23:08:58 34 ROSSKOPF Joseph BMC

RACING TEAM 23:14:14 39 MCCABE Travis U N I T E D H E A L T H C A R E PROFESSIONAL CYCLING TEAM 23:20:06

42 BEYER Chad HANGAR 15 BICYCLES 23:25:07 49 RATHE Jacob JELLY BELLY P/B

MAXXIS 23:30:05

50 OWEN Logan AXEON HAGENS BERMAN 23:30:16 BICYCLES 23:35:37 59 WINN Christopher HANGAR 15 BICYCLES 23:35:53 70 SLACK Erik HANGAR 15 BICYCLES 23:40:52 80 BROWN Cortlan HANGAR 15 BICYCLES 23:44:07

84 JOYCE Colin RALLY CYCLING 23:46:44

99 CÔTÉ Pier-André SILBER PRO CYCLING 24:02:44

FINAL AWARD JERSEYS

Larry H. Miller Group of Companies Overall leader - Rob Britton (CAN), Rally Cycling

Utah Sports Commission Sprint leader - Travis McCabe (USA), UnitedHealthcare Pro Cycling Team

Utah Office of Tourism King of the Mountain - Jacob Rathe (USA), Jelly Belly Cycling p/b Maxxis

WCF Insurance Best Young Rider - Neilson Powless (USA), Axeon Hagens Berman Cycling Team

Larry H. Miller Dealerships Most Aggressive Rider - Manuel Senni (ITA), BMC Racing Team

America First Credit Union Fan Favorite - Pier-André Côté (CAN), Silber Pro Cycling



WESTERN STATES

CALENDAR OF EVENTS

Utah BMX

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

Leaacy BMX - Farminaton, UT, Indoor bmx egacy BMX — Farmington, UI, indoor bmX racing at the Legacy Events center 151 South 1100 West, Farmington, UI., Practice Wednesday 6:00- 9:00; Race Saturday, May through September, Kevin, 801-698-1490, kevin@klikphoto.net, Irbmx.com, radcanyon-bmx.com/Uad.Comvra_locador. et, Irbmx.com, radcanyon-anyon_Legacy_Outdoor

Advocacy

Bike Utah UT, Utah's Statewide Advocacy Phil Sarnoff, 801-440-3729, psar rg, bikeuto .org

- Salt Lake City Mayor's Bicycle Advisory Committee (MBAC) Salt Lake City, UT, Meetings are the 3rd Monday of the month from 5-7 pm in the SLC Transportation Division Conference room, Becka Roolf, 801-535-6630,
- Diresticastogov.com, birestic.com
 Salt Lake County Bicycle Advisory Committee
 Salt Lake City, UT, The SLCBAC commit-tee works to improve cycling conditions in Salt Lake County and is an official commit-tee. Meetings are the second Wednesday of each month from 5:30-7:30 pm and are held in Suite N-2800 of the Salt Lake County Government Center, 2001 S. State St., Salt Lake City, UT, , Megan Hillyard, 801-468-3351, MHIllyard@slco.org

Weber Pathways — Ogden, UT, Weber Count trails group. We are committed to the id trails group. We are committed to the idea that a non-motorized network of public path-ways significantly contribute to our communi-ty's economic vitality and quality of life., Mark Bedel, 801-393-2304, <u>wp@weberpathways.</u> org, Rod Kramer, 801-393-2304, <u>tod@weber-pathways.org</u>, <u>weberpathways.org</u>

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

Mountain Trails Foundation — Park City, UT, Park City's Trails Group, Charlie Sturgis, 435-649-6839, <u>charlie@mountaintrails.org</u>, <u>mountain-</u> traile.org trails.org

Bonneville Shoreline Trail Committee — Lake City, UT, Volunteer to help build Bonneville Shoreline Trail. (801) 485-697. visit our web page, Dave Roth, 801-824-5 the <u>trail@gmail.com</u>, <u>bonnev</u>

il.org

Parley's Rails, Trails and Tunnels (PRATT) — Satt Lake City, UT, PRATT is a 501(c)(3) nonprof-it organization, run by volunteers. The mis-sion of the Parley's Rails, Trails and Tunnels (PRATT) Coalition is to assist city, county, state and federal agencies and other public and private partners in completing a multi-use

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trail along I-80 via Parley's Creek Corridor and the Sugar House Rail Spur to connect the Bonneville Shoreline Irail with the Provo/ Jordan River Parkway, Juan Arce-Larreta, 801-694-8925, parleystrail@gmail.com, par-leystrail@gmail.com, parleystrail.org

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

Dixie Trails and Mountain Bike Advocacy — St. George, UT, Cimarron Chacon, 970-759-3048, info@aroraces.com, dmbta.ora Southern Utah Bicycle Alliance - St. George

UT, Southern Utch's road advocacy group., Craig Shanklin, 435-674-1742, <u>southernutah-bicycle@gmail.com</u>, <u>southernutahbicycleal-linana.com</u>

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

Idaho Bike Walk Alliance — Boise, ID, Idahoʻs Statewide bicycle advocacy organization, Cynthia Gibson, 208-345-1105, <u>cynthia@ida-howalkbike.org</u>, idahowalkbike.org

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

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

Wyoming Pathways -Wilson, WY, Statewide bicycle advocacy organization, Tim Young, 307-413-8464, , <u>wyopath.org</u>

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

Bike Walk Montana — Helena, MT, Statewide bicycle advocacy organization, Taylor Lonsdale, 406-449-2787, <u>bznbybike@gmail.</u> <u>com, bikewalkmontana.org</u>

Events, Swaps,Lectures

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

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

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

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

Kidical Mass — Salt Lake City, UT, Group ride for families. This will be a monthly ride, the 1st Sunday of every month, at Liberty Park (south entrance) from 3pm- 5pm. All ages

are welcome., Lee Chung, 865-850-3589 facebook.com/ lee.chung@gmail.com, groups/109360246125277

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

September 12-14, 2017 — University of Utah Bike Week, Salt Lake City, UT, Social roll, bike movie, breakfast, velo farmer's market at the University of Utah, Ginger Cannon, 801-581 7505, ginger.cannon@utah.edu, sustainability. utah.edu/ubikewee

September 22, 2017 — World Car Free Day, UT, Ride your bike and leave the car at home!, None, <u>noemail@cyclingutah.com</u>, <u>worldcar-</u> free net free.net

October 7-8, 2017 — Mountain + Gravity Expo ctober 7-8, 2017 — Mountain + Gravity Expo Sandy, Utah, Mountain biking, snowboarding, skiing, rock climbing, skydiving, base jump-ing, fitness, outdoor gear, and local business will be highlighted in this healthy living expo. Learn how to be a healthier and safer athlete no matter what your sport preference is., AJ Blackmon, 816-284-2148, ,

November 18, 2017 — Henderson Stroll 'n Roll, Henderson, NV, Henderson Stroll 'n Roll is modeled after the Ciclovia founded Bogota, Columbia. During the event roads are closed to motorized traffic, allowing the community to come together and enjoy the streets on bicycles, skates, skateboards or simply on foot. The car-free street festival is packed with activities for all gase. Above the route toot. The car-tree street festival is packed with activities for all ages. Along the route, enjoy children's activities, interactive dem-onstrations, free fitness classes and games, Charlene Ham, 702-267-5707, bikehender-son@cityothenderson.com, Annette Mullins, 877-775-5252, bikehenderson@cityothendernenderson.org

son.com, bike

bikeslo

May 5, 2018 — OpenStreets Salt Lake City, tentative, Utah Bike Month, Salt Lake City, UT, Designed to engage new people in bicycling and physical activity. The event will temporar-ily open a route of city streets exclusively to walking, biking, and other forms of active transportation. Includes activities such as exercise classes, dance classes, music, food, agames and other attractions along 900 South games and other attractions along 900 South between 600 East and 200 West. Coincides with the Tour De Brewtah., Melissa Carroll, 801 535-6142, melissa.carroll@slcgov.c Olson, 801-535-6167, Tara.Olson@slc Tara gov.com

Mountain Bike

Tours and Festivals

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 week end catas worker beginner, intermediate, and advanced riders., Penny Deck, 604-484-6238 (Canada), <u>register@dirtseries.com</u>, <u>dirtseries</u>.

September 22-24, 2017 — MECCA Fall MTB Prember 22-24, 2017 — MicCA rall Mib 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-triendly (meal tick-ets only available)., Kim Player, 435-635-2440, meccabikeclub@etv.net, biketheswell.org Festival. W look (Ne meccabikeclub@etv.net, biketheswell.org

September 22-24, 2017 — Revival at 3 Peaks, Cedar City, UT, Mountain Bike Race and Festival, Friday evening slow races, a fat tire criterium and beer garden. Saturday will be the main event with a 8:17 race, solo or duo. Dinner and awards, and more socializing and games will give way to a final night. The

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LAW OFFICES

Calendar Guidelines: Listings are free on a space available basis and at our discretion. Submit your event to:

calendar@cyclingutah.com with date, name of event, website, phone number and contact person and

other appropiate informa-

tion. Let us know about any corrections to existing

listings!

adjourning meeting will be Sunday's group ride on a some inspiring local trails., Joey Dye, 435-674-3185, <u>Joey@retrockbicycle.com</u>, Margaret Gibson, 435-229-6251, <u>margaret@</u> eks.com, ridesouth

Spingevisition, international method international sectors in the sector of the sec

September 29-October 1, 2017 — Albuquerque MTB Festival, Albuquerque, NM, 12 hour race, 2 hour race, and weekend long mtb festival, Sette Bush, 505-554-0059, ElCapitan@ZiaRides.

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 admis-sion to parties and films, 7000 N. Hwy 191 at Moab Brands Trailhead, Mark Sevenoft, 800-845-2453, 435-259-8732, outerbike@western-solid.com, outerbike.com

October 7-8, 2017 — October Trek, Weiser, ID, 2 day mountain bike gravel ride, 86 mile rails-to-trails conversion trail from New Meadows to Weiser, Idaho, Unpaved, rolled gravel, Craig org/o

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@chilebikes. com. mogbhodown.com. chilebikes.com

Utah Weekly MTB

Race Series

Utah County Mountain Bike Fat Bike Run Hike ran 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, November 18, 2016: Thanksgiving Race, Mary Ann Nielsen, 801-231-2000, <u>utan-</u> bicyclingclub@gmail.com, <u>utahcountymoun-</u>

tainbikeseries.bloaspot.com

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Utah Mountain

Bike Racing

September 16, 2017 — Widowmaker Hill Climb, Snowbird, UT, Starts in Gad Valley, 10 AM, 3000ft vertical race to the top of the Tran for awards, food and fun., James Zwick, 801-583-6281, sports@sports-am.com, sports-am.com

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 indi-vidual 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@ utahmb.org, utahmb.org

September 17, 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 17, 2017 — Whole Enchilada Enduro, Rocky Mountain Enduro Series, Moab, UT, Enduro racing on the Whole Enchilada Iraili. Ihree options, including a two stage, one stage, and three stage option with 37 miles and 12, 920 feet of descending. Keith Darner, 719-221-1251, keith@rockymountainenduros-eries.com, David Scully, 970-846-5012, dave@ rockymountainenduroseries.com, rocky-mountainenduroseries.com, rocky-

mountainenduroseries.com September 22-24, 2017 — Revival at 3 Peaks, Cedar City, UT, Mountain Bike Race and Festival, Friday evening slow races, a fat tire criterium and beer garden. Saturday will be the main event with a 8:17 race, solo or duo. Dinner and awards, and more socializing and games will give way to a final night. The adjourning meeting will be Sunday's group ride on a some inspiring local trails., Joey Dye, 435-674-3185, joey@redockbicycle.com, Margaret Gibson, 435-229-6251, margaret@ spingeeks.com, ridesouthernutah.com

springleexs.com, indesournernaudn.com
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 catego-ries and include both individual and team scoring. Join or start a team in your area. , Lori Harward, 801-502-8516, 801-885-6884, Iori@ utahmtb.org, utahmtb.org

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

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 prac-tice on school-based mountain bike teams all over the state. Grades 7-12 participate in indi-vidual 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 50K 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 3 race distances: 50K, 25k, and 15k. This is an MTB race on double and single track with varying eleva-tion and some technical stretches on the 50k and 25k distances. Wynn Hall, 801-941-4255, wynnhall@gmail.com, Matt Hall, 801-648-4659, matt@enduraevents.com, enduraevents.com

Cotober 14, 2017 — Moab Epic MTB, AXS Series, Moab, UT, An MTB Adventure Race - a 20+ or 50+ mile cross country mountain bike adven-ture. Riders will race on Moab's best single track and jeep roads, in a true MTB adven-ture., Will Newcomer, 970-403-5320, 2016@ gravityplay.com, gravityplay.com, moabepic. com

Conn 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 catego-ries and include both individual and team scoring. Join or start a team in your area., Lori Harward, 801-502-8516, 801-885-6884, <u>lori@</u> utahmtb.org. utahmtb.org, utahmtb.org

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Park City Bike Shuttle Call Sly: (801)560-9804 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

Decober 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 catego-ries and include both individual and team scoring. Join or start a team in your area. , Lori Harward, 801-502-5816, 801-885-6884, <u>lorice</u> utahmtb.org, utahmtb.org October 20, 2017 <u>utahmtb.org, utahmtb.org</u>

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 catego-ries and include both individual and team scoring, Join or start a team in your area., Lori Harward, 801-502-8516, 801-885-6884, <u>lori@</u> utahmtb.org. <u>utahmtb.org</u>, <u>utahmtb.org</u>

October 27, 2017 — Red Bull Rampage, Virgin, UT, Downhill, slopestyle and freeride MTB ath-letes will converge on the demanding terrain of Virgin, Utah to compete for glory in one of the biggest tests of skill and guts in the world. 12th annual, Red Bull, 310-393-4647, noemail@cycilingutah.com, Chris Worden, 310-393-4647, chris.worden@us.redbull.com, redbull.com/us/en/bike/events

November 4-5, 2017 — 25 Hours of Frog Hollow Vember 4-3, 2017 – 25 India 5 Units of the second s

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. Loti Harward, 801-502-8516, 801-885-6884, lot@utahmtb.org, utah-mtb.org mtb.org

November 10-12, 2017 — Zion Benduro, Benduro Series, Virgin, UT, 3 days of Enduro, 6 stages. Family friendly Enduro with a festi-val atmosphere., Josh Bender, 970-764-7845, ail.com, Lindsay Currier 702-453-2453, <u>lindsaycurrier@gmail.com</u>, <u>ben-</u>

Regional Mountain

Bike Racing

September 16, 2017 — Stone Temple 8, Curt Gowdy State Park, WY, fundraiser for high school MTB racing teams and junior programs, will take place on the IMBA Epic designed single track trails at Wyoming's Curt Gowdy State Park. Starting at 9am at the Aspen Grove Trailhead parking area, racers will com-pete for elath hours on a approximately pete for eight hours on an approximately 15.1 mile loop, in teams and as individuals, with classes for Men, Women and Juniors, Dewey Gallegos, 307-742-5533, pedalhouse@ amail.com, Peter Skram, 307-316-2532, info@ 8.org, stonetempl e8.org, over-

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 16, 2017 — Idaho High School Cycling League Race, Galena Lodge, ID Dylan Gradhandt, 208-340-5200, dylan@ida homtb.com. idahom

September 16, 2017 — Todd Durango Dirt Fondo, Durango, CO, Mountain Bike Fondo 15 and 50 mile options, Gaige Sippy, 970-259 4621, director@ironhorsobiousterst

September 23, 2017 — Bogus Basin Enduro, Idaho Enduro Series, Boise, ID, James Lang, 208-571-1853, 208-344-9182, jiang83702@ vahoo.com idahoendurseries.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

american-el-grinder. <u>itml, pepp</u> 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@larami-eracing.com, Dewey Gallegos, 307-742-5533, pedalbuse@rmap1.com

September 29-October 1, 2017 — Monarch Crest Enduro, Rocky Mountain Enduro Series, Salida, CO, 5 stage epic backcountiry enduro in the San Isabel and Gunnison National Forests, Keith Darrer, 719-221-1251, keith@ rockymountainenduroseries.com, David rockymountainenduroseries Scully, 970-846-5012, da <u>ies.com, rocky</u>

September 30, 2017 -– Idaho High School **Cycling League Race**, Magic Mountain, ID, Dylan Gradhandt, 208-340-5200, <u>dylan@ida</u> Dylan homtb.com, idahomtb.org

September 30, 2017 — JayP's Backyard Gravel Pursuit, JayP's Backyard Series, Island Park/ West Yellowstone, ID, 60 or 120 miles near Yellowstone National Park on Forest Service roads. It's an incredible time of year to be in this area and visit YNP!, Jay Petervary, 307-413-2248, jaypetervary@gmail.com, gravelpursuit.com

September 30, 2017 — AZ MTB Fall Series, Queen Creek, AZ, San Tan, Boris Decourt, <u>info@arizo-nareg.com</u>, <u>arizonareg.com</u>

September 30, 2017 — 12 Hour of Albuquerque Race and MTB Festival, Albuquerque, NM, 12 hour race, 2 hour race, and weekend long mtb festival, Seth Bush, 505-554-0059,

October 7, 2017 — Tour of the White Mountains Crober 7, 2017 — Jour of the White Mountains, Pinetop-Lakeside, AZ, Arizona's longest stand-ing 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, Into@epicirides.com, Dave Castro, dcastro@

October 7, 2017 — Grinduro, Lost Sierra Triple Crown, Quincy, CA, Gravel enduro racing, Greg Williams, <u>willie@sierratrails.org</u>, grinduro.

Conn 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 dif-ference: You choose to run or bike one of two course options, Elite or Classic. The Elited-division course adds in more technically chal-lenging terrain., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley Mchroy, Kiley@bigblueadventure.com, bigblueadventure.com

October 14, 2017 — AZ MTB Fall Series, Scottsdale, AZ, Held at McDowell Regional Park. USA Cycling State Championship and Collegiate State State Championship, Boris Decourt, info@arizonareg.com, arizonareg.

Comm Cotober 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.

October 14, 2017 — Idaho High School Cycling League Race, Boise, ID, Bogus Basin, Dylan Gradhandt, 208-340-5200, <u>dylan@idahomtb.</u> com, Idahomtb.org

Coll, Mathematica October 20-22, 2017 — USA Cycling Collegiate Mountain Bike National Championships, Missoula, MT, Collegiate National Championships and Montana High School Championships, Micah Rice, 719-434-4200, mice@usacvcling.org, Chad Sperry, chad@ gorge.net, Ben Horan, 312-502-5997, ben@ wmptril.org.usacvcling.org

<u>org, usacycling.org</u> October 28, 2017 — AZ MTB Fall Series, Queen Creek, AZ, Estrella Park, Boris Decourt, info@ g.com, arizonareg.com

November 4, 2017 — Showdown at Usery Pass, Phoenix, AZ, 8 hour cross country race on an 11 mile course, Two Wheel Jones , <u>events@</u> twowheeljones.com, mesabikerace.ne

November 10-12, 2017 — Big Mountain Enduro Big Mountain Enduro Series, Musecora, Course will be designed to give riders a Finduro Se Mascota

unique riding experience to include high alti-tude trails and big descents. Ties backcountry terrain with lift-accessed stages throughout the series. Courses will feature predominantly timed downhill (special) stages linked togeth-er by non-timed climbing (liaison) stages. Mascota, Mexico, Brandon Ontiveros, 303-551-4813, brandon@bigmountainenduro.com, bigmountainenduro.com bigmou

CYCLINGWEST.COM

November 11, 2017 — Cave Creek Cactus Classic, Cave Creek, AZ, The race passes through one of two county parks. Spur Cross Conservation Area will be the first, which includes multi-track trails to single track trails, between the 2 parks, you'll hit Maricopa Regional Irail. This will take you right into Cave Creek Regional Park, where incredible views of the Sonoran desert will be seen on every turn. There will be a Kids Kross at 2:30pm, MBAA, 480-442-4229, racing@mbaa.net, dfmba_oro/race-2/cave-creek-cactus-classic dfmba.org/race-2/cave-creek-cactus-classic

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

November 18-19, 2017 — Avimor Cyclocross, Bolse, ID, Douglas Tobin, <u>douglas@tobin-</u> <u>coaching.com</u>, <u>byrdscycling.com</u>

December 2, 2017 — AZ MTB Fall Series, Queen Creek, AZ, White Tank Park, Boris Decourt, info@arizonareg.com, arizonareg.com

December 9, 2017 — Dawn to Dusk, Fountain Hills, AZ, 10 hours on the Pemberton trail at McDowell Mountain Regional Park. Space is limited to 125 solo riders, 100 two-person, 50 four-person, and 10 corporate entries. 15.5 mile loop will be traveled in a counter clock-The bob will be indeed in a counter clock-wise direction and each lap will snake you through the venue where you may refuel, rest, or exchange your lap care with your tearmate so they can take a turn out on the course. 602-312-4499, Seth Bush, 505-554-0059, ElCapitan@ZlaRides.com, ziarides.com/ event-register/dawn-dusk-arizona

December 16, 2017 — JayP's Backyard Fat Bike Pursuit 60k, JayP's Backyard Series, Island Park/West Yellowstone, ID, 60k snow bike race on groomed snow machine trails in Island Park, ID near Yellowstone National Park., Jay Petervary, 307-413-2248, jaypetervary@gmail. com, fatpursuit.com

January 5-7, 2018 — JayP's Backyard Fat Bike Pursuit 200km or 200 mile, JayP's Backyard Series, Island Park/West Yellowstone, ID, 2 Distances-200 km or 200 mile. These endur-ance events take on an expedition feel and you will need to have outdoor winter camping skills, Jay Petervary, 307-413-2248, Invester and Reserved Company Company Company Company Invester and Company Company Company Company Company Invester and Company Co ary@gmail.com, fatpursuit.blogspot.

Utah Weekly

Road Race Series

Rocky Mountain Raceways Criterium Series Utah Crit Series, West Valley 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, <u>utcriteries@gmail.</u> com, <u>utahclitseries.com</u>, <u>utahblkeracing.com</u>

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, utcritseries@gmail.com, utahcritseries.com

DLD (DMV) Criterium — Utah Crit Series, West Valley City, UT, Weekly Training Crit at the Driver's Training Center, 47005, 2780W, A filte - 6 pm, B filte between 6:45 and 7:05, Call for information regarding C flite. Wednesdays April 5- Aug 30, Marek Shon, 801-209-2479,

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, <u>utcritseries@</u>

Utah Road Racing

September 16, 2017 — Utah Tour de Donut, American Fork, UT, 10th Annual event - Most fun you'l have on a bike. Three 7-mile laps, eat donuts to reduce your time. Starts at 8:00

Alabama Shakes • Modest Mouse • Courtney Barnett • R.E.M. The Beatles • Death Cab For Cutie • Leon Bridges • Neil Young The Cure • Wilco • The National • Rvan Adams • Van Morrison • Beck Elvis Costello • Edward Sharpe & The Magnetic Zeros • The Shins Paul Simon • David Bowie • Wilco • Tom Waits • The Black Keys The Pretenders • Talking Heads • The Rolling Stones • Iron & Wine The Kinks • The Clash • Radiohead • Lord Huron • The War on Drugs **Bob Dylan** • Nathanial Rateliff And The Night Sweats • Bob Marley Led Zeppelin • My Morning Jacket • The Flaming Lips • Kurt Vile The Decemberists • Arcade Fire • The Grateful Dead • Bon Iver am., Rodney Martin, 801-427-6400, <u>rotaryrod@</u> live.com, Ronald Tolley, 480-285-6281, <u>rtolley@</u> clearvisionreserve.com, Utah Tour de Donut, info@utahtourdedonut.com, <u>utahtourdedo</u> ut.org

September 16, 2017 — South Jordan Criterium, UCA Series, South Jordan, UT, 11000 South River Walk Parkway, South Jordan, Near Lifetime Fitness, Jared Eborn, 801-599-9268, Jared Generative Green Constanting Constanting Constanting d@extramileracing.com, extramileracing.

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

October 14, 2017 - City Creek Bike Sprint, Salt Lake City, UT, Race starts at the mouth of City Creek Canyon and finishes at Rotary Park where we will have awards, food, music and fun, James Zwick, 801-583-6281, sports@sports-

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, <u>mike@veg-</u> acing.com, vegasbiker

Regional Road Racing

September 11-16, 2017 — World Human Powered Speed Challenge (WHPSC), Battle Mountain, NV, International cyclists compete on SR305, 5 miles to a 200 meter time trap. Current record is 89.59 mph. Classes: Men's, Women's, Juniors in Open, Multi-track, and Arm Power. Cyclists from around the world will gather on SR305, perhaps the fastest stretch of road in the world to see who is the stretch of road in the world to see who is the fastest cyclist in the world. Al or Alice Krause, 707-443-8261, <u>a.krause@sbcglobal.net</u>, <u>ihpva.</u> org, <u>whpsc.org</u>

September 15-17, 2017 — Silver State 508, Reno, NV, 34th Annual, Founded by John Marino in 1983 and recognized as "The Toughest 48 hours in Sport," This 508-mile bicycle race is revered the world over for its epic mountain climbs, stark desert scenery, desolate roads, and its reputation as one of the toughest but most gratifying endurance challenges available, bar none. Solo, two-person relay, and four-person relay divisions, including a Self-supported Solo Randonneur Division (no support support crew allowed)! Formerly known as Furnace Creek 508, Silver State 508 is a Race

Across AMerica (RAAM) Qualifier. Runs on Highway 50, the Loneliest Road in America, Chris Kostman, <u>adventurecorps@gmail.com</u>, <u>the508.com</u>

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, madrac-

September 17, 2017 — Las Vegas Red Rock Time Trial, Las Vegas, NV, 11.8 mile TT, starts at West Career and Technical Academy, Daniel Leberger, hdcdlv@yahoo.com, redrocktt 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 grandcanyon ng.com

September 23, 2017 — Telluride 200 Gran Fondo Telluride, CO, 14th annual, From the high mountains of Telluride, cyclists descend past hibitides 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. Todd Hageman, 435-1/41942 m2dbikeride@amgil.com 414-1942, <u>m2dbikeride@gmail.com</u>, Victoria Lovely, 773-590-6499, <u>vblovely@yahoo.com</u>,

September 23, 2017 — 6 Mile Cyclocross, Huson, MT, Alex Gallego, 406-721-6525, <u>alex@missou-labicycleworks.com</u>, <u>usacycoling.org/events/</u> getflyer.php?permit=2017-2645

m2dbikeride.com

September 24, 2017 — Mt. Graham Hill Climb, 8 am, mass start, Nippy Feldhake III, 520-747-2544 , <u>nippy-mr-smarty-pants@juno</u> com, presteza.com/MtGrahamindex.html azevelina.org

October 1, 2017 — Western Montana Hill Climb Championships, Missoula, MT, Held at Pattee Canyon., Tim Marchant, <u>bike@tosrvwest.org</u>

October 7-8, 2017 — Nevada Senior Games, Las Vegas, NV, Cycling competition for age groups: 50-94.5 and 10k time trials, 20 and 40k road races, start: Intersection of Interstate 15 and Highway 93 Approx. 10 miles North of Las Vegas, Tim Jones, 702-994-6205, <u>tijones@cox.</u> net, nevada, fusesport.com

Cotober 22, 2017 – Saguaro Sunrise Bike & Skate, Oro, AZ, Road cycling and inline skat-ing event, 42k, 21k, 5k Skate; 42k, 21k Bike, smooth rolling surface with picturesque views of the deserf and mountains with some hills and few turns on this out and back 13 mile course. Make a long weekend out of it and





Santa Catalina Mountains. , John McCarrell

bring the family for a one of a kind destination event, Breanna Bissell, 480-734-0558, info@ mangledmomentum.com, saguarosunrise

Utah Road Touring

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, &01-318-1420 wonderwomanride@gmail.com, Carolina Herrin, herrin.carolina@gmail.com, wonder-womanride.com

September 16. 2017 - CF Cycle For Life Coalville/Morgan, UT, Fully supported, beauti-ful autumn ride with five route options - 20,40, 60, 80 and 100 miles. All funds raised go to the Cystic Fibrosis Foundation., Laura Hadley 801-532-2335, 801-558-8310, <u>hadley@cff.org</u> 0, <u>lhadley(</u> -2335, aliv Amanda Livnat, 801-532 org, Jessica Rose, 801-532-2335, jrose@cff.org cycle.cff.org

September 22-23, 2017 — Rike the Rear 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 Utan/Idaho border!, Nelson Palmer, 435-760-6901, <u>nrpalmer@comcast.net</u>, Tom Jensen, 801-475-7488, <u>tom.jensen@scouting.org</u>, <u>trap-</u>

September 22-23, 2017 — Salt to Saint Relay eptember 22-23, 2017 — Sait to Saint Relay Sait Lake City, UT, 420 mile relay race from Sait Lake City to St. George following Hwy 89. Broken into 24 legs. Ride Solo, or as 4 or 8 person relay tearns. Men, Women, and Mixed categories., Clay Christensen, 801-234-0399, info@saittosaint.com

Intogesaltiosaint.com, saltitosaint.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@skinnytireevents.com, skinnytireevents. Com

com
September 23, 2017 — Ride for the Kids, Syracuse, UT, 100% of monies raised go to the MAKE-A-WISH UTAH FOUNDATION. Ride to Antelope Island. Ride options: 25/50/100 miles, depending on skill level of the rider. Ride times available at www.rcwilley.com/ ride Ride begins at Syracuse RC Willey, 1693 W. 2700 S. Syracuse, UT. Breakfast, lunch and drinks will be provided. Tons of prizes given away in raftle. Devin Kingsbury, 801-663-3267, syracusetag@gmail.com, Brent Jones, 801-774-2801, 801-645-0247, brent.jones@rcwilley. com, rcwilley.com/ride

Com, ICWIIIey.com/Ide
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@redrock.bicycle.com, Margaret Gibson, 435-227-6251, margaret@splingeeks.com, Ryan Gurr, info@ springeeks.com, ridesouthernutah.com

October 21, 2017 — Solo Marathon Bike Tour, Solo Race Series, South Jordan, UT, Solo isn't just for runners! Our non-competitive Bike Tour offers a beautiful ride that begins in Daybreak and continues along the Oquirth Mountains before winding through Herriman and South Jordan, Bo Earls, 801-253-5203, ext 1105, bearls@sic.utah.agov, SoloMarathon.com <u>jc.utah.gov, SoJoMarathon.com</u>

November 11-12, 2017 — Free Fee days in Arches, Zion, and Canyonlands National parks, Moab, UT. The perfect time to ride your road bike in the parks., Patrick Baril, , 435-259-8826, pbari city.org, nps.gov/

Regional Road Touring

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, tgft@ bilathourget acm bilathourget acm bikethewest.com, bikethewest.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 15-16, 2017 — Grind de Galena Pocatello, ID, 110 miles, 2 day group ride, Katie Loveday, 208-232-8996, barriesevents@ gmail.com, barriessports.com/2017-grind-deaalena htm

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September 16, 2017 - Three Feet for Pete Las Vegas, NV, Fun ride and rally to raise awareness for cycling safety. Honors Pete Makowski. Raises money for awareness around Nevada's 3 foot law. Statt: Camping World, 13175 Las Vegas Blvd, South Las Vegas NV 89044, Andy Bestwick, 702-806-5991, 3feetforpete@gmail.com, threefeetforpete.org

September 16. 2017 — Tour de Vinevards. Palisade, CO, Come join this 25-mile ride through Colorado's Wine County just prior to the Colorado Mountain Winefest., Scott , <u>scot</u>-Amando tyo@clippedinproductions.com, A Knutson, 515-681-6036, <u>amanda@cl</u> productions.com, tourdevineyards.cc

Broductions.com, tourbevineycids.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 prizest Fabulous swag bag! Fully Supported! All routes take off at 8:00 AM, Robyn Knoelk, 208-871-0951, rknoelk@mwianimalheaith.com, pedalforalhealth.com. pedalfor

September 17, 2017 — Edible Pedal 100, Carson City, NV, 10 mile, 50 mile and Nevada 150K ride options, Start: Bowers Mansion Regional Park, Washoe Valley, NV. Challenging course, fully equipped ride stops, SAG, water bottle, maps, post ride BBQ, priceless views, camaraderie and an unbeatable sense of accomplishment., Don Iddings, 775-393-9158, ride@ ediblepedal100.org, ediblepedal100.org

aws.org

ediblepedai1UU.org, ediblepedai1UU.org September 23, 2017 — Mountains to the Desert Bike Ride, Telluride, CO, 14th Annual Mountains to the Desert Bike Ride, From the high mountains of Telluride, cyclist descend past hillsides of quaking aspens along a route that passes through millions of years of geo-logic record, utilimately finding themselves at the base of striated sandstone cliffs reaching up to 1,000 feet overhead and onwards to the beautiful desert landscape of Gateway, Mileage options: 70, 100 & 130. This ride benefits the Just For Kids Foundation, Todd Hageman, 435-414-1942, m2dbikeride@gand. com, Lara Young, 970-708-1105, m2dbike Lara Young, 970-708-1105, , <u>n2dbik-</u>

September 23, 2017 — Royal Gorge Century, Canon City, CO, 100 mile, 62.5 mile, and 50 k Bike rides and community beer festival, Gordon Eckstrom, director@bikesandbrews. org, bikesandbrews.org

September 24-30, 2017 — OATBRAN, Lake Tahoe, NV, 26th annual One Awesome Tour Bike Ride Across Nevada! Silver celebrabike ride Actos Nevdad: silver celebit-tion of Riding Across Nevada, following the Legendary Pony Express Trail on U.S. Hwy. 50. 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully Supported motel style tour., Curtis Fong, 800-565-2704, 775-771-3246, tgft@bikethewest.com, biketh-ewest.com, bikethwest.com

September 30, 2017 — ICON Evecare Tour of the eptember 30, 2017 — ICON Eyecare Tour of the Moon, Grand Junction, CO, 6th Anniversary Metric Century or Classic 41 mile loop over the beautiful canyons of the Colorado National Monument made famous by the Coors Classic and American Flyer movie., Mike Heaston, 303-635-2815, emgnh@emg-colorado.com, Scott Olmsted, 303-282-9015, Info@lougtthempoon.com.churdthempoon. into@touroffhemoon.com, touroffhe com, emgcolorado.com/wordpress/?p id=10

October 2-7, 2017 — Ride with Jan Ullrich, San Francisco, CA, 6-Days of Cycling up Mt. Tamalpais, Meyers Grand Road, down through Dry Creek Valley, and Napa Valley with cycling legend Jan Ullrich. Tour includes riding The Jens Voigt Gran Fondo with Jan and Jens and superb loding throughout and Jens and superb lodging throughout. John Humphries, 970-728-5891, <u>info@lizard</u> adcyclingguides.com, lizardheadcycling

October 7, 2017 - Goldilocks Vegas, Goldilocks Bike Ride, Las Vegas, NV, The only women exclusive ride event in Nevada. Cyclists can choose from a 20, 40, 60, 80, and 100 mile ride all featuring downhill, flat, and rolling terrain in Red Rock Canyon., Dani Lassiter, 801-635 9422 .com, goldi

Bite Tour, Follon, NV, 30 mile, 60 mile, and 100 mile tour, Follon, NV, 30 mile, 60 mile, and 100 mile tour, fully supported. Event swag, gift bags, lunch (for metric and century iders), post event BBQ at noon for all riders. Check in and start 7:00-8:30 am, Churchill County Fairgrounds., Danny Gleich, 775-423-7733, daleich@churchillcounty.org. churchill County agiercri@criurcniiicounty.org, churchillcounty. org/parksnrec/index.php?ctr=152, churchill-

<u>countycyclists.com</u> Cotaber 7, 2017 — Santa Fe Gournet Classic, Santa Fe, NM, Join us on a 62 mile ride from Santa Fe, NM through surrounding hills while enjoying the fall colors of the beautiful Sangre de Cristo mountains. Begin in Santa Fe with a hot breakfast then gournet lunch at the Allan Houser Sculpture Gardens. Admire the art of the renowned Apache artist while savoring a catered lunch. This is a high altitude ride all at 7000 feet with several climbs. A fun ride al about food and friends., Kathleen Davis, 505 795-3286, 408-499-0775, lavimz@gmail.com,

Cycling Tour, Tentative, West Yellowstone, MT, West Yellowstone to Old Faithful and back, 60 miles past golden aspen, bugling elk, majestic bison, gurgling geysers, and steaming hot , gurgling geysers, and steaming hot supported ride., Moira Dow, 406-646 7701, tour@cycleyellowstone.com, cycleyellowstone.com

October 8, 2017 — West Yellowstone Old Faithful

October 14, 2017 — Park to Park Pedal Extreme Nevada 100, Caliente, NV, Road bike starting at Kershaw-Tyan and takes pedalers through the towns of Caliente and Picche, and through three other state parks: Cathedral Gorge, Echo Canyon, and Spring Valley and back to Kershaw-Ryan State Park. 3 rides available: 100, 60 and 40 mile options. A Dutch oven dinner will be provided after-Dutch oven dinner will be provided after-wards., Dawn Andone, 775-728-4460, cathedralgorge vc@lcturbonet.com, Jonathan Brunes, 775-726-3564, kershaw@lcturbonet. com, parktoparkbodd cast / com, parktoparkpedal.com/, lincolncounty nevada.com/exploring/biking/park-to-park

October 14, 2017 — Gila Monster Gran Fondue Fondo, Silver City, NM, With four distances to choose from, everyone can find their chal-lenge. Gran Fondo 103 miles, Gough Park, Silver City 8:00am. Medio Fondo 70 miles, Gough Park, Silver City 8:00am. Micro Fondo 50 miles, Hi-Spot, HWY 152 8:30am. Nano Fondo 32 miles, Camp Thunderbird, HWY 35 8:30am., Jack Brennan, 575-590-2612, <u>bren-</u> nan5231@comcast.net, tourofthegila.com

pedal

October 14, 2017 — Death Valley Century, , Death Valley, CA, 50 and 100 mile options. Entry includes chip timing; fully stocked checkpoints along the route with water and a great selection of food and snacks; roving SAG support; tech tee and finish line award Start at The Ranch at Furnace Creek Resort Deborah Bowling, 818-889-2453, <u>embassy@</u> planetultra.com, planetultra.com

October 21, 2017 — The Dust Devil Ride (ctober 21, 2017 — The Dust Devil kide, Henderson, NV, Cycle in the desert & Party in Vegas! The charity Dust Devil Ride starts 20 minutes from the Las Vegas Strip in Henderson, NV. The half or full century rides take in the high desert, the rolling foothills of the River Munitation and an the century ride score. Mountains and, on the century ride, scenic views of Lake Las Vegas. T-Shirts, Buffet Lunch & SAG Stops. When you are done with the ride, you can take in the chic of the Las Vegas Strip or the funk of Fremont street., Bob Dworkin, 310-367-1870, <u>dcpaing@gmail.com</u>,

October 28. 2017 — Bike MS Las Vegas, Bike MS, Las Vegas, NV, Fundraiser for the National Multiple Sclerosis Society. Fully supported. Start/Finish Location: Lou Ruvo Center for Brain Health - Cleveland Clinic, 30, 50, or 100 milles, Rest Stops approximately every 15 miles. Joe Grubbs, 310-481-1134, Joseph.Grubbse nmss.org, Angela Van Brackle, 702-736-7272, 855-372-1331, fundralsingerspace 855-372-1331, fundraisingsupport@nmss.org bikeMSvegas.org, bikems.org

November 11, 2017 — Ride 2 Recovery Honor Ride Las Vegas, Honor Ride, Las Vegas, NV, Starts and rides down Las Vegas Boulevard with a full escort down the strip! 2 routes will be available with the longer heading out towards Henderson, Jack Shepard, 818-888 towards Hendelsonn 7091 Ext. 106, <u>honorrideinfo@projectnero.c</u> r2r.convio.net/site/IR?fr_id=1361&pg=entry

Multisport Races

September 16, 2017 — Camp Yuba Sprint Triathlon, RACE TRI, Yuba State Park, UT, These Sprint and olympic triathlons are all about indian summers, camping, and good of fash-ion swimming, biking, and running. All of the campsites in the state park will be reserved for triathletes and their families., Aaron Shamy, 801-358-1411, info@racetri.com, racetri.com

September 16, 2017 — XTERRA USA/Pan American Championship and XTERRA Utah Sprint Race, XTERRA America Tour, Ogden UT, XTERRA Utah, two distance options: 750m / 19K mountain bike / 10k trail run; XTERRA USA/ Pan America Championship: 1.5k swim / 30k mountain bike / 10k trail run; Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterrat net.com, xterra

September 16, 2017 — Brine Man Triathlon, TriUtah Points Series, Syracuse, UT, This is the culmination of all your hard work for the 2016 season! serious awards and prizes, festival, and the crowning of the Utah State age group champions. Kids, Sprint, Olympic and Long distances., Dan Aamodt, 385-228-3454, info@triutah.com, triutah.com

September 16, 2017 — Bear Lake Brawl Triathlon Laketown, UT, Full and half distances, Joe Coles, 801-335-4940, joe@onhillevents.com, bearlakebrawl.com, onhillevents.com

September 30, 2017 — Las Vegas Triathlon, Double Double Double The Boulder City, NV, 20th Annual, now produced by BBSC Endurance Sports at the largest reservoir in the United States, Lake Mead., Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, <u>bsctri.com</u>, Michel stri.com, bbsctri.com miche

October 14, 2017 — Huntsman World Senior Games Triathlon, St. George, UT, Triathlon. Must be 50 years or older, 450 Meter Outdoor Swim, 20K Bike, 5K Run. It's the best little tri-athlon in the world., Kyle Case, 800-562-1268, orgames.net, seniorgames.net

October 21, 2017 - Pumpkinman Triathlon, BBSC Double Down Series, Boulder City, NV, Point to-point race begins in Lake Mead National To-point race begins in Lake Meda National Recreation Area and ends in Boulder City, with Sprint, Olympic, 10k, and 5k; costumes welcomel, Craig Towler, 318-518-7303, <u>info@</u> <u>bbsctri.com</u>, Michelle Lund, <u>michelle@bbsctri.</u> <u>com</u>, <u>bbsctri.com/pumpkinman</u>

October 21, 2017 - Trick or Tri, St. George, UT, Beginner, Sprint, and Tuff Kids races, start-ing between 9 am and 2 pm. Indoor swim, outdoor run and bike legs., Aaron Metler, 435-627-4054. garo

October 28, 2017 — Southern Utah Triathlon, St George, ÚT, Sprint and Olympic. Held at Quail Creek Reservoir, Joe Coles, 801-335-4940

November 4, 2017 — Telos Turkey Triathlon & 5K, T3TRI EVENTS, Orem, UT, Splash distance triath-lon which includes a 5K Run, 12 Mile Bike, and 350 Meter Swim in that order. Located at the Orem Rec Center, 6d5 W Center Street, Shaun Christian, 801-769-3576, 801-678-4032, shaun@ t3triathlon.com, Nicholle Deniro, 801-769-3576, nicholie@distriathlon.com on.com, t3tric

Cyclocross Series

August 23-September 27, 2017 — Back 2 Basics Cyclocross Series, Golden, CO, Wednesdays. Held at Lookout Mtn. Youth Services Center.

2901 Ford Street, Golden, Colorado. Just South of the roundabout at Johnson Rd. and South Golden Rd. 5 pm. Categories for all rac-ers. Free registration for Newbie Women but must pre-register and buy a one day license., Lee Waldman, 720-313-5312, Iwaldman3@ gmail.com, feedbacksports.cor

August 30-October 31, 2017 — P-Town Cross Series, 38 Yoga Mid-Week Cyclocross Series, Provo, UT, August 30th to October 31st 2016 Juesday Evening CX Series. All categories of racing including a First Timer race. Start for official announcementAug 30th - P-Town #1 - Rock Canyon Park, Provo, UtSept 5th + - Rock Canyon Park, Provo, UtSept 5th #1 - Kock Canyon Park, Provo, Ulsept 5th -P-Town #2 - Jordanelle State Park, Heber, UISept 12th - P-Town #3 - Euclid Timber Frames, Heber, UTSept 26th - P-Town #4 -Soldier Hollow - Heber, UT Oct 3th - P-Town #5 - Euclid Timber Frames - Heber, UTOct 10th -D Town #6 - Soldier Hollow, Libore UTOct 10th -Town #6 - Soldier Hollow, Libore UTOct 10th -1 - Down #6 - Soldier Hollow, Libore UTOct 10th -1 - Source - UTOct 10th - Soldier UTOct 10th P-Town #6 - Soldier Hollow, Heber, UTOct 17th - P-Town #7 - Jordanelle State Park, Heber, UTOct 31th - P-Town #8 - Location TBD Race Times: B Flight/Women/High School - 5:30pm, A & C Flight - 6:15pm, KIDS RACE 5:15pm (Times Subject to change) Race Entry Fee: \$20 entry with one time \$5 number charge.18 year old and younger race for FREE if they race the kids race or high school category. Joe Johnson, 949-412-0587, ptowncrossa gmail.com, Kerry Thurgood, 801-623-9152, converting a comparison of the school category. ptowncross.com, face-

August 30-November 1, 2017 — Team Rockford Cyclocross series Bozeman, Wednesday, The races are held at the Lindley Park course, starting at 6 P.M. sharp, Scot Urban, scott7272 ahoo.com, rockfordcy cling.com/cx-series

September 6-October 25, 2017 — MAD Racina

Cyclocross Clinics, UTA Series, Grand Junction, CO, The Camp will be held at 171 Dike Rd in weeks 1-6, 09/06: Cyclocross 101.09/13: Cyclocross 201.09/20: Advanced Cyclocross 1 & Cross Vegas (watch live coverage, location TBA).09/27: Advanced Cyclocross 2.10/04 18A).U9/27: Advanced Cyclocross 2.10/04: Back to Basics 1 / Bike Handling 1.10/11: Back to Basics 2 / Bike Handling 2.10/18: Cyclocross Application 1.10/25: Cyclocross Application 2.11/01 – 12/13: Available upon request, John Klish, 970-744-4450, <u>madracingcolo-rado@gmail.com</u>, <u>madracingcolorado.com</u>

September 6-27, 2017 — Mt. Ogden Cyclocross Race Series, Snowbasin Resort, UT, September 6, 13, 20, 27, Tim Eastley, 801-620-1000, 801 620-1045, teastley@snowbasin.com

September 10-November 18, 2017 — Shimano Cyclo X Cyclocross Series, Boulder, CO, 6 event cyclocross series at various locations, Lance Panigutti, 303-408-1195, <u>lance@with-</u> outlights.com withoutlights.com

September 14-October 19, 2017 — Contender Cyclocross Skills Clinics, Salt Lake City, UT, Sugarhouse Park Cross Clinics by Dr. Cross, Darrell Davis, 801-934-1521, <u>crossdoctor@</u> gmail.com, contenderbicycles.com

September 16-December 2, 2017 — Utah Cyclocross Series Race, Utah Cyclocross Series, Various, UI, Utah's weekend cyclo-cross series., Marek Shon, 801-209-2479, utcrits@gm com, utahbike cing.con

September 23-December 9, 2017 -Saaebrush CX Series, Reno, NV, September 23rd -Dorothy McAllinden Park, Reno, NVOctober 8th - Riverview Sports Park, Truckee, CANovember 11th - Wild West Motor Sports Park, Mustang, NVDecember 9th - Hidden Valley, Park, Reno, NV, Coby Rowe, presi-dent/orcourted/para orc enowheelmen.org dent@

October 7-December 9, 2017 — Southern Utah Cyclocross Series, St. George, UT, Races on Saturdays. 2017 dates: 10/7 - Bonnie Springs, Las Vegas, NV, 10/21 - Canyon View Park, (spooky cross), 11/11 - Spicer Ranch Beatty, NV, (cross on the ranch), 11/25 - Staheli Farm Washington, UT (turkey cross, tentative), 12/9 - Gubler Park, Santa Clara, UT (Xmas Cross), Cimarron Chacon, 970-759-3048, info@groraces.com, southernutahcyclocross.com

October 7-November 12, 2017 — Inland Northwest Cyclocross Series, Inland Northwest Cyclocross Series, Various, ID/WA, October 7 - Cougar CrossOctober 8 - Palouse, IDOctober 15 Riverside State Park October 22 Riverstone, Coeur d'Alene November 4 Walla WallaNovember 12 Walter's Fruit Ranch Greenbluff, WA, Marla Emde, 509-953-9924 509-939-0552 509-939-0552, <u>marla@emdesports.com</u> Michael Gaertner, <u>mike@verticalearth.com</u> inlandnwcyclocross.com

New

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October 14-December 30, 2017 Mexico Cyclocross Series, Various, NM, Oct 14: Rio Rancho, NM (Series Opener)Oct. 22: Gorietta, NM (Gorietta CX Race 1)Oct 28: Glorietta, NM, (Glorietta CX Race 2)Nov 5: Albuquerque, NM (Bad Santa CX at North Domingo Baca Dam)Nov 12: Albuquerque, NM (Flesta Cross at Balloon Flesta Park) NM (Fiesta Cross at Balloon Fiesta Park) Nov 18: Albuquerque, NM (Night Cross at Vietnam Veterans Park)Nov. 19: Albuquerque, NM (Sunnyslope)Dec. 3: Albuquerque, NM (Sunnyslope/NeroVeloce)Dec 9: Tijeras, NM (Rooseveit School CX)Dec. 16: Aztec, NM (Regional CX Championships)Dec. 17: Aztec, NM (Combined NMCX Series and 4 Corners CX Series race)Dec 30: Bosque Farms, NM (Hays Apple Farm, Series Finale), Crockett Howard, crockett howard@corncast.net. Howard, <u>crockett.howard@comcast.net</u>, nmcyclocross.com

October 22-November 23, 2017 - Aloha Mountain Cyclery Shaka Cross Series, Shaka Cross, Carbondale, CO, Sunday races on Oct 22, Nov 12, Nov 23, Roaring Fork High School, and North Face Park, Aloha Mountain Sports 970-963-2500, al

October 28-December 9, 2017 — Ariz Cyclocross Series p/b SRAM, Various, Arizona



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Learn how you can get involved: www.worldbicyclerelief.org

THE POWER OF BICYCLES

October 29-30 Northern AZ CX p/b Absolute Bikes, SedonaNovember 25-26 AZ CX #3-#4 p/b North Valley Bicycles, Horse Lovers Park, PhoenixDecember 9 AZ CX Series Finals pow-

ered by SRAM p/b Bicycle Ranch, Crossroads Park, Gilbert, Jeff Frost, canisbleu@gmail.com Mark Bibbey, mbibbey@hotmail.co com November 4, 2017 — Feedback Cup, Golden

CO, Centrally located in Golden, this fast, flowy course contains familiar elements from the ever-popular "Back to Basics" series but with plenty of twists and turns to keep you on the edge of your pedals. Family-friendly venue offers plenty of places to cheer and/ or heckle within a grassy expo-area, Lee Waldman, 720-313-5312, <u>lwaldman3@gmail.</u> com, feedbacksports.com

Cyclocross

September 16. 2017 — Utah Cyclocross Series eptember 10, 2017 — uran cyclocross series. Race, Urah Cyclocross Series, Satt Lake City, UT, Held at Carl Sandburg School, 3900 S 5325 W, West Valley City, 8:00 a.m. - 5:00 p.m., Marek Shon, 801-209-2479, <u>utcritseries@gmail.</u> com, Utah Cyclocross Series, <u>utcx.net@gmail.</u> racing.com

September 16-17, 2017 — Helena Cross Weekend, Wild West Cross Series, Helena, MT, Wayne Pignolet, wapignolef@gmail.com, wildwestcxseries.com, montanacyclocross.

September 20, 2017 — CrossVegas Cyclocross Race, Las Vegas, NV, The biggest cross race in the USA featuring UCI World Cup Pro Cyclocross Race Elite Men and Women, Wheelers and Dealers Industry Race and USA Cycling Categories at Desert Breeze Soccer Complex during Interbike. Held in the evening under the lightst , Brook Watts, 303-684-9170, contact@acrossvegas.com. contact@ <u>ossvegas.com</u>, <u>crossvegas.com</u>

September 23, 2017 — Utah Cyclocross Series Race, Utah Cyclocross Series, Ogden, UT, Weber County Fairgrounds, 100 North 1200 West, 9:00 a.m. - 5:00 p.m., Marek Shon, 801-209-2479, utcitiseries@gmail.com, Utah Cyclocross Series, utcx.net@gmail.com, utah-bikergaing com

bikeracing.com

September 30, 2017 — Utah Cyclocross Series Race, Utah Cyclocross Series, Salt Lake City, UT, Thomas Jefferson Jr. High, 5850 S 5600 W, Kearns, 9:00 a.m. - 5:00 p.m., Marek Shon, S01-209-2479, <u>utcritseries@gmail.com</u>, Utah-Cyclocross Series, <u>utcx.net@gmail.com</u>, Utahbikeracing.com

September 30-October 1, 2017 — Crosstoberfest Sandpoint, Wild West Cross Series, Sandpoint, ID, Saturday's course will be open and fast. Sunday is called the Turnimator. So far 75 turns, shorter and more technical., Wayne Pignolet wapignolet@gmail.com, wildwestcxseries. com, facebook.com/SandpointCyclocross

September 30, 2017 — Crimson Cross, Emmett ID, Crimson Gem Orchard, 2571 W. South Slope Drive, Come join us for our 2nd annu-al cyclocross race, this year benefiting the Emmett Valley Friendship Coalition and Food Emmetr Valley Hiendship Coalition and Food Bank. Bring canned/non-perishable food to donate to the food bank, your cow bell, and some whipped cream for piel, Kelsey Spiegel, Kelsey.R.Richards@gmail.com, Nadine Carter, sqifleynut@gmail.com, usacycling.org/reg-ister/2017-2600, facebook.com/boisevelo-women

October 1, 2017 - Corny Treads UTA, UTA Series Crober 1, 2017 — Contry interas of a, or a concern Grand Junction, CO, Bring your cycloccross bike, fat bike, or running shoes for your cycloce of fun on urban terrains in the Grand Valley), John Kilish 970-744-4450, madracingcolo-

ail.com, madracingcol October 7-8, 2017 — Moose Cross, Victor, ID, Two-day cross festival, fundraiser for Mountain Bike the Tetons, cross and fat bike catego-ries, 10th Annual, Chuck Collins, 307-264-2016, <u>ewest.com, moos</u>

October 7, 2017 — Utah Cyclocross Series Race, Utah Cyclocross Series, Ógden, UT, Ogden CX Park, 2599 A Ave, 8:00 a.m. - 5:00 p.m., Marek Shon, 801-209-2479, <u>utcritseries@gmail.com</u>, Utah Cyclocross Series, <u>utcr.net@gmail.com</u>, Utah Nerging.com <u>utahbikeracing.com</u>

October 7-8, 2017 — Waffle Cross, Waffle Cross Series (IWCX), DOC Idaho Superprestige, Boise, ID, Held at the Eagle Sports Complex; supports a different charitable benefactor each weekend so come on out and enjoy the dirt, grass and pavement as well as beer from Payette Brewing and waffles from Bob's Red Mill. Saturdays race will be an late afternoon-early evening race in conjunction with a food truck rally. <u>https://goo.gl/maps/</u> <u>Mmh80</u>, Brian Price, 208-908-5421, <u>brianp@</u> <u>Annino, S...</u> <u>catapult3.com</u>, Cory Bolen, <u>S...</u> <u>cahoo.com</u>, <u>idahowafflecross.com</u>, Cory Bolen, coryb

October 8, 2017 - Palouse Cross, Inland Northwest Cyclocross Series, Moscow, ID, Held at Sky Ranch. Event details: <u>facebook.</u> <u>com/events</u>/671465506336247/, Jerry Long,

alousebicycleracing@gmail.com, palous cycleracing.org, inlandnwcyclocross.com

October 14, 2017 — Utah Cyclocross Series Race, Utah Cyclocross Series, American Fork, UT, Art Dye Park, 8:00 a.m. - 5:00 p.m., Marek Shon, 801-209-2479, <u>utcritseries@gmail.com</u>, Utah Cyclocross Series, <u>utcr.net@gmail.com</u>, <u>utahbilercelag.com</u> utahbikeracing.com

October 14-15, 2017 — Bozeman Cross Weekend, Wild West Cross Series, Bozeman, MT, Wayne Pignolet, <u>wapignolet@gmail.com</u>, wildwestcxseries.com, <u>montanacyclocross</u>.

October 14-15, 2017 - US Open of Cyclocross Boulder, CO, Held at Valmont Bike Park, Lance Panigutti, 303-408-1195, <u>lance@with-</u>



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October 21, 2017 — SICX #1 Sandy Point , Southern Idaho Cyclocross Series, DOC Idaho Superprestige, Boise, ID, Lucky Peak State Park, 9725 Idaho 21, Boise, ID, Alex Phipps, 208-841-4120, alex01phipps@gmail. com, cxidaho.com

October 21, 2017 - The Cube Cyclocross, Rexburg, ID, A fun, high-quality, small town cyclocross event. Held at Rexburg Nature Park, Kids' Race 10:00, "B" Race 11:00, "A Race 12:00, Dave Anderson, 208-313-2021 ndersonmmh@gmail.com, rexburgcube

October 21, 2017 — Utah Cyclocross Series Race, Utah Cyclocross Series, Ogden, UT Race, Utah Cyclocross Series, Ogden, UT, Ogden CX Park, 2599 A Ave, 8:00 a.m. - 5:00 p.m., Marek Shon, 801-209-2479, <u>utcritseries@</u> Utah Cyclocross Series

October 22, 2017 — SICX #2 Sandy Point , Southern Idaho Cyclocross Series, DOC Idaho Superprestige, Boise, ID, Lucky Peak State Park, 9725 Idaho 21, Boise, ID, Alex Phipps, 208-841-4120, <u>alex01phipps@gmail. com, cxidaho.com</u>

October 27, 2017 — Creepy Treads UTA, UTA Series, Grand Junction, CO, Bring your cyclo-cross bike, fat bike, or running shoes for your choice of fun on urban terrains in the Grand Valley!, John Klish, 970-744-4450, <u>madracing-colorado@gmail.com</u>, <u>madracingcolorado</u>, <u>com</u>

October 28, 2017 — Crosstoberfest, Hailey, ID, CX Race, location TBD, Josh Glick, 208-720-2192, 208-721-1220, joshglick@hotmail.com, crosstoberfestidabe.com, powerhouseidabo. <u>om, pow</u>

<u>Com</u> October 28, 2017 — WWCX Series Finale – Rolling Thunder Cyclocross, Wild West Cross Series, Missoula, MT, Wayne Pignolet, <u>wapi-</u> seclet/armail.com, <u>wildwestcxseries.com</u>,

October 28, 2017 — Utah Cyclocross Series Race, Utah Cyclocross Series, Draper, UT, Draper Cycle Park, 1455 E Highland Drive, Draper, UT 84020, Halloween Cross, Halloween Costume Contest Parade right after Kiddie Cross, Marek Shon, 801-209-2479, utcritseries@gmail.com, Utah Cyclocross Series, utcx.net@gmail.com, utahbikerac-ling.com ing.com

November 4, 2017 — Utah Cyclocross Series Race, Utah Cyclocross Series, Kaysville, UT, Barnes Park, 950 W, 200 N., 8:00 a.m. - 5:00 p.m., Marek Shon, 801-209-2479, <u>utcritseries@</u> <u>gmail.com</u>, Utah Cyclocross Series, <u>utcx</u>. <u>net@gmail.com</u>, <u>utahbikeracing.com</u>

November 4-5, 2017 — Turkey Cross, Waffle Cross Series (IWCX), DOC Idaho Superprestige, Boise, ID, Held at the Eagle Sports Complex; supports a different charitable benefactor each weekend so come on out and enjoy the dirt, grass and pavement as well as beer from Parto Proving and waffles from Bab's from Payette Brewing and waffles from Bob's Red Mill. https://goo.gl/maps/Mmh80, Brian Red Mill. https://goo.gl/maps/Mmh80. Brian Price, 208-908-5421, brianp@cataput3.com Cory Bolen, corybolen@yghoo.com. idahow.

November 4, 2017 — Orchard Treads UTA, UTA Series, Palisade, CO, Palisade Park, Bring your cyclocross bike, fat bike, or running shoes your choice of fun on urban te rrains ir the Grand Valley!, John Klish, 970-744-4450, do@gmail.com, madrac·

epark.org

November 11, 2017 — SICX #3 Mailard Park, Southern Idaho Cyclocross Series, DOC Idaho Superprestige, Caldwell, ID, Mailard Park, Orchard Avenue intersection and 10th Ave, Caldwell, ID, Alex Phipps, 208-841-4120, alexil bitage and logar alex01phipps@gmail.com, cxidaho.com

November 11, 2017 — Bengal Cross, Pocatello, ID, 10 am at Bartz Field at Idaho State University, B class starts at 11 am for 45 min-utes; A class starts at noon for 55 minutes, Peter Joyce, 208-282-3912, joycpete@su.edu, www.2.isu.edu/outdoor/pdf/bengal_cross

November 11, 2017 — Utah Cyclocross Series Race, Utah Cyclocross Series, West Valley

2017.pd

City, UT, Rocky Mountain Raceways, 84020, 8:00 a.m. - 5:00 p.m., Marek Shon, 801-209-2479, <u>utcritseries@gmail.com</u>, Utah Cyclocross Series , <u>utcr.net@gmail.com</u>, utahbikeracing.com November 12, 2017 - SICX #4 Mallard Park Southern I Idaho Cyclocross Series, DOC Idaho Superprestige, Caldwell, ID, Mallard Park, Orchard Avenue intersection and 10th

Ave, Caldwell, ID, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, cxidaho.com November 18, 2017 — Utah Cyclocross Series, Race, Utah Cyclocross Series, Ogden, UT, Ogden CX Park, 2599 A Ave, 8:00 a.m. - 5:00 p.m., Marek Shon, 801-209-2479, <u>utcritseries@</u> gmail.com, Utah Cyclocross Series, <u>utcx</u>, pet/@mail.com, Utah Dikergenga com

November 19, 2017 — Salty Treads UTA, UTA Series, Fruita, CO, Little Salt Wash Park, Bring your cyclocross bike, fat bike, or running shoes for your choice of fun on urban terrains in the Grand Valley!, John Klish, 970-744-4450, madracingcolorado@gmail.com, madrac-

Ingcolorado.com
December 2-3, 2017 — Kringle Cross, Waffle Cross Series (IWCX), DOC Idaho Superprestige, Boise, ID, Held at the Eagle Sports Complex; supports a different chari-table benefactor each weekend so come on out and enjoy the dirt, grass and pave-ment as well as beer from Payette Brewing and waffles from Bob's Red Mill. https://goo. gl/mapgs/Mmh80, Brian Price, 208-908-6421, brianp@catapult3.com, Cory Bolen, cory-bolen@yahoo.com, Idahowafflecross.com, eaglebikepark.org

December 2, 2017 — Utah Cyclocross Series Race, Utah Cyclocross Series, Kaysville, UT, Barnes Park, 950 W, 200 N., USAC Nationals Gualifier, 8:00 a.m. - 5:00 p.m., Marek Shon, 801-209-2479, utcritseries@gmail.com, Utah Cyclocross Series, <u>utcx.net@gmail.com</u>, utahbikeracing.com

utahbikeracing.com December 2, 2017 — Rocky Mountain Cyclocross Championships. Longmont, CO, Colorado welcomes the best from Utah, Wyorning, Montana, Arizona, and New Mexico to battle it out for the title of Regional Champion. Held at Sandstone Park, the battle ground consists of tight grass, fast flow-ing pavement, sidewalk transitions, run ups, and even more grass to showcase those off camber technical skills. The Championships are open to racers from across the region. Start order is based on USAC ranking. Winners of each category receive a Rocky Mountain Cyclocross Champion jersey., Brook Watts, 303-684-9170, contact@crossvegas.com. Lance Panigutti, 303-408-1195, lance@with-Lance Panigutti, 303-408-1195, lance

tain-cyclocross-champions December 9, 2017 — SICX #5 Sandy Point, Southern Idaho Cyclocross Series, DOC Idaho Superprestige, Boise, ID, Lucky Peak State Park, 9725 Idaho 21, Boise, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, cxi-daho com. daho.com

December 9-10, 2017 — Colorado State Cyclocross Championships, Westminster, CO, Held at Westminster City Park, Lance Panigutti, 303-408-1195, <u>lance@withoutlimits.</u> com, withoutlimits.co/rocky-mountain-cyclo-cross-champions

December 10, 2017 — SICX #6 Sandy Point, Southern Idaho Cyclocross Series, DOC Idaho Superprestige, Boise, ID, Lucky Peak State Park, 9725 Idaho 21, Boise, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, cxi-daho com. daho.com

December 16, 2017 — Merry Treadmas UTA, UTA Series, Grand Junction, CO, Las Colonias Park, Bring your cyclocross bike, fat bike, or running shoes for your choice of fun on urban terrains in the Grand Valleyl, John Klish, 970-744-4450, madracingcolorado@gmail.com, madracing

January 9-14, 2018 — USA Cycling Cyclocross National Championships, Reno, NV, Elite and amateur cyclocross national championships, Micah Rice, 719-434-4200, mice@usacycling. org, usacycling.org

Report Looks at Causes and Patterns in Bicycle Crashes

If you're in a bicycle accident at night, you're more likely to get killed than you are in a daytime crash. And while most bike crashes occur on urban roads, the ones on rural ones result in a greater chance of a fatality. At least these facts describe the case in Florida.

Because of a high concentration of bicycle fatalities, the Florida Department of Transportation decided it needed detailed information about bicycle safety. So it hired Florida International University in Miami to prepare a complete study of bicycle crashes in the state. Researchers examined all 23,036 known bike accidents in the state between 2011 and 2014. They identified the five "hot spots" in the state where crashes are more likely to occur and examined reams of other data that show where to focus safety efforts. Cyclists over 64, for instance, were more likely to die in a crash than younger ones. And males were more likely to die than females.

Many were under the influence of alcohol or drugs when mortally wounded or killed on bike.

While sidewalk cyclists got their share of getting hit, they were much less rarely killed than those riding on the street.

A few other factoids the Florida study found: Helmets proved a better safety tool than lights or reflective clothing or lights. The most common mistake cyclists made involved failing to yield. Making U-turns and riding against traffic also resulted in many self-caused wounds. Other big hazards: unusual intersection design, driveways too close to intersections, and dooring.

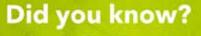
At least Florida found the issue of bicycle safety important enough to take on and tackle with a comprehensive report that can serve as a guide for making cycling safer. Now with the precedent, maybe some other states can follow suit.

Find the Statewide Analysis of Bike Crashes at goo. gl/dB57HA

-Charles Pekow



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At the top! Photo by Lukas Brinkerhoff



Kathleen on the way to Dollar Hide Summit. Our highest summit and our longest day. Photo by Lukas Brinkerhoff

By Lukas Brinkerhoff

Day 8. It's hot. We've just wasted well over an hour waiting to be able to soak in a hot spring only to be told by some of the scariest people I've ever seen that that won't be happening. Slightly dejected, we buy a couple of beers, gather our bikes and head back out onto the dusty, bumpy road.

We started the day with a big climb. As far as climbs go, it wasn't the worst. We had shade, the grades were a little steep, but all told we got over it. The challenge of Day 8, as we were learning, wouldn't be elevation gain, rather it would be the temperatures and the fact that we had already been doing this for 7 days and the end was still hundreds of miles away.

I could tell that Kathleen was not enjoying herself like she had the days prior. We stopped at a couple of hot springs and she didn't even want to get in. Our objective for the day was still another 17 miles away and would put us at the bottom of our next climb. We left Lotus Springs and within a few minutes, it was clear we just needed to find a place to camp. A couple miles more in the blasted heat and a spot just off the river with some almost flat spots became our home for the night.

We were done. Or at least as done

as we could be in the middle of a 550-mile ride.

Several years ago, as I was preparing for my first multi-day tour, a good friend told me that there would be a day that the only thing I would want would be to give up. He told me that every tour had that one day. Sometimes it will come early, like 2 hours into the first day. Other times, it will sneak up on you. Just when you think you have found the rhythm of the road, there will be some obstacle that you know you can get over, you just don't want to. The secret is to just not give up.

Our lives are made up of decisions that lead us down paths that become our story. When we recog-



Just keep pedaling, it's the only way to the top. Photo by Lukas Brinkerhoff nize that we write that story each day, each choice taken, the logical conclusion is to begin constructing that story to be what we want it to be. It's easy to determine what you "want" to be. Like a child in elementary school dreaming of being an astronaut, I'm sure that each of us has a semblance of an idea of what would be our ideal story, the perfect version of ourselves.

The reason we aren't that perfect version of ourselves is because change is hard. It is much easier to continue on the same trajectory than to make a 90 degree turn and begin something new. Some may call it inertia, but it's just life. Just because we realize we have some semblance of control over where we are going, doesn't mean that we can abandon ship, swim for shore and everything is going to be hunky dory. No, that rarely happens. Life is hard and we tend to give up and return to our normal, way too easy.

Day 10 was my day. I don't have the space to enumerate all the struggles of that day, but let's say we peaked out on Dollar Hide Summit, the tallest peak on our entire ride somewhere around mile 50 of the day. Those 50 miles had included two hike-a-bikes, three river crossings and not the kind that involve bridges, all before the biggest climb of our 11 day trip. At the top, I was both broken and ecstatic. We were nearing the end, the point where we could say, "We did it!" and we had a bunch of miles of coasting ahead of us.

We had planned to camp just outside of Ketchum around our mile 65. As we coasted and pedaled toward the end of the day, the dirt turned to gravel and then to pavement. Mile 65 came and went and we had no where to camp. Soon houses were everywhere and we found ourselves on a bike path mere miles from downtown Ketchum. It was late. We had pedaled 69 miles in 12.5 hours. The only thing that kept my pedals turning was the fact that I had no other choice. We stopped and found the closest brewery. There was a bike rack out front, but I was really surprised they didn't ask us to leave the moment they saw us. We had a full day's worth of grime and nastiness covering us and we had to smell worse than the bum who was chilling on the corner. Luckily, we were able to sit outside and enjoyed some fresh vegetables and a couple of triple IPAs. This all sounds awe some, except we still had nowhere to stay. Some texts to friends that might have friends who might let us stay, a dozen or so checks of Warmshowers, finding one hotel room at \$425/night and we were no closer to having a place to stay than when we sat down. Our food was gone and we both knew that ordering another beer would result in us not being able to find a place to camp.

At 14 hours of being up and working on moving forward, we were, once again, moving forward. I was ready to throw in the towel and find a dumpster to sleep behind. I was done. If you've never bonked, recovered, bonked again, got drunk and then tried to find a place to camp, you really don't know what being "spent" is really like. 12 miles later, we found a campground with one campsite left.

Bike tours are finished or abandoned based on decisions. Do you turn around and coast back to the bottom of the hill and put up a thumb? Or do you just keep slogging your way to the top? The only difference between the two is giving up and not. And such is life.

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



ADVOCACY

Americans Went for 2.4 Billion Recreational Rides in 2016 – New Reports Look at Bicycling Participation and Economy

By Charles Pekow

Americans went for a recreational bike ride about 2.4 billion times last year. Or so estimates the Outdoor Foundation, a Washington-DC based nonprofit sponsored by the Outdoor Industry Association. Those who ride for fun went out an average of 53 times each, according to its 2017 Outdoor Participation Report (goo.gl/uJMCUi). The foundation released the participation report along with a parallel Outdoor Recreation Economy report (goo.gl/8hPevG), designed to showcase the importance of playing outdoors to the nation's financial well-being.

Figures apply to Americans ages six and older.

The numbers include those who went for road or trail rides, mountain bike excursions and BMX track escapades. Biking ranked third in popularity as an outdoor participatory activity, with 15 percent or 45.8 million Americans cycling at least once. More people enjoyed running and fishing, though.

But when it came to frequency, cycling came in second, as those who drop bait in the water didn't do so nearly as often as those who went for a jog or spin.

But when it comes to kids, cycling tops. Among those aged six to 17, 25 percent (12.9 million riders) took to the pedals, more than those who ran. Within the next age bracket (18-24), biking fell to fourth , as (14 percent, 4.2 million) participated. More young adults preferred running, hiking and some sort of camping (tent or RV). But those in that age bracket who biked did so an average of 86 times that year.

Among all citizens, blacks biked at a much lower rate (10 percent) than those defined as white, Hispanic or Asian (15 or 16 percent.) Asked about the difference, foundation Deputy Director Ivan Levin wrote in an email "advocates needs to think about their programming, who their audience is, and do a better job programming for specific populations versus applying blanket programming approaches."

The economy report doesn't say much about bicycling but names it as one of the major job and spending forces, along with birdwatching and hiking. It notes that Americans spend half again as much on cycling and skateboarding a year (\$97 billion) than on video games (\$61 billion), citing Digital Entertainment Group numbers for the latter figure.

"Going outdoors to hike, bike, camp, fish, hunt or just walk around the neighborhood orients us to the natural world," says the report.

But how accurate can the data be? The foundation says it extrapolated the figures based on 24,134 online interviews in taken last year when people and households were asked about their activities. The report says its sample "provides a high degree of statistical accuracy."

The data reflect what people recall and if they were taken last year, which the report says, the results couldn't have included the whole year. Also, how can you possibly recall in an survey how many times you rode a bike last year? The report says respondents were selected from the "the US Online Panel of over one million people operated by Synovate/IPSOS," a market research company. But any such panel only includes people who sign up to receive surveys which may or may not be an accurate reflection of the U.S. Population.

Asked about accuracy, Levin referred us to the back of the report (cited above) and said he referred the questions to the technical team, which hadn't responded by deadline.

For more information on the reports, see <u>outdoorindustry.org</u>.



Interbike Relocates to Reno for 2018

New Consumer Show will Feed into Industry Event

SAN JUAN CAPISTRANO, Calif. – August 3, 2017 - America's leading cycling trade show -Interbike – is pleased to announce it has selected Reno-Tahoe as the new home for the Interbike trade show and the site of the newlycreated Interbike Marketweek. Interbike Marketweek will begin with a weekend consumer festival at epic Northstar California Resort, will segue into the tradefocused OutDoor Demo, also at Northstar, and transition to the Interbike trade show at the Reno-Sparks Convention Center beginning in 2018 and continuing through 2022.

Interbike had been strongly considering moving to Salt Lake City, but because of controversy over public lands and the Bear's Ears Monument, Governor Gary Herbert and the Outdoor Industry Association couldn't come to an agreement, and both the Outdoor Retailer show and Interbike removed Salt Lake City from consideration. Both are owned by Emerald Expositions.

"We're extremely excited about this move for a multitude of reasons," said Pat Hus, Vice President of Interbike. "For the first time in a very long time, we've been able to hit the reset button on Interbike and OutDoor Demo and give the industry something new and fresh that we couldn't do in our previous locations. With the support and investment from the city of Reno we are going to be able to truly create a one-of-a-kind, week-long celebration and experience around cycling. We also recognize that this is a critical time in our industry and that we need to provide a more cost-effective approach to exhibiting at the show, and we are now able to provide that."

Interbike, which is part of Emerald Expositions, remains at the Mandalay Bay Convention Center in 2017 with the OutDoor Demo in Boulder City, NV.

Buy Local, Pay Cash, Ride Your Bike!

ADVOCACY Governors' Report Looks at Bicycle Safety

By Charles Pekow

The downside of the bicycling boom lies in the parallel boom in bicycling fatalities. While bicycling deaths in the United States had been steadily declining between at least 1975 (when tracking started) and 2010, they have steadily increased since then, according to a study released by the Governors Highway Safety Association (GHSA). Auto insurer State Farm financed the study, entitled A Right to the Road: Understanding & Addressing Bicyclist Safety (goo.gl/1nDSz6).

Between 2010 and 2015, the number of bicyclists killed or mortally wounded on the road or trail steadily increased from 621 to 818, a record high, the report says. About half the deaths occurred in darkness, but since 80 percent of the riding takes place in daytime, nighttime riding presents greater hazards.

A variety of causes are at work. "Bicycle-motor vehicle crashes are often the result of the motorist failing to notice the bicyclist. Riders, on the other hand, are more likely to see the vehicle and expect the driver to give way. When they do not, bicyclists often cannot stop in time to avoid a crash," GHSA states. Also 22 percent of cyclists and 12 percent of drivers were legally defined as drunk. More than half of killed cyclists weren't wearing helmets.

The report also faults a change in federal law that prohibits states from using highway infrastructure money for bicycle safety education. It advises states and communities to better track crash data to see who is getting hurt and killed (males outnumbered females in deaths six to one, for instance, a ratio far greater than the percentage of male riders).

Some law enforcement agencies are taking creative steps to address the problems. The Utah Department of Public Safety and police in Las Vegas and Fort Collins Colo., for instance, use a 3CFT ultrasonic detector that tracks how close bicycles are to other vehicles and can thus help enforce three-foot passing laws. On the other hand, Utah and Montana specifically exempt bicyclists from drunk driving laws. In most other states, the law remains unclear as to whether cyclists can be cited for riding under the influence.

Laws are also unclear about electric bicycles. Only four states (including Utah) define them as bicycles. Only three states, including Nevada, have assessed their bicyclist and pedestrian safety programs based on federal guidelines.



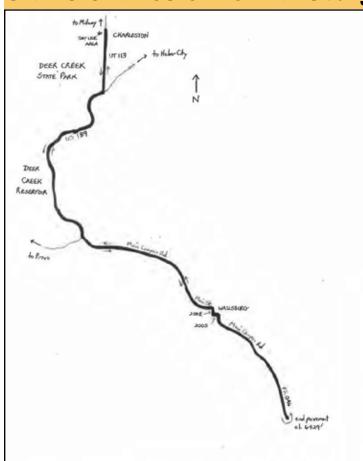
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RIDE OF THE MONTH Utah's Charleston to Wallsburg via Deer Creek Ride is Scenic!



Utah's Charleston to Wallsburg via Deer Creek is a 27.85mile, out-and-back ride with a 996-foot net elevation change, and just over 1,100 feet of climbing overall. Map by Wayne Cottrell

By Wayne Cottrell

Heber Valley may be Utah's most scenic, with a picturesque backdrop of the Wasatch Mountains to the west, the West Hills to the north, the Uinta Mountains to the east, and Hogsback Ridge and Wallsburg Rise to the south. One author has noted that the title "Switzerland of America" is overused, with a number

number of Swiss immigrants actually did settle in Heber Valley during the 1860s because of its resemblance to home. Charleston to Wallsburg via Deer Creek is a 27.85-mile, out-andback ride with a 996-foot net elevation change, and just over 1,100 feet of climbing overall. The climbing is gradual, rather than steep. The ride is somewhat unusual in that it visits two communities – Charleston and

of places making that claim. But a

Wallsburg - that have actually lost population since their turn-of-the-20th-century heydays. Weep not for the two towns' losses, though, as both are small and pleasant, with stable economies and attractive country lifestyles. Start the ride at the Charleston Day Use Area in Deer Creek State Park, located just off State Highway 113 (UT 113) near the northern border of Charleston, just south of Charleston Bridge. Charleston is located directly south of Midway, and southwest of Heber City. The starting elevation is 5,428 feet. Charleston was settled in 1859 by Mormon families, and reached its peak population of 524 in 1910. As of 2016, the population was 471, and was gradually growing. The town was known for its Hereford cattle, which were raised here. A portion of the town was flooded, intentionally, with the beginning of construction of Deer Creek Reservoir, in 1938. The dam and reservoir were not completed until after World War II. Exit the Day Use Area, and turn right to head south on UT 113. This two-lane highway is narrow, but traffic volumes are low. Just under a mile and a half into the ride, UT 113 ends at U.S. 189. Turn right, and head southwest, adjacent Deer Creek Reservoir and Deer Creek State Park. Note that the name of the park is a bit of a misnomer, as the featured attraction is the reservoir, rather than a creek; also, the reservoir's main inflow-outflow is the Provo River, rather than Deer Creek. U.S. 189 travels immediately

U.S. 189 travels immediately adjacent the shore of the reservoir,

curving to conform to the edge of the lake. Like UT 113, the highway is narrow (but scenic!), until mile four, where there is a widening to four lanes. Depending on the season, you may see sailboats, jet skis, other water activities, and camping. Fishing is year-round, even when the lake is iced over. The highway climbs gradually to 5,568 feet, and then descends at a 2.9% grade. At mile 5.55, veer away from the lake by making a left turn onto Main Canyon Road. Welcome to Round Valley; this is the road to Wallsburg, with Wallsburg Ridge on the right, and the Wallsburg Wildlife Management Area on the left. After a short, very gradual descent, the road begins to climb gradually. Enter the outskirts of Wallsburg three miles up the canyon. The town of Wallsburg was settled in 1862, and its population peaked in 1900 (528). The town's population as of 2016 was 340, and was gradually growing. Main Canyon Road curves to the right at mile 8.5, becoming Main Street. Here, the road begins to climb at a mild but steady 2.0% grade. After curving to the left, enter the heart of Wallsburg. Turn right at the Center Street intersection, followed by a left turn onto 200 South. 200 South then curves to the right, becoming 200 East. After a short stretch, 200 East curves to the left, and you are on Main Canyon Road once again. You are now at 5,697 feet, as the gradient increases to 3.0%. Development becomes sparser, as the road climbs above 6,000 feet. Leave civilization altogether at mile 13.1, as the road

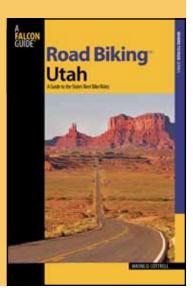
narrows (elevation 6,227 feet). You are now on Forest Road 046 (enter Uinta National Forest). The narrow road has a low-grade surface, and the gradient increases to 4.6%. The pavement ends at mile 13.9, at the highest elevation of the ride (6,424 feet).

Turn around here, and begin the trip back to Charleston. The road through Wallsburg and Round Valley is downhill, gradually leveling, almost all the way back to U.S. 189. Turn right at U.S. 189 (mile 22.25). Note that the highway narrows from four lanes to two after a mile and a-half. Exercise caution as you navigate the curves, adjacent the lake, along U.S. 189's two-lane segment. Note that, to the left at mile 25.8, is Deer Creek Island. On the mainland, across from the island, is Island Beach, for yet another lake activity. Bear left onto UT 113 at mile 26.4. Head north, returning to Charleston. The Day Use Area will be on the left, just south of Charleston Bridge.

Starting point coordinates: 40.473700oN 111.473250oW

For more rides, see Road Biking Utah (Falcon Guides), written by avid cyclist Wayne Cottrell. Road Biking Utah features descriptions of 40 road bike rides in Utah. The ride lengths range from 14 to 106 miles, and the book's coverage is statewide: from Wendover to Vernal, and from Bear Lake to St. George to Bluff. Each ride description features information about the suggested start-finish location, length, mileposts, terrain, traffic conditions and, most importantly, sights. The text is rich in detail about each route, including history, folklore, flora, fauna and, of course, scenery.

Wayne Cottrell is a former Utah resident who conducted extensive research while living here – and even after moving – to develop the content for the book.





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<u>CYCLOCROSS</u> 10th Annual Moose Cross Cyclocross Festival to be Held October 7-8, 2017 in Victor, Idaho



The Moose Cross course railroad tie run-up before and after work done by Mountain Bike the Tetons. Photo by Chuck Collins

nity.

The 10th Annual Moose Cross Cyclocross Festival is on for 2017 at Sherman Park (formerly Pioneer Park) staging at the Kotler Ice Arena in Victor Idaho October 7th - 8th, 2017.

Moose Cross has been lauded by the locals for its challenging course and its fun atmosphere with multiple classes to serve the competitive, first-timer, and 18 and under, and as always under 12, and under 6 - balance-bikes welcome! This year, Moose Cross will introduce a FAT-BIKE class. First-time women participants and all 18 and under may participate free of charge.

Event proceeds go to Mountain Bike the Tetons, a 501c(3) nonprofit.

This year, the Moose Cross course will feature the eleven railroad-tie run-up, the whoopdee-dos, power-sucking grass section, and S-turns. Participants will find longer straight-a-ways and less singletrack between the technical sections.

The longer straight-aways and less singletrack will lend to better recovery, and the technical sections will cause a bottle-neck. The course is designed so that the whole race will be competitive and interestingly strategic.

The event will feature two days of racing. Each day will feature a different cyclocross course at Sherman Park. Expect great courses on both days.

Moose Cross organizer and perennial Utah bicycle advocate, Chuck Collins, stepped up at the last minute to organize the event on behalf of the eastern Idaho and Jackson Wyoming bicycle commu-

bicycle community if Moose Cross went away," said Collins. "It has always been important to me as a long-time bicycle advocate to help bicycling when I can and as needed. Moose Cross always has been super-cool. I'm grateful to Stoney Blouse, Executive Director of Mountain Bike the Tetons and Derrick Nobman, owner of Fitzgerald's Bicycles of Victor, ID for their support and resources. I'm striving to have Moose Cross live up to its reputation. I wish I had a little more time to get it done. Still, I'm glad I can make it happen. Things are on track to have a great event, just shy of epic. That will

"It would have been a shame

and a loss to the eastern Idaho

Moose Cross is supported by the local trail organization, Mountain Bike the Tetons <u>www.mountainbiketetons.org</u> and Fitzgeralds Bicycles Victor ID <u>www.fitzgeraldsbicycles.</u> <u>com</u>. Many other area businesses will play a supporting role.

require rain and snow!"

Moose Cross was originally organized by Dave Byers of www. athlete360.com, Dave Bergart, and Scott Fitzgerald, former owner of Fitzgeralds Bicycles. Fitzgerald, with his wife Jannine, is the author of the kid's book B is for Bicycles. They will soon be offering their second children's book Buddy Pegs (www.buddypegs.com)

Registration is open at <u>moose-</u> cross.athlete360.com Complete information is available at <u>www.</u> <u>moosecross.com</u>

ADVOCACY SLCBAC News - Chip Seal, LCC Intersection, Latina Bike Initiative, and Youth Education

<u>By Marcus Kaller</u>

At the August SLCBAC meeting, we started with a training session regarding chip sealing from Leon Barrett, from Salt Lake County, and Becka Rolf, from Salt Lake City. Needless to say, it proved to be quite informative, especially when taking into account the difference in methodology between what the city does and that of the county. The discussions, at times, went into debates on the two methods for chip sealing, which included costs, source of chips, and the overall process. To give you some insight into this, please check the article "Chip Seals and Bicycles - Short-term Pain for Long-term Gain?" from 2013 on cyclingutah.com.

In addition, Helen Peters, the county transportation manager, informed the committee about the UDOT construction project at the

intersection of Wasatch Boulevard and Little Cottonwood Canyon Rd (SR-210). The goal of this project is to improve the traffic flow by modifying the alignment of the intersection. It would also accommodate cyclists with bike lanes that allows them to ride either roads, including a dedicated northbound left turn following Wasatch Blvd. Some of the members expressed concerns that the pre-existing traffic lights were being taken out. Construction of this intersection began last month, and more information can be found on the UDOT web site.

With students returning to school this fall, it means that the folks at Bike Utah will be ramping up the Youth Bicycle Education program. And SLCBAC, once again, lend its support to help fund the program. As a reminder, what the Youth Bicycle Education program entails is teaching children on all education levels about bike etiquette and safety. In addition, children may receive free helmets and lights. If you are a parent or teacher who want to encourage students to ride bicycles, please contact Jace Burbidge, the Youth Education Coordinator, at 801-867-5485 or Jace@BikeUtah.org.

Similarly, we have voted to support the Latina Bike Initiative. Spearheaded by May Romo, from Salt Lake County Health Department, the mission of the initiative is to cultivate bike riding among Latino women and families in Salt Lake County. We hope to get more information for those who are interested.

Our next monthly meeting will be on September 11 in room N4-850, at the Salt Lake County Government Center, 2001 S. State St, beginning at 5:30pm. We hope to see you there. For more information, see <u>bicycle</u>. slco.org



How many miles to the gallon does your bike get?

BICYCLE TOURING A Tour of Idaho's Bitterroot 300K Trail



Roger and Rick Shaffer the "Prime Minister" going over the details on our maps at the Wallace Inn. Photo courtesy Roger Crandall

By Roger Crandall

The Bitterroot 300K is a must do cycle tour for your bucket list.

back on the "like butter" smooth Trail of the Coeur D'Alene. Two of our days were rainy and cold but still enjoyable since the scenery was jaw dropping beautiful and the bike trail looked like the yellow brick road with it covered in golden leaves.



The manhole in the middle of town that marks Wallace as the Center of the Universe. Photo by Roger Crandall



The Smoke House Restaurant in Wallace, best barbecue ever! Photo by Roger Crandall

Trail of the Coeur D'Alene

I've heard the rumors that there were fantastic bicycle trails in Idaho and that they were around the Coeur D'Alene area; but where exactly and what they were like no one could tell me from first-hand experience. My wife Jael, the hero of this story, said we should go up there during the UEA weekend in October and check them out. We went on a Wednesday and returned on a Sunday. We managed three days of riding up and Many of the small towns had closed for the fall and winter. The worst part was we were also missing the high point, the "Crown Jewel of the rails-to-trail system" in our country, and one of the top 3 trails in the world. What we were missing was the world famous Hiawatha Trail, only open from May 28-September 25. We were left to day dream about a return all winter and spring waiting for the balmy days of summer.

Planning for the Big Trip

Since my wife had a summer job with only 2 weeks off at the end of July 2017, I tried to recruit any and all of my cycling friends or anyone who had ever rode a bike! Finally my two best friends decided to go but we had to put off the trip to the end of May, then early June, then late June, then early July, but finally we were ready to go in mid-July. But wait, hold the presses, they both cancelled on me the day before we were to leave. In fact, one guy was in Chicago already and the other had band practices to do. Madder than hell and ten minutes later, I joined up with a Wasatch Mountain Club river trip on the Salmon and Snake Rivers for 10 days and I left 12 hours later. A whirlpool undertow on the Salmon flipped me out of my kayak and almost killed me but that's another story!

By satellite phone I texted my wife, "Sigo vivo", I'm still alive. And though she couldn't sleep and was fighting a horrendous tooth infection while having to be in charge of her school Esperanza Elementary, her vacation finally came and she rose to the occasion like the heroin she is and said, "Honey, if your buddies are letting you down, then I'll go with you". An aside: (Men, if you think your wives can't do what you are doing, think again!) It was time to change from my trusty old steed and touring bike that took me from Chicago to Mexico, Central and South America for two and a half years and get out our old Santana Cilantro tandem and make this a first time tour for my courageous wife from Costa Rica. You must know, this is the woman who I taught to cycle at 35 years old, and who suffered a broken tailbone in a bike crash in Snow Canyon some years ago. She doesn't even cycle to work two miles away because there are cars on our West Valley City side streets! She ended up tough enough to put in two of the hardest days of riding I've ever done! Harder than crossing the Andes from Chile to Argentina and she did it on her first ride, and that's heroic!

The Bitterroot 300K Trail

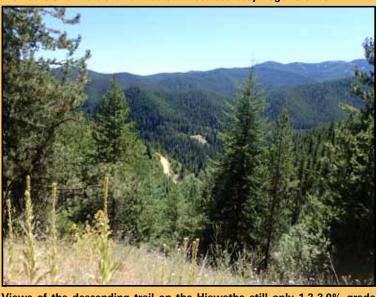
So what is this Grand Tour that every cyclist in the mountain west must do? The Bitterroot 300K really can be 3 tours in one. This tour can include bike packing, normal bicycle touring and camping, and European style touring including hotels in small towns. You can do this via a touring bike or road bike for the paved 72 miles of butter smooth bike trails and 48 to 61 miles of country roads. To complete this circle on the Northern Pacific Multi-use trail, the Route of the Hiawatha, and the Old Milwaukee Scenic Alternate Trail, I'd recommend a mountain bike or good gravel bike. Because we used our tandem with panniers in front and back with things piled on top of those front and rear racks we were going to really suffer on the gravel. We couldn't have done it because the bike lacked great climbing gears except for the fact that this was all done on railroad grade trail at 2 and 3 percent grade.



Roger and Jael at Lookout Pass Ski Resort where you can rent bikes and get passes for the Hiawatha. Photo courtesy Roger Crandall



Warming up after coming out of the 1.6 mile Taft Tunnel on the Trail of the Hiawatha and there are 10 in total. Photo courtesy Roger Crandall



Views of the descending trail on the Hiawatha still only 1.2-2.0% grade going down. Photo by Roger Crandall

Here is how we did it: but you could do this many different ways, both easier or harder to fit your style. We started in Wallace, ID on (or should I say, under) Interstate 90. From Salt Lake City all you have to do is go north on I-15 and make one left turn on I-90 up around Helena and you are there some 9 hours and 650 miles later. Wallace is a "mine owners" town with great architecture and terrific restaurants. It's more authentic than Park City and the residents truly know how to fight for their rights to survive. In 1976 the Interstate Hwy. commission wanted to bulldoze half the town to put the highway through on level. Because they never did an environmental study the towns people took it to the Supreme Court and won so the highway had to do a "fly-over" to go around and above the city. But with all the great signs up on top telling you there is something special down below, only the fast driving idiots heading to Portland or Seattle wiz by and say, "oh look, cute town" and never stop. You can stand in the middle of the street in the center of town and photo bomb your feet by the man hole cover that proclaims you are at the 'Center of the Universe" and no one will bother you or hurry you on your way.

The place to stay without a doubt is the Wallace Inn; bike friendly, best pool, sauna, Finnish bath, hot tub and is where the "Prime Minister" of the bike trails works. The Man, The Myth, The Legend, and The Prime Minister is Rick Shaffer your super contact person on all things pertaining to biking up there. (rshaffer@ cebridge.net 1-800-643-2386 or cell: 208-691-9169) He will answer all your questions give you hand written maps detailing every step of the way, and he knows every foot of this Bitterroot 300 Kilometers Trail, the entire 185 mile loop. Almost everyone up there knows him or has heard of him so you will be in good hands with Rick.

We left Wallace on day one headed east to Mullan but after just those 7 miles the paved trails ends and the gravel begins. We peddled into the

there are cyclists on the road. After

24 more miles we were hammered

and now a blowout. Though we were

cycling in "happy valley" with no

smoke and clear skies, there was

smoke all over that part of the coun-

try, but we were in a sort of "heat

dome" and today it was hotter than

snot! We reached Calder popula-

tion: at least 2. Nothing open but the

post office and the lady Ronda, who

worked there, called her friend Tony

who came in one minute and took

us in his pickup truck to St. Maries.

When you are in the fairly large town

of St Maries, you'll want to stay at

The Pines Motel because they offer

free bike shuttles to Plummer or Heyburn State Park. That will get

you back on the Coeur D'Alene Trail

without suffering through curvy and

hilly roads with lots of traffic and no

fast at Heidi's next door to the motel

and open at 4:00 AM for the loggers.

They have great food and big portions,

plus it gives a real touch of Germany,

so don't miss that. After our shuttle

ride to Plummer we were ready for

the silky smooth bike trail and the 7

mile downhill. All was perfect and

I was crossing my fingers that my patch, a \$1 bill boot, on the tire was

going to hold after a blow out on that ruined tire. I guess it never pays to

be too cheap because even though I

folded the bill over to make it twice

as strong it ended blowing a hole through George Washington's fore-

head and his neck. Luckily we were

back to "civilization for cyclists"

and two tandem teams came by and

patched it up with 3 dollars this time.

With just 2 miles back to Plummer we elected for safety sake to return

Day four included a great break-

shoulder for bikes.



trestles Steel that foi bikes only are Photo by Roger Crandall



Looking down from atop one of the 7 trestles we would cross. Photo by **Roger Crandall**

wilderness all day and finally arrived at the Lookout Pass Ski Area where you can rent bikes and get a shuttle to the East Portal of the Hiawatha or you can skip this entire ordeal and get a shuttle from Rick in Wallace. We had to press on for more hours of struggling to get to a wilderness campground that had only two features to recommend itself: a small stream for water and bathing and lots of huckleberries.

Day two we headed out struggling with the uphill gravel trail heading so far east into Montana I thought we were going to end up in Missoula but we did find our way to the trail head of the famous Hiawatha at 1:00 PM and we were beat. After a day and a half of seeing zero cyclists now they are packing the trail. You pay \$10 for the privilege to ride your bike on the trail but there are water stops, bathrooms, and tech helpers along the way. The trail is only 15 miles but because either we were so tired or it is just so full of the AMAZING that it felt like 30 miles when we were done. You start off in the first of 10 tunnels and this one is a mile and a half long and pitch black. If your lights are weak you'll be walking and

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you don't want that because it is so cold in there you can't wait till you can get out. The tunnel is so long it's actually "Interstate", so you go from Montana back into Idaho. There are so many tunnels you start to take them for granted except when you see deer in them! But just when you think you can handle anything, you see trestle bridges shooting off into spaces filling between one mountain and another. One trestle is 760 ft. long and 220 ft. high! My wife said, "I'm not going over that, or at least not riding it, and for sure I'm not looking down", but she did it!

After we left the Hiawatha and the tourists that included old people, kids as little as 4 years old, and every kind of bike imaginable, we were alone again so we kept heading south and down toward the village of Avery, population 18. We camped again in a US Forest Service campground by the North Fork of the St. Joe River. That whole road going down was gorgeous and still very few campers along the way.

Day three we made it to Avery after 5 miles of more gravel and then finally sweet smooth highway and no traffic! A second breakfast in



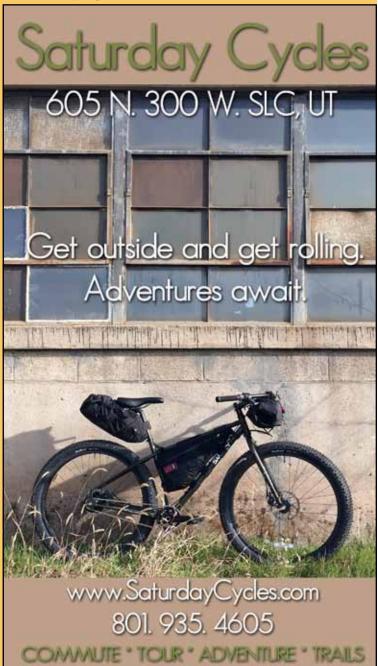


Views from one trestle to another we had already crossed. Photo courtesy Roger Crandall

the general store which is the only rather than chance another blowout thing going in Avery is a must if not and have to walk our way back 15 for the many posters of beautiful miles to civilization. In Plumber we women that the owner says, "They sought out assistance at the Benewah work for me!" We cycled along the Wellness Center and came across St. Joe River and a big country two super cyclist Kjell Schioberg who lane highway that had basically no was going back to Germany to race traffic for a city guy like me, but for in 3 days as if it were just down the locals they said to watch out for the road a piece. He hooked us up with logging trucks of which there were a co-worker Frank Bybee the "Worley couple. The truckers were courteous Warrior" who took me up to Coeur and gave us lots of room plus they D'Alene to buy a special tire for our call ahead and tell the others that

tandem at Cyclemetrix. It's a great racing bike shop, and Jim Kozak the owner and his daughter who's the chef mechanic were much better equipped than the Ace Hardware stores that we had been dealing with. On the way up Frank told me his life story then gave me his book to fill in the rest of the story. We even made a

Continued on Page 38



Bitterroot Bicycle Tour - continued from page 37

cious quiche at a corner coffee shop, and then we were on our way to make some make-up miles head-



Typical informative rest stop with water and bathroom. Photo by Roger Crandall



"Wild section" of the "Nor-Pac Trail." Photo by Roger Crandall



Primitive camping along the way as we head toward Avery on the "Old Milwaukee Trail". Photo by Roger Crandall two hour stop over to attend one of ing north along scenic lakes and

his AA meetings so I could get the life story on 27 other people! For a kid from the Southside of Chicago, I was starting to feel like a local up here in the North Woods of Idaho. Day four was now shot and the sun was going down so we bagged it for the one and only motel in Plummer. Thank god it wasn't the Bates Motel from Psycho so we took what they had even though it looked a little bit sketchy.

Day five we were good to go so we sailed down the 7 miles of downhill, crossed the 2 and a half mile bridge and sailed in to Harrison to chat with the owners of the Bike Haus and Coffee shop, Jerri and Arron. They were willing to help us and were wondering if we were going to make it. Lunch was a deli-

ing north along scenic lakes and riverside bike trails. Once again we could have been classified as "Los Locos" since only "mad dogs and Englishmen go out in the noon day sun". We took lots of rest and water breaks to beat the heat and kept chugging along. When we got to Enaville we came across Idaho's old. est restaurant from 1880, The Snake Pit. Very rustic and historic but no longer are there "ladies" offering their "special services". Missing out on that treat, we treated ourselves to salad, pie, and beer as our pre-supper. It wasn't too much further to reach Pinehurst and our camp at the By The Way campground. Though it was mostly for RV's, Dave the camp host, made us feel at home with fresh coffee in the morning making up for the extra light and noise from the

Crossing Lake Coeur D' Alene by a bike only 2.5 mile bridge! Photo by Roger Crandall highway close by. Hiawatha Trail - 15 miles all down-trails.

Day six was harder than it looked on paper. Of course the heat still was cooking us and now we had some uphill to contend with too. Our tandem was starting to unscrew itself. Before all fell apart, we came across a great bike shop alongside of the trail in Kellogg, Excelsior Cycle and Sport, with Mike the owner doing a fabulous job of getting us back on the trail. Lunch was at another train depot turned into a restaurant and their fabulous smoked meat tacos were the best I have ever eaten. Finally at 3:00 PM we limped into Wallace and it was a most welcomed sight to see our RV waiting for us; and as Elmer Fudd use to say," Wrest and wewaxsation at wast". We took our relaxation in the pool at the Wallace Inn and celebrated with a glass of wine thanks to the Prime Minister Rick Shaffer.

Last but not least, every cyclist must make a pilgrimage to the Mecca of bike tourism in the Americas and one of the top centers for cycletouring in the world: Missoula's own Adventure Cycling Association at 150 East Pine Street. This office/ store gets you your cycling maps for trips all over the US, your magazines full of stories about great cycling adventures, and they have an array of cycling gadgets and equipment that will make you salivate. But for me, it is the "history tour" of the store turned museum that excites me; and after taking my fourth tour I was more thrilled than ever. There is no better way than this to end a cycle tour and I can't wait to come back and do it again! Let the quitters quit. Thanks to my valiant wife who rose to the occasion when I needed her most, we did it! So, put this on your bucket list and just do it!!

Nuts and Bolts:

Day One: Wallace to Mullan, Idaho - 7mi. Then to Lookout Pass
- 12 mi. Then to primitive campground-3 mi. Total: 22 mi. but think
"40 miles" on a fully loaded touring bike. Best to take a mountain bike or gravel bike set for bikepacking.

• Day Two: Primitive camp to , Idaho and Montana - 9 mi. all gravel and uphill, think "18 miles". Hiawatha Trail - 15 miles all downhill and smooth (take your time and enjoy). Open May 28-Sept. 25th. Cost: \$10. Pearson trailhead to North Fork St. Joe USFS campground - 7 miles.

• Day Three: Campground to Avery, Idaho - 2 miles. Avery to St. Maries - 48 mi. Smooth low traffic highway FS 50.

• Day Four: Shuttle from The Pines Motel (free)(<u>motel.pines@</u> <u>yahoo.com</u> (208) 245-2545) to Plummer, Idaho -13 miles avoids hilly, lots of traffic, no shoulder road. We then spent the day getting a new tire and doing repairs. We stayed in the one and only motel in Plummer. I would recommend rolling on downhill to Harrison-16 miles to end your day camp or stay in a hotel.

• Day Five: We coasted 7 miles downhill on super-smooth bike trail,

trails. · If you want to arrange bike shuttles: Ask Rick or visit <u>www.</u> <u>captain-lou.com</u>, 208-818-2254

Supplies and Services:

• Water: No hay problema, you are always close to a river, lake, or stream but bring a purifier. People are friendly and will gladly fill you up.

• Food and grocery availability: Great restaurants in Wallace, St. Maries, and Harrison. Not much in Avery and the one bar/restaurant in Calder is closed a couple of days a week. As you get close to I-90 you pick up some great places like the Snake Pit in Enaville, Hill Street Depot in Kellogg and many others. Get your groceries in Wallace, St. Maries, Plummer, Harrison. You can get small things in Mullan and Avery and all the little stops along the I-90



Coming into Wallace from the bike route or the highway you can see the advertisements for the "Route of the Hiawatha" and "Experience Wallace the Center of the Universe." Photo by Roger Crandall

then crossed a 2.5 mile bike bridge and then on along the coast of Lake Coeur D' Alene, Idaho to Harrison for lunch. We then covered Harrison to Pine Creek (Pinehurst)-34 miles and camped at By The Way campground. • Day Six: Pine Crest to Wallace,

Idaho - 15 miles.

• Stay at the Wallace Inn Bike Trail Headquarters and meet the Prime Minister Rick Shaffer 1-800-643-2386, thewallaceinn.com. Have Rick send you the map of all the corridor.

• Bike Shops: The Cycle Haus in Harrison, 208-689-3436, plus espresso, craft beer and more! In Kellogg right on the trail go to Excelsior Cycle, 208-786-3751, both rent bikes. For the Hiawatha you can rent every kind of bike and trailer at the Lookout Pass Ski Area at I-90 Exit 0 or call 208-744-1234 ext. 16.

• For more information on the trails, see: <u>ridethehiawatha.com</u> and <u>friendsofcdatrails.org/route/bitter-root-300k-loop/</u>

BIKE EDUCATION

3,053 Kids Participate in the First Year of Bike Utah's Youth Bicycle Education Program



Students at Pacific Heritage Academy out for their community ride. Photo by Bike Utah



Students practice their riding skills. Photo by Monique Beeley, Discover Utah Kids

By Phil Sarnoff

Bike Utah recently wrapped up the first year of their Youth Bicycle Education and Safety Training (BEST) program. This program is a statewide effort to teach kids how to safely and confidently get around by bicycle. The Youth BEST program officially started in September 2016, and is held at schools as a 5-hour, hands-on program for 4th through

What's on your mind? Send your feedback and letters to the editor to: <u>dave@</u> cyclingutah.com 7th graders. Over the course of the program, kids learn the benefits of riding a bicycle, the rules of the road, how to adjust and wear a helmet, how to navigate intersections, how to avoid hazards, and how to make sure their bike is in safe working order.

Bike Utah secured several grants to fund the program, so it's free to any school or student wanting to participate. Bike Utah provides trained instructors, bicycles, helmets, and all other necessary equipment to be used during the program. The program is mobile and has the capacity to be implemented at schools in all corners of the state.

Bike Utah has seen outstanding outputs and outcomes through all of their assessments of the program. In year one of the program:

• 3,053 students (13% of the number of 10-year-olds in Utah) at 44 schools and community organizations have completed the program

 77% increase in bicycle safety knowledge after completing the program

• 145% increase in bicycling and a 65% increase in walking at participating schools • 34% increase in parents reporting that their child is interested in bicycling or walking to school

• 62% of parents reporting that, after their student's participation in the bicycle education program, there is greater interest in bicycling and walking among other members of their household

"The outcomes from this program have exceeded our expectations," said Phil Sarnoff, executive director of Bike Utah. "We are seeing program demand from students, schools, and parents. The biggest roadblock to getting more kids bicycling to school is the lack of safe bicycle routes between schools and neighborhoods. Through our program we are educating kids, families, and schools while building community support for better bicycle and walking infrastructure."

The Youth BEST Program will continue during the 2017-2018 school year. So far more than 30% of the weeks are already scheduled and space is filling up quickly. Schools interested in bringing the Youth BEST program to their school can contact Bike Utah's Education



Students learning the rules of the road. Photo by John Barkiple, SLUG Magazine



Students in Springdale participate in the Youth BEST Program. Photo by Bike Utah

Director, Jace Burbidge, at jace@ bikeutah.org.

Bike Utah received support for year one of the Youth BEST Program from the Utah Department of Transportation – Safe Routes to School Program, Sorenson Legacy Foundation, Wasatch Front Regional Council, Mountainland Association of Governments, Utah Department of Health – EPICC Program, Patagonia, George S. and Dolores Dore Eccles Foundation, Mavic, Trek Bikes, Utah Transit Authority, and Bike Utah members.

More information about the program can be found at <u>bikeutah</u>. org/youth. Donations are also being accepted to sponsor kids to participate in the program. For every \$25 contributed, Bike Utah can graduate one student from the Youth BEST Program.

CONGRATS TO THE OVERALL WINNER AND OUR MOST AGGRESSIVE RIDER JERSEY WINNERS!



OVERALL CHAMPION Rob Britton Rally Cycling









Stage 1: Miguel Angel Benito Diez Caja Rural Seguros RGA Stage 2: Adam De Vos Rally Cycling Stage 3: Adam De Vos Rally Cycling

Stage 4: Lorenzo Rota *Bardiani CSF* Stage 5: Justin Olen *Caja Rural Seguros RGA* Stage 6: Giulio Ciccone *Bardiani CSF* Stage 7: Manuel Senni *BMC Racing Team*



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