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TOUR GUIDE

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EDITOR NOTES

March is a good month. Not only does its arrival indicate the return of warmer weather and the end of the winter months, it brings the beginning of a new cycling season. In 2010 there's a plethora of two-wheeled events to choose from, including the old favorites and a few freshly designed tours — and that is something to be excited about. Don't get me wrong, I don't have anything against skiing, snowshoeing, skating and other off-season activities, but there is something to be said about riding a bike. You can ride by yourself, with a close friend, or with hundreds of others, all while enjoying a diversity of locations, terrain and scenery that not too many other activities can rival.

For the third year in a row our staff has worked tirelessly during the off-season, compiling an exhaustive list of longtime annual tours and seeking out new events. Our main goal remains the same: to help you fill your summer calendar with multiple centuries from

“Our main goal remains the same: to help you fill your summer calendar with multiple centuries...”

all over the Rocky Mountain region. Believe me, we can keep you busy every weekend from now until late fall.

Recent additions to the calendar include the Moab, Boulder and Vail Gran Fondo rides. These European-inspired, timed mass start events represent

the new trend this season and they are popping up across the nation. Perusing through these pages you will find many new and second year events that look especially appealing, and if you are in for a different challenge check out the Death Ride Tour - Ride for Life, in Silverton, Colo., scheduled this June 11-13.

All in all you will find that this year's guide is fatter than our two previous booklets, and in this case it's a good thing, as it means cycling is doing well. In fact, we've added many more events and now have 278 rides. Thanks to the support of our advertisers, we have increased the page count from 32 to 48, which provides us with the opportunity to feature additional articles and riding tips, all while keeping it a free publication.

We hope you'll find this guide useful once again and enjoy flipping through the pages to plan your season, deciding where you'll spend your summer weekends.

We'll see you on the road.

Claire Bonin
Editor/Associate Publisher

ROCKY MOUNTAIN TOUR GUIDE

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Marcie Gallegos of Los Alamos, N.M., happily finishes the climb out of Ancho Canyon during the 37th Annual Tour De Los Alamos. The event attracts a wide array of riders, from pros to citizens. Photo © James E. Rickman

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2010 EVENTS



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0227

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Bicycle Tours & Century Rides



INSIDE LOOK

ADVERTISERS AND CONTENT



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INSIDE LOOK

RIDE PREPARATION

Seven Tips to Turn Any Cyclist into a Climbing Goat

By Russell Cree,
Upper Echelon Fitness

Climbing is the nemesis of many a cyclist. As much as we love watching riders float up the switchbacks of l'Alpe d'Huez in July, many cyclists loathe the hills during their own training and events. While it could be argued that watts per kilogram is the essential key to climbing prowess, there are other details that help weaker climbers keep up and make good climbers even better. Don't avoid ascents because you struggle; practicing climbing will help you become more efficient and maximize your abilities. Here are seven tips to incorporate into your training to help you climb like a champion this season.



Photo courtesy of Courage Classic

Gearing and cadence

To maintain a certain power level, you must either pedal harder or pedal faster. Pedaling harder, or pushing a larger gear, requires more force production, which recruits "fast twitch" muscle fibers. These fibers

Give yourself short goals on long climbs, it keeps you motivated and you'll reach the top faster. are biased toward glycogen fuel, a limited fuel source in the body. Pedaling faster uses less force, favoring "slow twitch" fibers. They use fat as an energy source and can last for a much longer duration. Proper gearing will allow you to maintain a higher cadence. Most standard road bikes come with a 39-tooth (small ring) and 53-tooth (large ring) chainring in front, and a 12-25-tooth cassette in the rear. Don't be afraid to swap out the cassette for something larger, like a 12-27 or something in that range. Additionally, compact gearing is becoming

increasingly popular – and for good reason – as it provides smaller gear increments. Many use a compact drivetrain with 34- and 50-tooth chainrings up front, which allows for a much lower climbing gear. This, coupled with a smaller cassette, either a 12-25, 12-23 or 12-21, can help you maintain a similar top gear for descents.

Pace yourself and know the course

A hard hill climb is like a time trial: you need to pace yourself to finish strong. The absolute worst thing you can do is begin a climb too hard. When in doubt, start easier than you anticipate, then go harder and harder as the climb progresses. If you dig too deep too early, there might not be a chance to recover before the top. You want to finish strong, so be patient. Also, do your homework and research the course. It's fairly easy to find elevation profiles online for nearly every ride these days. Take the time and prepare accordingly.

Specificity of training

Climbing may not be your favorite terrain, but if it's in your future, you had best train for it. Be specific with your training. Find climbs near your house that match the climbs in your upcoming event, as your body will adapt to the specific training you do. Riding on flats will only get you so far so don't hide from the hills. Embrace the challenge and add climbing to your training routine.

Diet

Need I say more? Yes, watts per kilogram are important, and physics don't lie – Newton's Laws have no mercy. Train right and eat smart. Every little bit makes a difference, but shouldn't you be eating right for many other reasons? Now you have another one.

The "sprinters drift"

If you are riding in a group and you know the course, go ahead of the field prior to the climb.

This is a common technique for racers. Essentially, you're giving yourself a head start (but you have to earn it). This allows you to ride at your own pace and hopefully hit the summit at the same time as the group.

Posture and technique on the bike

When climbing, you need to utilize a stable yet relaxed upper body. The more effort you put forth, such as rocking the bike and standing up, the more oxygen is used by your upper body. This is oxygen that could be used by your lower body to propel you up the mountain. Stay relaxed and fluid by controlling your breathing and keeping steady. This will allow your legs to function optimally. Technically, practice shifting to a lower gear prior to needing it; if you wait until you are bogged down with a slow cadence your drivetrain will stumble, so shift in advance. This is especially important with compact gearing, as the shift between the two chainrings is more dramatic. Practice the transition from sitting to standing while remaining smooth and maintaining power to the pedals. Don't allow your bike to shoot

backwards as you stand. Keep pedaling and keep moving forward.

Get a lighter bike

Again, less weight means less to carry to the top. New bikes can easily be ten pounds lighter than the bikes of years past. Ten pounds! That's a big difference. If you are riding an older bike that has some excess weight, consider a new, lighter model. I'm not one to promote the gluttonous buying of equipment, but if the hills are your priority, this will help.

Incorporate these tips into your preparation for the season. Spend time climbing, preparing correctly and focusing on your technique and you will see an improvement. While climbing is a challenge, it is well worth it and is among the most exhilarating experiences in all of cycling.

Russell Cree, DPT, CSCS is a cycling specialist at Upper Echelon Fitness in Portland, Oregon. He and the team at Upper Echelon offer coaching, bike fitting, VO2 and Lactate Testing, and Physical Therapy for cyclists and triathletes of all levels. For more information, visit upperechelonfitness.com

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INSIDE LOOK

RIDE PREPARATION

Enjoy the Ride While Sharing the Road

By Scott Christopher,
Bicycle Colorado

Bicycling events in Colorado and the Rocky Mountain region have continued to grow in popularity — and 2010 is no exception. Numerous ride choices provide bicyclists with a fabulous and varied selection of terrain, distances, scenery and locations to enjoy from the saddle of their bicycles.

Whether it's a ride with 200 people, or a few thousand cyclists, virtually all Colorado events take place on unrestricted roads — open to cars, bikes, trucks, motorcycles and pedestrians. So what are event organizers doing to encourage participants to safely and courteously share the road with other riders and motor vehicles?

One new tool, introduced by Bicycle Colorado in 2009, is a series of signs that are shared with several events and organizations in the state. Each of these signs illustrate one of seven different messages, reminding riders how to safely share the road with motor vehicles and with other cyclists, thereby helping event coordinators educate participants and contribute to the overall enjoyment and safety of their ride.



Photo courtesy of Bicycle Colorado /
David Budd Photography

The message is clearly producing results. Last year, during one of Colorado's multi-day rides, volunteers heard bicyclists complimenting others for calling out their intent to stop before pulling off

the pavement to allow others to pass — just as the signs had reminded them to do earlier in the ride.



Photo courtesy of Bicycle Colorado /
David Budd Photography

The success of this targeted messaging has resulted in several ride organizers requesting copies of the graphics so they could have their own set of signs for their event. Moreover, these graphics have been requested by local government entities for use in a number of different ways, spreading the message to not only bicyclists, but motorists and pedestrians as well.

The process of developing the messages began with a select group of event directors and leaders in the bicycle community, producing a long list of possible topics to address. Additionally, the final seven messages were reviewed with law enforcement agencies to receive their approval and endorsement.

In addition to an audience of cyclists, motorists who choose to drive along busy bike route are exposed to the expectations event organizers set for their riders to courteously share the road with all vehicles. Not only do the signs serve to coach and remind riders of appropriate safe riding skills, they also become the basis for volunteers to remind participants to be courteous and responsible road users. Even law enforcement officers have referenced the expectations created by the signs when talking with bicyclists.

These new signs are yet another step in the continual process to improve organized bicycling

events and build upon the rider agreement and safety guidelines already developed by the Colorado Bicycle Event Coalition (CBEC) and through safety videos, websites, and the many workshops and educational opportunities that Bicycle Colorado and ride organizers provide for participants.

While all people are accountable for their individual decisions and actions on public roads — whether behind the wheel of a car or on the seat of a bicycle — these messages are valuable tools that add to the many other methods

used to increase the fun, safety and enjoyment for everyone.

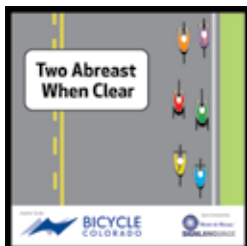


Photo courtesy of Bicycle Colorado / David Budd Photography

Bicycle Colorado is a statewide, non-profit bicycle advocacy organization working to make Colorado more bicycle-friendly. Funding is provided through individual and family memberships (www.BicycleColorado.org and click on JOIN) and the Share the Road license plates (www.BicycleColorado.org/to/SharetheRoad). For inquiries about the safety signs or other topics, contact Bicycle Colorado's outreach manager,

Scott Christopher, scott@BicycleColorado.org or 303.417.1544, ext. 17

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INSIDE LOOK

ROAD CALENDAR

SERIES

BCC Super Series

Apr 17; May 2, 8, 31; Jun 20; Jul 3, 11, 17, 24; Aug 1, 14, 21, 29; Sept 18

Super Series. Events 100 miles or longer, some with shorter options. Not supported, bring money or food. Open to all, non-club members welcome. Ride at your own pace. Discover new areas, ride in a group of similar speed as yours. Routes vary from flat to Mt Everest-type classification (1-5). Membership: \$20. BBTC, bccutah.org

RMCC Challenge Series

May 29 - Sept 4

Includes nine challenging endurance events lasting one or more days from April to September. Distances: 46 to 200 miles. Most events are free, you must be an RMCC member to participate. Times will be recorded at check points. Results by age group and gender. Aero bar not permitted. Event includes RMCC 1-2-3 (7/24, 7/31, 8/7), Foothills Climbfest (5/29, 9/4), Mt Evans (6/26), and Triple Crown (6/12, 7/4, 8/21). To earn Triple Crown status, all 3 rides must be completed within a year. Rocky Mountain Cycling Club, rmccrides.com

RM TOUR GUIDE

ROAD CALENDAR

MARCH

Mar 12-16: Moab Skinny Tire Festival

Moab, UT. Enjoy 3 days of riding the best of the best: Arches National Park, Colorado River Portal Corridor & Dead Horse State Park. Fully supported. Benefiting cancer survivorship programs. Beth Logan, Skinny Tire Events, 435-259-2698, skinnytirefestival.com

Mar 20: Tour of Three States - TOTS

Mesquite, NV. Don Williams, Bonneville Cycling Club, 801-641-4020, bccutah.org

Mar 21: Lyons - Berthoud Populaire

Boulder, CO. A nice 103km ride through North Boulder and southern Larimer counties. Start 10am. Meet at East Boulder Community Center. Open to all. John Lee Ellis, Rocky Mountain CC, rmccrides.com

Mar 26-Apr 16: Yellowstone Cycle Days

West Yellowstone, MT. Daily ride available in the park while it is closed to vehicular traffic. Loops of 35 and 64 miles. Frequent wildlife sightings. Unique way to visit the park. Sara Hoovler, West Yellowstone Chamber of

Commerce, 406-599-4465, cycleyellowstone.com

Mar 27: Livestrong Day at Wheat Ridge Cyclery

Wheat Ridge, CO. Ride 36 miles to Red Rocks then attend a cancer awareness and prevention seminar before the silent auction and drawings. Benefits Livestrong Foundation. Ride led by Ron Kiefel. Start 9am. Fully supported. Wheat Ridge Cyclery, livestrong.org

Mar 27: Manzanita Mountain Air

Albuquerque, NM. 200km brevet. Start at Tramway and Central. Goes through Tijeras Canyon, then to Manzanita, past Salt Mission. 7800' of elevation gain over the total distance. Start 6:45am from Albertson's parking lot. John Mazzola, NM Brevet Series, 505-263-7090, nmbrevets.com

Mar 27: Tour de St. George Spring Century

Saint George, UT. 30-, 65-, 100-mile new routes starting at St. George Town Square at 8am. Explore new and exciting routes. Longer distance goes through Hurricane, Ivins, Springdale and back to St. George. Ryan Gurr, Red Rock Bicycles, 435-674-3185, spingeeks.com/springtourdestg.html

APRIL

Apr 4: Carter Lake Populaire

Longmont, CO. A tranquil 106km ride to Carter Lake. Sign in at 8:30am. Start 9am from the Conoco on I-25, exit 243. Open to all. Rocky Mountain CC, rmccrides.com

Apr 10: Spokes for Hope

St. George, UT. Women's only century ride. 30-, 50-, 70-, and 94-mile options for all abilities. Fully supported. Start at Town Square 8am. Ryan Gurr, Tour de St. George, 435-467-5247, spingeeks.com/SpokesforHope

Apr 10: Tour de Cure

Henderson, NV. Distance: 25, 50, 100km and 100 miles. Enjoy views of Lake Mead and walled canyons in this fully supported cycling fundraiser to stop diabetes. Carly Rohrer, 702-369-9995 ext. 7483, tour.diabetes.org

Apr 11: Keenesburg Populaire

Northglenn, CO. Departs from 120th Ave and Huron in Northglenn at 9am for a 116 km ride. RUSA sanctioned. Rocky Mountain CC, mccrides.com

Apr 11-17: Tour of the Canyonlands


Moab, UT. 5 riding days, 350 miles, 40-110 miles per day.


Travel through Arches Nat'l Park, Canyonlands Nat'l Park, follow the Colorado River and the La Sal Mountain Loop. Also available 10/10. Cycling Escapes, 714-267-4591, CyclingEscapes.com

Apr 17: Drake Doubleback
Louisville, CO. New route with start/finish at Louisville Park-n-Ride. Climb lower Big Thompson Canyon and check out Platteville. ACP randonneur brevet. Rocky Mountain CC, rmccrides.com

Apr 17: Salt Lake City Marathon Bike Tour
Salt Lake City, UT. 25 miles through scenic and spectacular parts of Salt Lake Valley following the SLC marathon course. Start 6am at the Olympic Legacy Bridge near Fort Douglas TRAX stop. Part of marathon festivities. Open to all. Scott Kerr, Salt Lake City Marathon, 801-718-5565, saltlakecitymarathon.com


Apr 17: Willard Bay 100 - BCC SS #1
Centerville City, UT. Centerville JHS to Willard Flying J and back, self-supported. Flat 30-, 75- and 100-mile options. Start 9am. Part of BCC Super Series. Don Williams, BCC, 801-641-4020, bccutah.org

Apr 17: Zion Canyon 200km 
St. George, UT. 200km brevet from Confluence Trailhead Park. Ride to Zion National Park and return via Toquerville and Leeds. Checkpoint opens at 6:15am, ride starts at 7am. Park entry fee required. Lonnie Wolff, Southern Utah Brevet, 435-559-0895, subrevet.wordpress.com

Apr 18: Hell of the Wolf Loop Ride (HOWL) 
Castle Rock, CO. 50-mile HOWL loop includes short, sometimes steep climbs with a final, longer climb. Start 8:30am at the Douglas County Fairgrounds. A portion of the

proceeds will go to The Rise School, Bicycle Colorado, and The Front Rangers. Serena R Stickney, howlride.com

Apr 24: El Malpais
Grants, NM. 300km brevet. Remote and scenic countryside. Goes through El Malpais Nat'l Monument. 5,200' of elevation gain, most of it at the beginning in a long gradual climb. Start 6am. NM Brevet Series, 505 263-7090, nmbrevets.com

Apr 24: FCCC Spring Warm Up Ride 
Fort Collins, CO. 12th annual. Start/finish at the Spring Canyon Park Pavilion. Metric "Rawhide Loop" century, 48-mile "Prairie Loop," and a 10-mile family route on Fort Collins bike trails. SAG support, breakfast, lunch and rest stops. Check in at 8:30am. Benefits Bicycle and Pedestrian Education Coalition. Fort Collins CC, fccycleclub.org



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*all photos DaveSilverPhoto.com



Apr 24: Tour de Summerlin
Las Vegas, NV. 10-, 35-, 80-mile routes. Vistas Community Park, circumnavigates the city. Steve Clausse, 702-252-8077, tourdesummerlin.com

Apr 30: WSNM Moonlight Ride
Holloman AFB, NM. Dunes Drive open to bicycles only for 3 hours after dark. Lights mandatory. Limited number of participants. Call to reserve. White Sands Nat'l Monument, 575-679-2599, nps.gov/whsa/playyourvisit/moonlight-bicycle-rides.htm

MAY

May 1: Ghost Town Century
Tooele, UT. 50-, 65-, 100-mile fully supported fun ride through Utah's historic ghost towns. Mostly flat country with rolling hills, little traffic and mountain views. Pony Express west of the Oquirrh Mountains & old California wagon trails. Benefits Valley Mental Health. Bob Kinney, Bike 2 Bike, 801-677-0134, bike2bike.org

May 1-2: Gran Fondo Moab
Moab, UT. Ride the most spectacular mountain pass in the Manti-La Sals, widely known as the Loop Road. Start/finish in beautiful Moab. Not a race but a timed mass-start event where you will climb more than 5500' in 60 miles. Scott Guzman Newton, GFM, 435-654-8650, granfondomoab.com

May 1: Stove Prairie - Counterclockwise
Longmont, CO. 200km Brevet. Starts at 8am at Conoco, I-25 exit 243. ACP brevet. Rocky Mountain CC, rmccrides.com

May 1: Tour de Drome
Ogden, UT. 3 course distances to choose from. Proceeds benefit the future indoor velodrome to be a part of Ogden's Field House. Cindy Yorgason, TourdeDrome.com

May 1: Tour de Fire
Boulder City, NV. Metric double century, 20-, 42-, 73-, 99-, 132-mile options, benefits Nevada Childhood Cancer Foundation. Debra Craig, 702-228-9460, tdfire.com

May 2: Eureka 105 - BCC SS #2
Saratoga Springs, UT. Meet at Inlet Park. Self-supported club ride, non-members welcome. 105-mile ride to Elberta climbs US 6 to Eureka, Vernon & Camp Floyd & back. 40-miler to Goshen & back. Usually epic tailwinds on backside of loop. Part of BCC Super Series. Don Williams, BCC, 801-641-4020, bccutah.org

May 2: RAM Bicycle Classic
Fort Collins, CO. Fundraiser for the students of the Global Social and Sustainable Enterprises program at CSU. Starts at New Belgium Brewery. Metric and half metric century and family cruiser (9 miles) rides around Fort Collins with post-event party. Sandy Dahlberg, Rams

Cycling Team, 970-491-6937, fccyclingfest.com

May 2: Rose Hill Rally
Grand Junction, CO. Family oriented, 31- and 62-mile fully supported scenic farm country charity bike ride. Breakfast, lunch, T-shirt, rest stops, kid's activities and prizes. Begin/end at 7am at Canyon View Park. Benefits Rose Hill House of St. Mary's Hospital. Ed Lipton, St. Mary's Hospital & Regional Medical Center, 970-242-5940, stmargj.org

May 7: Colorado Front Range Fleche
Various, CO. Teams to set departure and routes. Must be at least 360km, 24-hour limit. Light required. Registration by April 15. Finish in Louisville. ACP sanctioned. Rocky Mountain CC, rmccrides.com

May 8: Bikes for Kids Century
Murray, UT. Fifth annual event offers 3-, 31- and 62-mile (metric century) routes in SLC and Murray. Proceeds benefit Bikes for Kids. Start 8am at Intermountain HealthCare facility. Police escort for the shorter distance. Breakfast served. 1000 bike giveaway to the first 1000 second graders who pre-qualified. Chip Smith, Bikes For Kids, 801-597-7515, bikesforkidsutah.com

May 8: Goldilocks Women's Ride
Herriman, UT. Women's only fully-supported ride. 15-, 30- or 60-mile routes with great mixture of urban and rural

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roads through the southwest part of Salt Lake Valley. Starts at Butterfield Park at 8:30am. Run concurrently with Pedal Palooza. Registration includes T-shirt, swag, lunch and buys a helmet for a child in need. Dani Lassiter, Healthy Herriman, 801-635-9422, goldilockside.com

May 8-16: Grand Parks

Adventure Tour

Blanding, UT. 7 day tour with distances varying between 47-123 miles. SAG support and camping. DBTC membership required (\$25). Ellen Chilikas, Denver Bicycle Touring Club, dbtc.org

May 8: Herriman Pedal

Palooza

Herriman, UT. Cycling event for the whole family. Women's only ride, MTB ride, kids safety rodeo, helmet safety inspection and more. A celebration of everything cycling. Ride starts at 8:30am at Butterfield Park, other activi-

ties at 9:15am. Kami, Infinite Cycles and Healthy Herriman, 801-913-3251, pedalpalooza.infinitecycles.com

May 8: Salt Lake Challenge

Salt Lake City, UT. A scavenger hunt on wheels with fun challenges instead of collecting things. Team event, choose your route, long or short course, mandatory stops, whacky challenges. Supports Bike Education & Youth Cycling. Bob Kinney, Bike 2 Bike, 801-677-0134, bike2bike.org

May 8: Springville to Nephi - BCC SS #3

Springville, UT. Meet at Cracker Barrel in Springville. Self-supported club ride, non-members welcome. Distances: 75 or 100 miles. Mild hills. Start 9am. Part of BCC Super Series. Don Williams, BCC, 801-641-4020, bccutah.org

May 9-15: Bicycle Tour of Utah - Color Country to Canyonlands

Springdale, UT. 6 riding days, 454 miles, 26,000' elevation gain. Mileage varies from 65-113 miles per day. Very scenic. Also available 9/19, 10/3. Cycling Escapes, 714-267-4591, CyclingEscapes.com

May 9-14: Bryce-Zion

Bike Tours

St. George, UT. Ride through a panorama of sparkling sunny skies, red rock sculptures, immense canyons and aspen forests. All levels. Also available in June, Sept and Oct. Bicycle Adventures, bicycleadventures.com

May 15: Black Forest

Littleton, CO. 300km. A roller-fest, straddling the spine of the Palmer Divide. ACP brevet. Lights required. Start 5am, Mineal and Santa Fe Park and Ride. Rocky Mountain CC, rmccrides.com



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May 15: Buena Vista
Bike Fest

Buena Vista, CO. Century route to Leadville along scenic rolling hills in the shadows of Colorado's highest peaks. Nearly all climbing is completed in the first 60 miles; the last 40 are mostly downhill to flat. 40-, 50- or 62-mile options. Start 7am. No on site registration. SOLD OUT. Colorado Springs Cycling Club, bvvf.org

May 15: Cycle Salt Lake
Century

Salt Lake City, UT. 36-, 67- & 100-mile mostly flat rural routes with views of the Great Salt Lake. Mass start at State Fair Park. Course opens at 7:30am, closes at 5pm. Fully supported. Part of Salt Lake City Week. Jon Smith, Cycle Salt Lake Century Inc., 801-596-8430, cyclesaltlakecentury.com

May 15: Valles Caldera
Double Cross

White Rock, NM. 200km brevet. New route, simple out and back from White Rock Overlook Park to Jamez Springs with a detour to Bandalier NM Visitor's Center. NM Brevet Series, 505-263-7090, nmbrevets.com

May 16: 4th Annual
Amazing Earthfest

Kanab, UT. Grand Staircase Escalante National Monument. Scenic 35-mile out and back (paved). Pre-ride refreshments, optional 60 miles. MTB rides also. Rich Csenge, 435-644-3735, amazingearthfest.com

May 16: Community Classic
Bike Tour

Loveland, CO. 23rd annual event. 62-, 37-, 30- & 10-mile scenic routes start at McKee Medical Center. Also, 3-mile

ride. Bike through the foothills of Northern Colorado. For all skill levels. 100% of proceeds benefit McKee Programs. Dawn Paepke, McKee Medical Center Foundation, 970-203-2519, McKeeFoundation.com

May 16: Mission to Ride

Montrose, CO. 30-, 40-, 60-, 100-mile road routes and 2 MTB rides. Century is challenging and incorporates arduous climbs, but offers spectacular views. The 40 is difficult, the 60 rather mellow, and the 30 has some hills. Starts between 5:30-9am. Benefits the Montrose Medical Mission. Mission to Ride, missiontoride.com

May 16: Santa Fe Century

Santa Fe, NM. 25th annual. 25-, 50-, 75- and 100-mile routes. Flat, rolling, moderately hilly terrain. Entry fee

CLOSER LOOK
May 15: Cycle Salt Lake Century

Spring is the perfect time to enjoy this leisurely, mostly flat rural course with vistas of the Wasatch Mountain Range. Three different routes travel through Salt Lake and Davis Counties, Farmington, Centerville, and several local hamlets as they wind their way toward the Great Salt Lake and back. Rest stops are frequent and fully stocked, and ice chests filled with fruit bars and popsicles await riders at the finish line. 2010 marks the 24th anniversary of the Cycle Salt Lake Century, and in the last nine years the event's founding organization has donated more than \$37,000 to local organizations and charities. The Century donates to several groups including Friends of Antelope Island, Salt Lake City Mayor's Bicycle Advisory Committee, Salt Lake Bicycle Collective, American Cancer Society, Murray Relay for Life and others.

Location: Salt Lake City, UT

Organizer: Jon R Smith

Website: cyclesaltlakecity.com

Distance: 36, 67 and 100

Services: Lunch, rest/food stops, mechanical/medical support, T-shirt, camping, entertainment, massage, swag bag, SAG



Cycle Salt Lake Century

May 15, 2010

Utah's Premier Cycling Event

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36, 67 & 100 mile options

cyclesaltlakecentury.com

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includes century water bottle, ride numbers, maps, route marking, 6 food and beverage stops, SAG support. See 100 miles of history pass under your wheels. Willard Chilcott, Santa Fe Century Committee, 505-982-1282, santafecentury.com

May 16-23: Tour of California

San Francisco, CA. Follow Lance, Levi and all the pro teams over 7 stages of the race. Participate in a start, finish, TT and King of the Mountains stage. Ride the most scenic sections of the routes, stay in choice lodgings and feast. 4- or 8-day versions available. For intermediate to advanced. Bicycle Adventures, 800-443-6060, bicycleadventures.com

May 19: Ride of Silence

Various. Cyclists worldwide take to the roads in a silent procession to honor cyclists killed or injured while riding on public roadways. Many locations in each state. See event website for location near you. rideofsilence.org/main.php

May 20-June 9: Middle

America Tour

Albuquerque, NM. 1,372 miles to Champaign, IL, fully supported. Relaxed pace, spectacular scenery. Rest day in Santa Fe. Cross Roads, 800-971-2453, crossroadscycling.com

May 20-22: Tour de South

Monroe, UT. 333 miles, 3 days. Past Bryce Canyon

Nat'l Park, Cedar Breaks Nat'l Monument, Red Canyon, Calf Creek Falls (Escalante), Hell's Backbone, and Boulder Mountain. Benefiting the Salt Lake City Bicycle Collective. TJ Uriona, 801-808-1138, tourdesouth.com

May 21: Bike to Work Day

Various. National Bike to Work Day is a good day to start commuting. Check with local bike clubs for event in your region. League of American Bicyclists, bikeleague.org

May 22: Blue Cruise Idaho - Twin Falls

Twin Falls, ID. Charity ride for all levels. 15, 30 and 50 miles. Each route starts at Robert Stuart Jr High Campus. Picnic and festivities after the ride. Benefits Parks and Rec for development of the Canyon Rim trail system. Peter Wood, Blue Cross of Idaho Foundation, 208-331-7409, bcidahoofoundation.org

May 22: Pine Valley

Mountain 300km Brevet

St. George, UT. Self-supported 300km from St. George to Cedar City, returning through New Castle and Enterprise and back to start. Circumnavigates the Pine Valley Mountains. Checkpoints open at 4:30am, ride starts at 5am. Lonnie Wolff, Southern Utah Brevet, 435-559-0895, subrevet.org

May 22: Ride for the Pass

Aspen, CO. 16th annual. 10-mile race and ride on Independence Pass the

weekend before the road opens to automobile traffic. Starts at the Winter Gate at 9:15am and follows Hwy 82. 2,600' elevation, from 8,550' to 11,100'. Proceeds benefit Independence Pass Foundation. Mark Fuller, Independence Pass Foundation, 970-963-4959, independencepass.org

May 23-29: Northern New

Mexico Alpinar

Albuquerque, NM. 386 miles in 7 days. Ride to the mysterious Jemez Mountains by way of the Turquoise Trail, the Truchas Climb, Taos Canyon, and Bandelier Nat'l Monument. Timberline Adventures, 800-417-2453, timbertours.com

May 23: Road to Victory

Bicycle Classic

Boulder, CO. Two routes (40 or 60 miles) through rolling Boulder roads towards Denver, Golden and Ft Collins. Start at 7:30am. Post event music, raffle and more. Ride for Parkinson's Research and Education benefits the Davis Phinney Foundation. road2victory.com

May 29: Color Country

Century

Cedar City, UT. 100-mile unsupported ride starts at 8am. Color Country Cycling Club, 435-586-5210, colorcountrycycling.org

-  Family Friendly Ride
-  Supports Bicycle Colorado
-  Supports Cycle Wyoming



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May 29-31: Iron Horse

Classic - Citizen Tour **BC**
Durango, CO. 50-mile tour using the "classic" route to the historical mining town of Silverton. Scenic and challenging, with 2 mountain passes and 10,000' of climbing. Take off with the train at 8:15am or early start 7am. Limit 2,500 riders. Also, 25-mile Quarter Horse to Purgatory on 5/29. Benefits Mercy Breast Care Center. IHBC Director, 970-259-4621, ironhorsebicycleclassic.com

May 29-31: Luna Lake Tour

Springerville, AZ. 3-day ride through pine forests, rolling countryside road, with a few great climbs. 48, 55 and 63 miles per day. Goes from Springerville to Quemado, NM to Reserve, NM and back. Fully supported. Pam Cullop, GABA, 520-271-6678, bikegaba.org

May 29: Pony Express

Century
Saratoga Springs, UT. Celebrate the 150th year of the Pony Express. Start at Eagle Mountain and visit Elbrata, Eureka and Vernon. Limit 500. Epic Biking, 801-653-2039, epicbiking.com

May 29: Quarter Horse Ride

Durango, CO. 25-mile ride from Durango to Purgatory. 2,300' of climbing. Food and celebration at the finish. Part of Iron Horse Classic. IHBC Director, 970-259-4621, ironhorsebicycleclassic.com

May 29: RMCC Foothill

Climbfest - Standard
Littleton, CO. 81 miles, 8,000' of climbing. Start 8am from Ken Caryl Park and Ride. Standard course: Deer Creek, High Grade, Myers Gulch, High Drive, Brook Forest, Pleasant Park. RMCC membership required. Part of RMCC Challenge Series. Jim Kraychy, Rocky Mountain CC, 303-264-9040, rmccrides.com

May 29-30: Sacramento

Mountain Sacrifice
Ruidoso, NM. 400-km brevet. Fantastic ride. 2 loops, starts with 1,500' climb to forested and mountain meadows. 18,000' of total climbing. Start 5am. ACP sanctioned. NM Brevet Series, 505-263-7090, nmbrevets.com

May 30: Pedal the Platte

Denver, CO. 10- and 30-mile bike rides along Denver's scenic South Platte River trail. Open to all ages and fitness levels. Fundraiser for the Outdoor Education Center. James P. Beckwourth Mountain Club, 303-831-0564, beckwourthmountainclub.org

May 30-Jun 4: Santa Fe -

Taos Tour
Santa Fe, NM. Ride New Mexico's High Desert, including Bandelier Nat'l Monument & the Enchanted Circle, explore ancient cliff dwellings, world famous art & culture. Also available in Sept. Bicycle Adventures, bicycleadventures.com

May 31: Antelope Island -

BCC SS #4
Antelope Island, UT. Meet at Westpoint Park at 9am. Open to all, mild hills to Antelope Island and back. Shorter options of 65 to Syracuse. Part of BCC Super Series. Don Williams, 801-641-4020, bccutah.org

May 31-Jun 4: Bryce-Zion Family Inn

St. George, UT. 5-day trip. Smooth paved bike paths, canyoneering, horseback riding and a nighttime visit to a ghost town. Routes are customized to all ability levels. Also available in July. Bicycle Adventures, 800-443-6060, bicycleadventures.com

JUNE

Jun 3-6: National Rally

Albuquerque, NM. 4-days of riding in historical New Mexico. Several route options. League of American Bicyclists, bikeleague.org

Jun 5: Albuquerque Century / Tour de Cure

Albuquerque, NM. Fabulous urban cycling tour. Enjoy scenic city views and the beautiful Sandia Mountains on this 100-mile perimeter loop. 25-, 50-, 65-mile routes also available. Start 6:30am at the Embassy Suites Hotel and Spa, 10-mile fun family ride on flat roads and bike paths. Lisa Johnson, Heart Hospital of NM, abqcentury.com

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www.bccutah.org

Jun 5: Emigration 2
Morgan Tour

Salt Lake City, UT. 47- and 97-mile rides with some good climbs, great scenery and sweet downhill. Start between 7:30-9am at Donner Trails Park (east of Hogle Zoo). Water station, no SAG. Benefits the Cystic Fibrosis Foundation (CFF). Daniel Lilly, 801-657-2627, mycyclingsource.com/utah-road-bike-race.html

Jun 5: Little Red
Riding Hood

Lewiston, UT. Women only. Fully supported century ride starts at City Park. 18-, 35-, 57-, 80-, 104-mile routes through Cache Valley in northern Utah. Mostly flat with rolling hills. Camping available on Friday night. Limit 3,000

riders. Fundraiser for Women's Cancer Research. Penny Perkins, BCC, 801-472-2887, bccutah.org

Jun 6: Amoeba Rock Fun Ride

Fort Collins, CO. Choose from the flat 35-mile ride or either of the 50-mile rides. Benefits the Lance Armstrong Foundation. Entry fee: \$25 donation to the LAF. Starts across from Fort Collins Library. Free breakfast & pizza. Reg. opens at 8:30am. Jeff, 970-484-8323, amoebarock.org

Jun 6-12: Ruins, Ride and Ramble

Cortez, CO. 3 days of hilly intermediate-level cycling and two free days to explore the amazing ruins in the area. Club membership (\$25) required. Distance between 25-50 miles daily.

Ellen Chilikas, Denver Bicycle Touring Club, dbtc.org

Jun 6: Subaru Elephant Rock Cycling Festival

Castle Rock, CO. Don't miss the excitement of the 23rd annual Rocky Mountain premier cycling festival. 7-, 34-, 62- or 100-mile routes. Start 5:30- 9:30am at Douglas County Fairgrounds. 6,500-rider limit. 14 & under welcome to ride 7- and 34-mile courses. Picnic & cycling expo. Scott Olmsted, Rocky Mountain Events Inc, 303-282-9020, elephantrockride.com

Jun 11-13: Death Ride Tour - Ride for Life

Silverton, CO. 2nd annual. 3 days, 229 miles, 24,000' of climbing made up of several highways in southwestern Colorado's San Juan Skyway.

CLOSER LOOK
June 11-13: Death Ride Tour

When organizer Barry Sopinsky first started researching this 229-mile loop along the San Juan Skyway in southwestern Colorado, he knew he had discovered something exceptional. What he couldn't comprehend was the suggested one-day ride time. So, having recently endured his mother's sudden death in 2008, he divided the route into three one-day sections, assembled a mechanical support crew and SAG wagon, and came up with the Death Ride Tour in honor of her memory. Starting in Silverton, CO, riders will travel north toward Ridgway, then continue counter-clockwise through a series of cozy and unique mountain towns including Telluride, Dolores and Durango. At 118 miles, day two is by far the longest leg of the journey. Day three, however, is the most physically demanding, traversing Coal Bank Pass (10,640') and Molas Pass (10,910') before the short descent back into Silverton.

Location: Silverton, CO

Organizer: Barry Sopinsky

Website: deathridetour.com

Distance (mi)/(ft): 229/24,000

Services: Mechanical support, T-shirt, jersey, SAG

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Reg. fee includes jersey and T-shirt. Barry Sopinsky, The StarMark Group, 720-320-3375, deathridetour.com

Jun 12: Windmill Century Classic

Fort Morgan, CO. Fort Morgan Chamber of Commerce, fortmorganchamber.org

Jun 12: Healing Wheels Tour

Morrison, CO. European-style scenic 53- and 62-mile courses with challenging riding through and around Front Range landmarks and mountain towns. Also, 8- and 16-mile family rides. Lunch, giveaway and entertainment. Start at Bandimere Speedway. Reg. fee includes T-shirt and swag bag. Benefits Inner City Health Center. Inner City Health Center, 720-833-509, healingwheelstour.com

Jun 12: Pedal for a Purpose

Littleton, CO. Tentative. denverseminary.edu

Jun 12: RMCC Triple

Crown #1

Littleton, CO. Joe Lookingbill Denver to Aspen Classic. 180 miles, 13,000' of climbing, 17-hour limit. Conifer, Fairplay, Twin Lakes, Aspen, Woody Creek. Lights required. Start 4am. Part of RMCC Challenge Series. Rocky Mountain CC, 720-480-9714, rmccrides.com

Jun 12: Starlight Spectacular

Colorado Springs, CO. Ride starts at 11:59pm. 14- and 20-mile rides begin at Garden of the Gods Visitor and Nature Center. Ride through the Garden and the city. Great for all ages. Benefits the Trails and Open Space Coalition. Trails and Open Space Coalition, trailsandopenspaces.org

Jun 12: Tour de Cure

Brigham City, UT. Start at Rees Pioneer Park. Flat 25 miles, metric and full century. Pass the Bear River Bird Refuge, Golden Spike Monument and scenic Box

Elder County. Family fun circles, 1-10 miles. Fully supported. Min. \$150 in pledges. American Diabetes Assoc. - Utah Chapter, tour.diabetes.org

Jun 13-19: Cycle Utah

St. George, UT. 6-day catered and fully supported event. 279 miles of beautiful scenery in Zion and Bryce Canyon National Parks. Limit 60 riders. Camping. Adventure Cycling Assoc., adventurecycling.org

Jun 13-19: Denver Post Ride the Rockies (RTR) 30

Grand Junction, CO. 25th annual, one of Colorado's premier cycling events. Join 2,000 cyclists and embark on a fully supported, 7-day trek through some of the state's finest mountain communities. Includes 7 impressive climbs, 532 miles. Proceeds benefit Denver Post Charities, a McCormick Foundation Fund. Chandler Smith, Denver Newspaper Agency, 303-954-6700, ridetherockies.com

healingwheelstour.com

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Jun 13: Gold Belt Century

Parker, CO. Dirt road randonneur-type event. 75% dirt road, 25% paved. Ideal for road bikes with 25c tires or MTB with fast tires. 100 miles / 6,500' climbing. Self-supported, SAG wagon. Kirk Webster, Creekside Bicycles, 720-851-8600, dirtycentury.com

Jun 13-18: Grand Illinois

Trail and Parks (GITAP)
Dixon, IL. Extended circular tour through northern Illinois's canal trails and country roads. Flat to hilly with mileage between 260 and 465 possible. Fully supported. Limit 160. Chuck Oestreich, 309-788-1845, bikelib.org/gitap

Jun 17-25: Rocky

Mountain Tour
Salt Lake City, UT. Tackle the Wasatch Mountains, Soldier Summit, pass Book Cliffs and

north of Arches Nat'l Park. Challenging at times, rolling to finish in Pueblo, CO. 594 miles, 9 riding days. Bill Lannon, America by Bicycle, 888-797-7057, abbike.com

Jun 19-26: Colorado
Relaxed

Silverthorne, CO. Opportunity to do some alpine riding in a more laid-back state of mind and body. Fully supported. 180 miles total. Adventure Cycling Association, 800-744-2453, adventurecycling.org

Jun 19: Glen Haven Gallivant

Louisville, CO. New 200-km ACP brevet. Start 8am at Louisville Park and Ride. Climb St. Vrain Canyon and descend Devil's Gulch. Rocky Mountain CC, rmccrides.com

Jun 19: GooseChase

Greenwood Village, CO. 15, 30 and 45 miles for all skill levels. Start 7:45am at the Village

Greens Park. Also 5 and 10km run/walk. Greenwood Village Chamber of Commerce, 303-290-9922, goosechase.org

Jun 19: Gran Fondo Vail

Vail, CO. A spectacular 80-mile (128km) ride over scenic byways and 3 mountain passes of the Colorado High Country. Go through Copper Mountain, Minturn, Vail and more. Climb almost 6,000' to a height of 11,339'. Gran Fondo Vail is the cyclist's proving ground. Rest stop every 20 miles. Limit 3,000. Italian Bicycle Group NA, ciclosportivo.blogspot.com

Jun 19-20: Hurricane 400

Hurricane, UT. Self-supported 400km brevet from Walmart parking lot. Ride Kanab to Panguitch and then return to Hurricane via Cedar City. Checkpoint opens at 4:15am, ride starts at 5am. Lonnie

CLOSER LOOK
June 20: The Denver Century Ride

2010 marks the inaugural Denver Century Ride, a full-scale event featuring a family-style 11-mile ride, a 22-mile fun ride, a 62-mile metric century and a 100-mile full century ride. All three routes start at INVESCO Field in the heart of downtown Denver. From there, travel a combination of roads and trail systems throughout the metro area, creating an inspiring blend of urban streets, suburban foothills and mountain terrain. Riders of the metric century will climb more than 4,000 feet in elevation, including a classic ascent of Lookout Mountain. The full century follows this the same route, but adds an additional loop to Waterton Canyon and a trip to Cherry Creek State Park. After the race, celebrate a Father's Day picnic at Sports Legends Mall at INVESCO Field.

Location: Denver, CO

Organizer: Lauren Ripko

Website:
denvercenturyride.com

Distance (mi) / Elev. (ft):
11, 22, 62/4,000 and 100

Services: Finish line festival, rest/food stations, SAG



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Father's Day Sunday, June 20, 2010
Starts & Finishes at INVESCO Field at Mile High Stadium



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Wolff, Southern Utah Brevet, 435-559-0895, subrevet.org

Jun 19: St. Vrain Canyon + Kersey

Louisville, CO. 600km ACP brevet. Register by June 9. Lights required. Louisville - Brighton - St. Vrain Canyon - Estes Park - Big Thompson Canyon - Horsetooth - Wellington - Kersey. 18,000' of climbing. 400km version (St Vrain Canyon) also available. Rocky Mountain CC, rmccrides.com

Jun 20-26: Bicycle Tour of Colorado

Gunnison, CO. 7-day fully supported bicycle tour in the Colorado Rocky Mountains. Camping services, baggage transportation, route maps, road markings, aid stations every 15-30 miles, bicycle repair services, and medical support. Limit 1,500 riders. Kent Powell, Bicycle Tour of Colorado, 303-985-1180, bicycletourcolorado.com

Jun 20-25: California

Redwoods

Santa Rosa, CA. Pedal California's Russian River wine country, majestic redwood forests and the spectacularly beautiful Lost Coast. Includes biking, hiking, sea kayaking and wine tasting. 6 days, all levels. Also available in July and Sept. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Jun 20: Chalk Creek - BCC SS #5

Park City, UT. Meet at Treasure Mt. Middle School at 9am. Club ride, non-members welcome, self-supported. 100-mile ride, hilly. Part of BCC Super Series. Don Williams, BCC, 801-641-4020, bccutah.org

Jun 20: The Denver Century Ride

Denver, CO. New event. Start/finish at Invesco Field. Fun 22-mile family ride (or 11 miles

with shuttle return), exhilarating metric and challenging century. Perfect for riders of all levels. Picnic, finish line festival. Benefits charities through the Coldwell Banker Community Fund. Leslie Caimi, Creative Strategies Group, 303-525-6373, denvercenturyride.com

Jun 25: Antelope by Moonlight Bike Ride

Davis, UT. 22-mile ride held during full moon. Views are spectacular, food is delicious. Ride goes from marina to the historic Fielding Garr Ranch. Fee includes park entry, T-shirt and refreshments. Neka Roundy, Davis County Economic Development, 801-451-3286, daviscountyutah.gov

-  Family Friendly Ride
-  Supports Bicycle Colorado
-  Supports Cycle Wyoming



Cycle Oregon - The Weekend • July 16-18, 2010 • HOMECOMING WEEKEND

Time to head "Back to School" for a weekend of family-friendly riding at CYCLE OREGON UNIVERSITY in Monmouth. Register at www.cycleoregon.com or 800-CYCLE OR.



Jun 26-27: Bike MS
Colorado

Westminster, CO. 25th anniversary. 2-day, 150-mile inspirational ride of moderate difficulty. Enjoy majestic Colorado scenery while riding from Front Range Community College in Westminster to Colorado State University in Fort Collins and back. Caters to riders of all levels. Limit 3,000. Benefits MS chapter of Colorado. Megan Moore, National MS Society, COC Chapter, 303-698-5446, bikemscolorado.org

Jun 26-27: El Sangre
De Cristo

Taos, NM. 600km brevet. Crown jewel of NM series. Traverses the northern 2/3 of the Sangre de Cristo Mountains. Over 24,000' of climbing. Start 5am in the parking lot of the Quality Inn. ACP sanctioned. NM Brevet Series, 505-263-7090, nmbrevets.com

Jun 26-27: Harmon's
MS Bike Tour - Best Dam Bike Ride

Cache Valley, UT. 40-, 75- and 100-mile routes available on Saturday, 40 and 75 miles on Sunday. Ride as little as 40 or as much as 175 miles on flat and friendly routes. Start 7am at Cache Valley Fairgrounds. Fully supported and catered ride with rest stops every 8-10 miles. Bechy Wolley, National MS Society - Utah Chapter, 801-424-0112, curemsutah.org

Jun 26: Moonshadows in Moab

Moab, UT. Cycle under the power of the full desert moon into the heart of canyon country. Unforgettable sunset ride into Canyonlands and Dead Horse Point State Park. 40-mile route with a gradual elevation gain of 1,700'. Beth Logan, Skinny Tire Events, 435-259-2698, skinnytirefestival.com

Jun 26: RATPOD

Big Hole Valley, MT. 1 day, 130-mile ride with 5,500' of climbing to benefit Camp Make-A-Dream, a cost-free medically supervised camp program for children, teens, young adults and families affected by cancer. Jennifer Benton, Camp Make-A-Dream, 406-549-5987, ratpod.org

Jun 26: RMCC Mt Evans
Challenge

Golden, CO. Colorado Ultimate Hillclimb event. 46 miles, 9,000'. Start 6am. Golden, Lookout Mountain, Bergen Park, Squaw Pass, Echo Lake, Mt. Evans Summit. RMCC membership required. Part of RMCC Challenge Series. Mark Michel, Rocky Mountain CC, 303-738-1958, rmccrides.com

Jun 26: Tour de Prairie

Cheyenne, WY. 17th annual. Courses ranging from 10 to 100 miles are well supported for riders of all skills and ages. Held in conjunction with the Frontier Refining Inc. Superday. Starts at Lyons

Park. Riders receive goody bag with T-shirt. Breakfast and lunch included. Tom Freezer, Cheyenne Parks & Recreation Department, 307-637-6423, cheyennecity.org

Jun 26: Tour of Marsh
Creek Valley

Pocatello, ID. Fully supported ride presented in conjunction with the Pocatello Riverfest. 25-, 62- or 100-mile rides on roads between Pocatello and Malad Pass. In memory of Jay Anderson. Mike Collaer, Idaho Cycling Enthusiasts / Pebble Creek Ski Race Team, 208-241-0034, idahocycling.com

Jun 27: Dirty Century


Parker, CO. 30, 60 and 100 miles. Adding a fixie route in 2010. Kirk Webster, Creekside Bicycles, 720-851-8600, dirtycentury.com

JULY
Jul 3-9: Canadian Gulf
Islands

Seattle, WA. Energetic beginner to advanced cyclists will enjoy the remote and wild Canadian Gulf Islands, an extension of the San Juan Islands of WA. Includes luxury lodging, dining, Butchart Gardens. Also available in July, Aug and Sept. Bicycle Adventures, 800-443-6060, bicycleadventures.com

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Jul 3: Strawberry White & Blue - BCC SS #6
 Richmond, UT. Ride Strawberry loop and back. Meet at Richmond City Park at 9am. Club ride, non-members welcome, self-supported. 100-mile ride, hilly. Part of BCC Super Series. Jen Green, BCC, 435-563-1212, bccutah.org

Jul 3: Tour de Riverton 
 Riverton, UT. 10th annual event. Part of Riverton Town Days. Start 7:30am. Fun family ride. 25-mile loop through Riverton and Herriman. Brad Rowberry, Infinite Cycles, 801-523-8268, tdr.infinitecycles.com

Jul 4-10: Pedal the Peaks - Range Ride
 Jackson, WY. Cycle between the Grand Teton Mountains and Devil's Tower. 498 miles over 7 days. Greg Walsh, Cycle America, 800-245-3263, cycleamerica.com

Jul 4: RMCC Triple Crown #2
 Ridgway, CO. Colorado Death Ride. 226 miles, 15,000' vertical, 19-hour limit. Course: Durango, Dolores, Telluride, Ridgway. Lights required. Qualifier required. Part of RMCC Challenge Series. Charlie Henderson, Rocky Mountain CC, 720-480-9714, rmccrides.com

Jul 5-9: San Juan Islands Family 
 Cle Elum, WA. Hassle-free family time! Biking, hiking, sea kayaking and a whaleboat cruise, all crafted with kids in mind. Explore Washington's San Juan Islands, 5 days, all levels and ages. Also available Aug. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Jul 10-17: Bicycle Tour of Colorado
 Gunnison, CO. 6 days, 358 miles, 24,000' elevation

gain, 5 mountain passes. Richard Merrick, Cycling Escapes, 714-267-4591, CyclingEscapes.com

Jul 10-17: Cycle Washington
 Redmond, WA. Scenic ride from Cascade Range's west flank to arid plains of the east slope. Stevens Pass to Lake Wenatchee State Park, follow Methow River to Winthrop, climb N. Cascades Hwy & down to Puget Sound. Adventure Cycling Association, 800-744-2453, adventurecycling.org

Jul 10-16: Oregon - Crater Lake
 Oakridge, OR. Tall timber, clear rivers and snow-clad peaks. Tour includes cycling and hiking. Also available Aug. through mid-Sept. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Got guts? Gear up!

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Get Your Guts in Gear invites you to a scenic 3-day cycling event to raise awareness and funds for people with Crohn's disease, ulcerative colitis, and those with ostomies. Gear up for an unforgettable ride!

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June 11-13, 2010
 New York's Hudson River Valley
 August 6-8, 2010
 Pacific Northwest/Seattle area
 October 1-3, 2010
 Midwest/Southern Wisconsin



Jul 10-17: Tetons to
Yellowstone

Jackson, WY. 6 days of riding over an 8-day trip. Total mileage 283. Limit 13 riders, camping. Layover day includes guided tour of Yellowstone Nat'l Park. Travel from Jackson to West Yellowstone (MT), Ashton (ID), and back via Victor. Adventure Cycling Association, 800-744-2453, adventurecycling.org

Jul 10: Triple Bypass


Evergreen, CO. 120 miles and more than 10,000' elevation gain over 3 mountain passes (Jupiter, Loveland, Vail). Limit 3,500. SOLD OUT. Team Evergreen Bicycle Club, 303-674-6048, teamevergreen.org

Jul 11-17: Monumental
Memories Ride

Jackson, WY. 426 miles over 8 days. Start at Devil's Tower Nat'l Monument and ride toward Mt Rushmore. Greg Walsh, Cycle America, 800-245-3263, cycleamerica.com

Jul 11: Mt. Nebo Loop - BCC SS #7

Nephi, UT. The shortest and tallest SS event. Meet at Nephi Park at 8am, self-supported, club ride, non-members welcome. 70-mile ride, hilly to mountainous, also 42- and 54-mile options. Nephi to Mona, Goshen Canyon,

Santaquin Payson, Nephi. Provo area. Part of BCC Super Series. Don Williams, BCC, 801-641-4020, bccutah.org

Jul 16-24: Colorado San
Juan Mountains

Gunnison, CO. 8 days of riding, fully supported. Daily mileage between 50-88 miles, elevation gain varies from 2,100'-6,400'. Gar Angerhofer, Colorado Heartcycle, 303-989-2015, heartcycle.org

Jul 16-18: Cycle Oregon
Weekend Ride

Monmouth, OR. Cycle Oregon University. Start at Western OR University. Headed back to school where the classrooms are the back roads of the Willamette Valley. Stay in a dorm or camp out and choose from 4 route options each day. Enjoy flat, scenic and family-friendly routes or more challenging options. An educational Kids Camp is also available. Perfect for riders of all ages! Ingrid Nylen, Cycle Oregon, 503-287-0405, cycleoregon.com

Jul 17-18: Centurion
Cycling - Colorado


Lyons-Boulder, CO. 25-, 50- or 100-mile mass start event. Race it or ride it at your own pace. Traffic is restricted, technical and medical support, officials time and judge the event, excellent food, riders are treated like pro cyclists. Broad

range of age and categories encourage families and riders of all abilities to embrace the challenge. North America Sports, 303-376-6362, centurioncycling.com

Jul 17-22: Idaho Relaxed

Plummer, ID. Follows heralded Trail of the Coeur d'Alene and Route of the Hiawatha. Ride 15-40 miles daily over gentle terrain, pass unforgettable 1.7-mile long Taft Tunnel, spectacular trestles, marshlands, lakes, meadows & forests. Adventure Cycling Association, 800-744-2453, adventurecycling.org

Jul 17: Kaiser Permanente
Moonlight Classic

Denver, CO. Imagine the exhilaration of pedaling through the deserted streets of Denver with the strange light of the moon defining the course for you and thousands of other cyclists. 10-mile, non-competitive late night charity bike ride through Denver's historic neighborhoods. Benefits Seniors Inc. Families start at 10:30pm, others at 11:30pm. Scott Harris, Rocky Mountain Events, 303-282-9020, moonlight-classic.com

Jul 17: Lefthand Canyon + Brevet

Louisville, CO. 400, 600 or 1000km. ACP brevet. Start at US-36 Louisville-Superior exit at 4am. Climb Lefthand

CLOSER LOOK
July 17: Tour de Steamboat

From start to finish, organizers of this strictly non-competitive tour have done everything in their power to create a positive, supportive and inspiring environment. Friday night, before the ride, participants are treated to a silent auction pasta dinner featuring former pro cyclist and 1988 Giro d'Italia winner, Andy Hampsten, who will entertain participants with stories about his career. The ride starts early the next morning, led by a State Patrol escort through downtown Steamboat Springs and along the Yampa River. Riders who choose the 40-mile route will traverse Yellow Jacket Pass before doubling back at the first of five fully stocked aid stations, called the "Stagecoach." Centurions will face the challenging "Gore Gruel" loop before rallying to the finish line. All proceeds benefit The Sunshine Kids Foundation, which adds quality of life to children who live with cancer.

Location: Steamboat, CO

Organizer: Kathie Lindquist

Website: tourdesteamboat.com

Distance (mi): 40 and 110

Services: Aid stations, meal, medical/mechanical support, SAG

Canyon (4,500' of climbing to 9,250'), descend St. Vrain Canyon, then climb Carter Lake & south Horsetooth Reservoir. 10,000' climbing total. 600km continues to Kersey while 1000 goes to Wellington, Fort Morgan and Big Thompson Canyon. Register by 7/14. Lights required. Rocky Mountain CC, rmccrides.com

Jul 17: Pioneer 100 - BCC SS #8

Morgan, UT. Meet at Morgan High School at 8am, self-supported, club ride, non-members welcome. 100-mile hilly Big Mtn then back over Hogsback Summit to Echo and back for the return. Shorter legs (30, 70) to East Cyn and back available. Part of BCC Super Series. Deven Browning, BCC, 801-876-2524, bccutah.org

Jul 17: Tour de Steamboat

Steamboat, CO. A non-competitive, supported bike ride benefiting the Sunshine Kids. Two route options: a 40-mile ride as well as a 110-mile ride through some of northwest Colorado's most spectacular terrain. Start 7am. Also family friendly distance on the Yampa Valley Core Trail. Katie Lindquist, Rocky Peak Productions, 970-897-0480, tourdesteamboat.com

Jul 18-23: Tour de Wyoming

Green River, WY. Six-day event explores southwest Wyoming and a few miles into Utah and Idaho. Travel

through Green River Basin, skirt Bear Lake and push on to Montpelier, Idaho. Visits Fossil Butte Nat'l Monument, Bridger Valley and the banks of the Flaming Gorge Reservoir. Benefits Cycle Wyoming. Registration via lottery. Amber Travy, Cycle Wyoming, 307-742-5840, CycleWyoming.org

Jul 18-24: Tour of Yellowstone

Billings, MT. 6 days, 486 miles, 24,000' elevation gain. Richard Merrick, Cycling Escapes, 714-267-4591, CyclingEscapes.com

Jul 21-26: Oregon Family Camping

Portland, OR. From Portland's gorgeous riverside bike paths to Willamette Valley, this family tour offers everything from cycling to canoeing to visiting a fudge-making monastery. Also offered in June and July. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Jul 24: Boulder Sunrise Century

Boulder, CO. Tour Boulder's mountains and canyons, looping back into downtown. The Sunrise Century routes include 75- and 100-mile options. Go from easy plains-cruising to high-altitude fast rollers and plenty of moderate climbing. For the 100 add the Peak to Peak rollers and climb to Nederland. Start 6:30am. Limit 1,500 riders. Traci Brown, Bikerpelli Sports, 303-875-9000, bikerpelli.com

Jul 24: Colorado Eagle

River Ride

Eagle Creek, CO. Century, metric century, 42-mile rides take cyclists through Eagle River Valley up the rural setting of Highway 131 and along the Colorado River. This is a section of road that all should see from their bike. Largest fundraiser for SOS Outreach, a youth development charity. Seth Ehrlich, SOS Outreach, 970-926-9292, vailvelo.com



Blue River Century / Peter B. Steele

Jul 24: Pedal Away

Parkinson's

Kaysville, UT. 5th annual. 10-mile family ride through town. Start 8am at Gailey Park. Benefits the Utah Chapter of the American Parkinson Disease Association. Meredith Healey, 801-451-6566, pedalawayparkinsons.com

Jul 24: RMCC 1-2-3 #1

Northglenn, CO. 100km. Start 9am at the Northeast corner Costco Parking lot (I-25/exit 229). Thornton, Brighton, Hudson, Keenesburg and then return. Part of RMCC Challenge Series. Mike Fulton, Rocky Mountain CC, 303-984-5081, rmccrides.com

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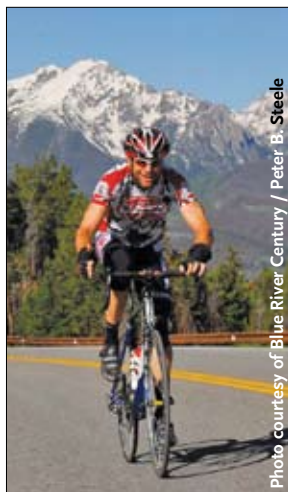


Photo courtesy of Blue River Century / Peter B. Steele

Jul 25: Durango Century - D100

Durango, CO. Although not a race, the clock is at the finish line so you can record your time. 50-, 84- and 100-mile rides. Start/finish at Santa Rita Park. Route descends from San Juan Mountains to mesas of Farmington, returning near LaPlata Mountains. Velo de Animas Bicycle Club, durango100.com

Jul 25-30: Family Fun

Idaho Plummer, ID. Explore 2 heralded, car-free rail trails in the West, Trail of the Coeur d'Alenes & Route of the Hiawatha. Enjoy historic towns, swimming holes, spectacular views. Fully-supported event, evening Frisbee, slack lines & card games. Good for kids 8-18. Adventure Cycling Association, 800-744-2453, adventurecycling.org

Jul 31: Bryce Canyon 200km

Panguitch, UT. 200km brevet. Stunning landscape. Meet at Garfield County Fairgrounds at 6:15am. Start 7am. Climb up scenic Red Canyon to the Paunsaugut Plateau, Topic, Kingston and Junction, Utah. Self-supported. RUSA sanction only. Lonnie Wolff, Southern Utah Brevet, 435-559-0895, subrevet.org

Jul 31-Aug 2: Courage Classic

Leadville, CO. 3-day, 157-mile tour climbs from Leadville to Summit County and back. Goes over Vail, Ute and Fremont Passes. 45 to 58 miles each day. Family 35 miles on Saturday. Supports the Children's Hospital. Limit 2,000 riders. Rebecca Neelis, Children's Hospital Foundation, 720-777-1768, courage tours.com

Jul 31: I Think I CANyons

Salt Lake City, UT. Climb more than 12,000' over 110 miles. Crest 2 or 4 of Little Cottonwood, Big Cottonwood, Millcreek, and Emigration Canyons. Start at the Barbacoa at 6:30am. Registration begins at 6am. Benefits Fourth Street Clinic, a non-profit clinic that provides free healthcare to the homeless. Alex Rock, Friends of Fourth Street, 801-631-7872, ithinkicanyons.com

Jul 31: Lefthand Canyon Brevet

Louisville, CO. 400km. ACP brevet. Starts at US-36 Louisville-Superior exit at 4am. Climb Lefthand Canyon (4,500' of climbing to 9,250'), descend St. Vrain Canyon, then climb Carter Lake & south Horsetooth Reservoir. 10,000' climbing. Lights required. Rocky Mountain CC, rmccrides.com

Jul 24: TBA - BCC SS #9

TBA, UT. Tentative date. Part of BCC Super Series. Don Williams, BCC, 801-641-4020, bccutah.org

Jul 24-31: Volcanoes of Washington Challenge

Seattle, WA. 2 wheels, 4 mountains, 8 days - and a million memories. Washington's Mt. Rainier, Mt. Adams, Mt. St. Helens and Oregon's Mt. Hood, finishing in Portland, OR. Energetic beginner to advanced cyclist. Also available in Aug. Bicycle Adventures, 800-443-6060, bicycleadventures.com

CLOSER LOOK
July 31 - Aug 5: Rocky Mountain Challenge

Taking place over six full days of riding, Ride2Recovery's Rocky Mountain Challenge starts at the Cheyenne Days Rodeo and travels south along the foothills leading to Ft. Carson, CO. Road racing enthusiasts will recognize the route from such famous races as the Coors Classic, Red Zinger Classic, and the World Championships. Day six takes riders to Garden of the Gods, a Registered National Landmark with 300-foot tall sandstone rock formations in the foreground of snow-capped peaks. As a Ride2Recovery event, proceeds benefit injured US military veterans. A \$75 registration fee is applied to participants fundraising goal, to be determined in the months leading up to the event. Those unable or unwilling to complete the entire distance can ride any of the days during the tour.

Location: Cheyenne, WY, to Ft. Carson, CO

Organizer: Fitness Challenge Foundation, Ride2Recovery

Website: ride2recovery.com

Distance: TBA

Services: Route guides, rest/food stops, meals, finish line entertainment

Jul 31-Aug 5: Ride 2
Recovery - Rocky Mountain Challenge

Cheyenne, WY. 6-days of riding between Cheyenne, WY, and Ft. Carson, CO. Ride along the foothills of the Rocky Mountains, follow some classic cycling routes, and visit the Garden of the Gods. Limit: 200 riders / \$3000 min fundraising. One day ride also available on any of the days, unlimited entry. Fitness Challenge Foundation, 818-888-7091, ride2recovery.com

Jul 31: RMCC 1-2-3 #2

Longmont, CO. 200km. Start 8am at the Northeast corner of Costco parking lot (I-25/exit 243). Horsetooth, Stove Prairie. Part of RMCC Challenge Series. Mike Fulton, Rocky Mountain CC, 303-984-5081, rmccrides.com

Jul 31: Tour de Park City

Park City, UT. Start/finish at Park City. Three ride options: 50, 100, 170 miles through

northern Utah's beautiful mountain valleys. Look for the 2010 additions to make the ride even better. Fully supported with food, beverages and SAG support. Limit 750 riders. Riley Siddoway, Mountain RaceWorks LLC, tourdeparkcity.com

AUGUST

Aug 1-4: Colorado Rocky Mountain Bike Tour -
Light [BC]

Montrose, CO. Ride the first 4 stages for 321 spectacular alpine miles. Same support as week-long ride and yes, you get to climb Mt Evans. CRMBT, 720-461-2130, crmbt.com

Aug 1-7: Colorado Rocky Mountain Bike Tour
(CRMBT) [BC]

Edwards, CO. Fully-supported, 439 amazing and challenging alpine miles. Altitude ranges from 5,000' to 14,000'+. This

will be a true alpine ride with no "weak" days and over 40,000' of climbing. New this year - routes over Trail Ridge Rd and up Mt. Evans. Limit 500. CRMBT, crmbt.com

Aug 1: Pre-Ride ULCER - BCC SS #10

Lehi, UT. Meet at Thanksgiving Point 8am. Ride to Goshen and the west side of Utah Lake. Self-supported, club ride, non-members welcome. 100-mile ride, moderate hills. Part of BCC Super Series. BBTC, bccutah.org

Aug 2: RANATAD

Sundance, UT. Ride Around Nebo And Timp in a day. Start at Sundance, ride the Nebo Loop to Nephi, to the mouth of American Fork Canyon, over the Alpine Loop and back. 165 miles with over 12,000' of climbing. Also available - a shorter 100-mile option of the Nebo Loop and back to Payson. 801-223-4121, sundanceresort.com

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300 riders
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Aug 7: Colorado Cyclist
Copper Triangle

Copper Mountain, CO. The famous Copper Triangle has long been considered one of Colorado's classic alpine road rides. Graced with breathtaking scenery, gorgeous roads and three challenging climbs, the Copper Triangle exemplifies cycling in the Colorado Rockies. Fully supported. Post-ride party, music, BBQ, prizes & expo. 3,000-rider limit. Rocky Mountain Events, Inc, 303 282-9015, coppertriangle.com

Aug 7-8: Ride with the
Winds Bike Tours

Sheridan, WY. 2-day event with 50-mile, 75-mile or century ride options - completely catered with meals, rest stops, snacks, massage therapy, SAG and mechanical support, indoor/outdoor camping option. Travels through Sheridan, Buffalo, Ranchester, Dayton. Minimum \$150 pledges. Margaret Salisbury, Wyoming Cares, 307-237-7035, wyomingcares.org

Aug 7: RMCC 1-2-3 #3

Longmont, CO. 300km, start at 5am at the Ken Caryl Park and Ride. Larkspur, Palmer Lake, Black Forest, Elbert. Lights required. Part of RMCC Challenge Series. Mike Fulton, Rocky Mountain CC, 303-984-5081, rmccrides.com

Aug 7: ULCER

Lehi, UT. Century ride around Utah Lake. Fully supported. Also offered: 24-, 56- and

74-mile routes. Mild to hilly. Start at Thanksgiving Point. BBTC, 801-641-4020, bccutah.org

Aug 8: Black Forest - Heart

Castle Rock, CO. 200km. A roller-fest, straddling the spine of the Palmer Divide, Castle Rock - Black Forest - Larkspur. ACP brevet. Lights required. Start 5am, Mineal and Santa Fe Park and Ride. Rocky Mountain CC, rmccrides.com



The view is worth the climb on the Blue Rivery Century.

Aug 8-11: Colorado
Peace Ride BC

Durango, CO. Contribute to world peace and ride a 4-day, 238-mile tour along the entire San Juan Skyway loop. Fully supported ride provides services for a wide range of non-profit organizations at the Sophia Peace Center. For avid cyclists or weekend enthusiasts. Limit 500. Clinton Wilson, Dolores Sophia Peace Center, 206-380-4611, thepeaceride.com

Aug 8: Pedal to the Point
Bike Tour

Fort Collins, CO. 24, 52, and 72 miles. Ride in open farmland north of Fort Collins to the streets of Loveland. Fully supported, reg. includes BBQ and supports counseling and drug and alcohol treatment for our youth. Turning Point Center for Youth & Family Development, 970-567-6459, turningpnt.org

Aug 8-14: Ride Idaho

Coeur d'Alene, ID. Annual 7-day, fully supported tour. From Coeur d'Alene head north toward Priest Lake, Sandpoint, Bonners Ferry then south to Montana. Return to Idaho via Thompson Pass. Visit Wallace, Kellogg, Harrison and Plummer back to CdA. Limit: 300. Ride Idaho, 208-344-5501, rideidaho.org

Aug 8-14: Tour of
Crater Lake

Chester, CA. 6 days, 418 miles, 31,000' elevation gain. Richard Merrick, Cycling Escapes, 714-267-4591, CyclingEscapes.com

Aug 13-14: Bear Pa
Challenge

Bear Lake, UT. 2-day, 200-mile charity ride from Bear Lake to Park City while traveling through parts of Wyoming to raise money for children in need. Back to back century features mostly scenic terrain. Benefits Think Outside Children's Charity, min. \$150 donation. Tyler Hooper, 801-292-9146, thinkoutsideCC.org

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Aug 14: Bike the Bear
Century

Garden City, UT. Celebrate the 100th anniversary of Boy Scouts of America. 50-, 100-mile rides, start at Camp Hunt. Register through Trapper Trails Boy Scout office. Supported ride, includes T-shirt and goodie bag. Jason Eborn, 801-479-5460, trappertrails.org

Aug 14: Circle the Summit

Frisco, CO. Known as Bob Guthrie Memorial Ride. 21, 45, 60 and 100 miles. Start at Frisco Rec Center. All rides circle Lake Dillon on paved bike paths and roads. Century riders will top Arapahoe Basin, Ute and Vail Passes. Fully supported, lunch and beer gadden after ride. Limit 750. Benefits Summit County's paved Recpath system. Bob Faucett, circlethesummit.com

Aug 14: Peak to Peak
300km Brevet

Louisville, CO. Start 5am at US-36 Louisville-Superior exit. Light required. ACP-sanctioned. Climbs Coal Creek Canyon, traverses Peak-to-Peak Hwy, descends from Estes Park over Devil's Gulch thru Glen Haven. 10,600' of climbing. Rocky Mountain CC, rmccrides.com

Aug 14: Promontory Point
120 - BCC SS #11

Ogden, UT. Meet at 5 Points Shopping Center at 8am. First 40 miles is flat, then loop ATK or back to Tremonton - Bear

River and return. Short loop options of Corrine or Bear River City loops. Self-supported club ride, non-members welcome. Part of BCC Super Series. Don Williams, BBTC, 801-641-4020, bccutah.org

Aug 14: Ride for Teens

Provo, UT. 2 to 50 miles in all three forks of Provo Canyon. Prizes and post ride meal. Event starts at 8am at the Ronald Williams Last Park. Proceeds benefit local at-risk youth services. Charis Wilke, Heritage Schools, 801-735-2142, heritagertc.org

Aug 14: Riding for a Reason

Salt Lake City, UT. Follow the path of the pioneers on this 56-mile ride over Emigration Canyon. Extreme elevation climb. This event is designed to raise funds for children who cannot afford wheelchairs. Joseph Coles, alpinehome-medical.com

Aug 14: Roll for the Cure

Hobbs, NM. 25, 50, 100km routes, fully supported. Benefits the American Cancer Society and Relay for Life. Stage at the NM Junior College. City of Hobbs, rollforacure.net

Aug 14: The Ultimate

Challenge p/b Tour of Utah
Park City, UT. From Park City to Snowbird Mountain Resort, 96 miles with 11,000'+ of vertical gain. Ride the toughest stage of the nation's toughest stage race. Karen Weiss, Tour of Utah, 415-218-0193, tourofutah.com

Aug 15: SPAN the
Rockies

Boulder, CO. Cycling for Healing, Hope and Opportunity. Features 3 routes, including the only fully supported double metric century. Scenic 130km and 75km rides also available. Limit 2,000 riders. Pledges not required but greatly appreciated. Benefits the Safehouse Progressive Alliance for Nonviolence. Angle Jeffords, Safehouse Progressive Alliance for Nonviolence, 303-449-8623, safehousealliance.org

Aug 21: HeArt of Idaho
Century

Idaho Falls, ID. Flat to rolling 25-, 62-, and 100-mile options through the upper Snake River Valley. Food stops, bike mechanics, SAG, BBQ, art activities, live music and prize drawings. Early bird discounts. James Arnold, Eagle Rock Cycling Club, theartmuseum.org/Century.htm

Aug 21: Aspen Snowmass
Ride for the Cure

Snowmass, CO. Ride 10, 30, or 100 miles to support the Susan G. Komen Foundation. Opening ceremony, dinner and package pickup on Friday night. Finish line party after the ride. 970-920-0250, komenaspen.org

F Family Friendly Ride
BC Supports Bicycle Colorado
CV Supports Cycle Wyoming

The Heart of Idaho Century Ride

*August 21, 2010
in Idaho Falls*



Lush farmland, Grand Teton views and vibrant desert landscapes greet riders at every turn. Barbecue celebration at the finish line. 25, 62 and 100 mile options. \$40 for the 25 mile ride and \$65 for the 62 and 100 mile rides. \$5 early-bird discounts. Benefit for the Art Museum of Eastern Idaho. To register call the Art Museum at 208/524-7777 or register online at www.theartmuseum.org/Century.htm

Aug 21: Big Ride 150 - BCC SS #12

Richmond City, UT. Meet at Richmond City Park 8am. Self-supported, club ride, non-members welcome. 150-mile ride, hilly. Ride through Preston over Strawberry, loop back to Soda Springs and back to the start over the current and old LOTOJA courses. Part of BCC Super Series. Ben Green, BCC, 435-563-1212, bccutah.org

Aug 21-22: Bike MS: Close Encounters Ride

Sundance, WY. 2 days, 150 miles of open road. Team up or do it solo. Minimum fundraising \$250. Fully supported including training rides. Start/finish at Sundance HS. Lori Birt, National MS Society, Wyoming Division, 307-433-9559, bikewwy.nationalmssociety.org

Aug 21: Desperado Dual
Panguitch, UT. Fully supported 100- or 200-mile 1-day event. Ride through the heart of the old West along scenic back roads, passing nat'l parks and historic communities. Two loops, Outlaw and Big Fish. Limit 500. Start at Garfield County Fairgrounds at 6:30am, finish by 11:30pm. Ryan Gurr, Red Rock Bicycles, 435-674-3185, spingeeeks.com

Aug 21-28: Idaho Panhandle - Rivers, Lakes and Silver
Spokane, WA. 400-mile loop over Palouse Hills to Plummer, Harrison, and Wallace. Climb Dobson Pass and into Montana before riding the north shore of Lake Pend Oreille. Short unpaved sections. Harvey Hoogstrate, Colorado Heartcycle, 303-755-9362, heartcycle.org

Aug 21: RMCC Triple Crown #3

Golden, CO. Grand Loop. 200 miles, 15,000' vertical, 18-hour limit, start 3am. Course: Lyons, Estes Park, Trail Ridge, Granby, Berthoud, Golden. Lights required. Part of RMCC Challenge Series. Charlie Henderson, Rocky Mountain CC, 720-480-9714, rmccrides.com

Aug 21: Stonewall Century

La Veta, CO. Scenic ride on Hwy 12 to Segundo and back. 102-, 50- and 25-mile options available. 7,500' elevation gain. Start/stop in La Veta Town Park. SAG provided, start 6:30am. Benefits Red Cross and various local organizations. Anne Renaud-Wilkinson, Spanish Peaks Cycling Club, spcycling.org

CLOSER LOOK
August 22: Blue River Century

Besides the standard century vs. half-century option available at most organized tours, participants in this Colorado mainstay can choose between three vastly different routes based on how they feel the day of the ride or even during the ride itself. At mile 88, the location of the last of four fully supported aid stations, the century route splits, and riders can decide whether to take the very strenuous Loveland Pass (109 miles), the challenging Arapahoe Basin (103 miles), or the scenic Montezuma (101 miles) finish. Everyone is encouraged to attend the sixth annual Blues Festival and Art Show at River Run following the ride. Blue River Century strives to become a "zero waste" event, diverting 94% of its waste in 2009 from going into landfills. Proceeds benefit the Lance Armstrong Foundation.

Location: Keystone, CO

Organizer: Marie Willson

Website: bluerivercentury.com

Distance (mi)/(ft): 62/3,350, 101/6,200, 103/7,339 and 109/8,625

Services: BBQ, mechanical support, catered lunch, rest/food stops, SAG



Blue River Century and Metric

4 FINISH OPTIONS (62. 101. 103 OR 109 MILES)

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Aug 21: Tour de Cure
Colorado **F** **BC**

Longmont, CO. Starts at Boulder County Fairgrounds. 20-, 50-, 62- & 100-mile rides. Family 20-mile is on the Longmont Greenways Trail system. Century goes up to Crater Lake. Fully supported, lunch & wellness village at finish. Minimum fundraising \$200. Kelly Jackson, American Diabetes Association, Colorado Office, 800-diabetes ext. 7020, tourdecurecolorado.com

Aug 22: Blue River Century **BC**

Keystone, CO. Century with 3 finish options for longer distances and mountain passes to suit all climbing desires, all in Summit County. 62-mile ride has 3350' elevation gain. 3 finish options for 101/6200', 103/7339' or 110 miles/8625' elevation gain. Team: register 5 riders & 5th one is free. Benefits LAF. Limit 700. Marie Willson, 303-321-5196, bluerivercentury.com

Aug 22: FCCC - Ride the
Rist **BC**

Masonville, CO. Friday: Fort Collins Oskar Blues Cruiser Tour. Saturday: Ride to the top of Rist Canyon and around for 42 miles. Climb is timed, fully supported. Rams Cycling Team, fccyclingfest.com

Aug 26-Sep 4: LAGBRAU VII

Moab, UT. 10 days, 5 national parks, 5 amazing state parks, 4 national forests, 2 national monuments, 1 national recreation area and a variety of ancient Indian ruins along 3 scenic byways. 400 miles. Ride the 3-, 7- or 10-day option. Les Titus, 801-654-1144, lagbrau.com

Aug 28: Cache Valley
Century Tour

Richmond, UT. Century, metric century and 40-mile options. Lunch and rest stops. Century goes through Idaho and back to Utah. Start 8am. Bob Jardine, Cache Valley

Veloists Bicycle Touring Club, 435-752-2253, cvveloists.org

Aug 28: Capulin Volcanic Classic


Raton, NM. 400km, RUSA event. NM Brevet Series, 505-263-7090, nmbrevets.com

Aug 28: CASVAR

Afton, WY. Start at Canyon Park. 20-, 45-, 65-, 85-mile and Saddle Sore Century rides. You will see bison, but not many cars. Benefit ride for the children of a club member killed in an avalanche in 2007. Howard Jones, Cycling Assoc. of Star Valley Annual Ride, 307-883-9779, casv.org

Aug 28-Sep 5: New Mexico Rambler

Albuquerque, NM. Best bicycle touring in the Southwest. Rolling desert, Great Sand Dunes, alpine grandeur and more. This epic 524-mile tour ends in Denver. Timberline Adventures, 800-417-2453, timbertours.com




Live Band
Fully Supported
20, 45, 65, 85, 100
Mile Options
BBQ
on line registration

Century Ride

CASVAR 2010

Afton, Wyoming
August 28th
www.casv.org
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World's Most Scenic Bicycle Tour



Legacy Annual Great Bicycle Ride Across Utah

August 26 - September 4, 2010
Moab to Cedar City, Utah

3-day, 7-day, and 10-day options through up to 5 of Utah's National Parks, 4 amazing state parks, 2 national monuments, and a number of national forests and ancient Indian ruins.

"The premiere 'MUST DO' bicycle tour in the U.S." - Louis-California
"Epic...the ride of a lifetime" - David-Florida
"Like a bike tour to another planet" - Boris-Russia

•For information: 801-654-1144•

lagbrau.com

Aug 28: Sanpete Classic
Spring City, UT. Fun ride, fully supported, 75-mile route circles the Sanpete Valley on mostly flat roads with a few short moderate grades. 40 miles also offered. Start between 8:30-9am. T-shirt and swag plus BBQ. Eric Thompson, 801-541-3840, skiutahcycling.com

Aug 28: Summit Challenge
Park City, UT. 15-, 50-, 100-mile ride to benefit the National Ability Center. Check-in starts at 7am at NAC's Bronfman Recreation Center & Ranch. Rides start at 8:30am. Jennifer Atkin, 435-200-0985, summitchallenge100.org


Aug 28-29: Bike MS: Pedal los Pueblos
Pojoaque, NM. Fully supported 2-day ride through beautiful northern New Mexico. 36 or 86 miles Sat. and 40 or 55 miles

Sun. Caters to all rider levels. Benefits the National MS Society. Maggie Schold, MS Society - Rio Grande Division, 505-243-2792, bikenmx.nationalmssociety.org

Aug 29: Deer Creek Challenge
Denver, CO. First year event. 3 fully supported courses: 33, metric century and century. First 16 miles gain 4,200', century totals 12,751'. Start/finish at the Denver Botanic Gardens. Swag includes jersey and water bottle, catered lunch and post event party with free beer. deercreekchallenge.com

Aug 29: Hooper Horizontal 100 - BCC SS#13
Salt Lake, UT. Meet at Westpoint Park at 8am. Self-supported club ride, non-members welcome. Flat course 100-miler from SLC

to Hooper, Plain City and back. Part of BCC Super Series. Don Williams, BBTC, 801-641-4020, bccutah.org

Aug 29: Venus de Miles 
Longmont, CO. Women's only event to raise funds for Greenhouse Scholars for college. 35-, 50- and 65-mile course options available. Starts at Prospect Park 7am. Many rest stops along the way. Benefits Greenhouse Scholars. Teresa Robbins, 303-460-1745, venusdemiles.com

SEPTEMBER

Sep 4: Beaver 200km
Cedar City, UT. 200km brevet. Meet at Canyon Ranch Dr. Checkpoints open at 6:15am, ride starts at 7am. Follow quiet rural roads and pass by

CLOSER LOOK

Aug 28-29: Bike MS - Pedal Los Pueblos

One of three rides that make up the Bike MS Triple Threat Series, taking place in the southwest this season, Pedal Los Pueblos raises funds to help the nearly 3,000 people in New Mexico living with Multiple Sclerosis. The figure 8 course, which provides two ride options each day, is based out of the Cities of Gold Casino Hotel where the finish line party, banquet and BBQ are held. Over the weekend cyclists can ride as much as 143 or as little as 76 miles, combining either the 36- or 88-mile Saturday distances to the 40 or 55 miles offered on Sunday. All routes have minimal elevation gain and climbs, but lots of beautiful desert scenery. Participants may register as individuals or teams, and every rider is required to raise a minimum of \$250 to contribute toward this year's overall goal of \$160,000.

Location: Pojoaque, NM

Organizer: Maggie Schold

Website: bikenmx.nationalmssociety.org

Distance (mi): 36, 40, 55 and 88

Services: SAG, rest/food stops, ride marshals, medical/mechanical support, meals



For registration & event information, visit
SummitChallenge100.org
 Park City, Utah | August 28, 2010
**100, 50 & 15 mile road rides
 to benefit the
 NATIONAL ABILITY CENTER**

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some of the most remarkable petroglyphs in the region. A very enjoyable and scenic route. Lonnie Wolff, Southern Utah Brevet, 435-559-0895, subrevet.org

Sep 4: Bike with Pike Century

Westcliffe, CO. Westcliffe to Colorado City. 102-mile ride, 69-mile metric century to Lake Isabel and back, 24 miles to Hardscrabble Summit and back, and 7-mile family ride. Fully supported, post-ride meal, free pass to Club America, and T-shirt. Bob Tobin, Bike with Pike Westcliffe Adventure, 719-783-3229, bikewithpike.org

Sep 4-6: Blue Loop Tour

Morenci, AZ. Hilly & scenic ride in central mountains of Arizona & New Mexico. Very little traffic. For strong riders. Goes from Morenci to Glenwood on the first day, reach Alpine on second day and back to start. 55-, 60-

and 90-mile options. Greater Arizona Bicycle Association, bikegaba.org

Sep 4-6: Great Utah Bike Festival - GRUB

Minersville, UT. Join the fun in this quaint and scenic hamlet in historic Beaver County. Ride a different supported century, metric or half century each day, choose to ride on some of Utah's least traveled and scenic roads. Festival includes races and recreational events. Bob Kinney, Bike 2 Bike, 801-677-0134, bike2bike.org

Sep 4: RMCC Foothill Climbfest - Extended

Littleton, CO. 92 miles, 11,000' of climbing. Start 8am from Ken Caryl Park and Ride. Standard course: Deer Creek, High Grade, City View, Shadow Mountain, Myers Gulch, High Drive, Brook Forest, City View, Pleasant Park. RMCC membership required. Part of

RMCC Challenge Series. Jim Kraych, Rocky Mountain CC, 303-264-9040, rmccrides.com

Sep 4-6: Trail of the Mountain Spirits

Silver City, NM. Covers 105-mile loop over 3 days on Nat'l Scenic Byway. Average 30-40 miles per day. Fully supported. One of New Mexico's finest cycling routes. Limit 75 participants. James Harms, GABA, 520-241-5556, bikegaba.org

Sep 5-11: Tour of Southern Utah

St George, UT. Ride to Mt. Carmel Junction (via Zion), Bryce, Escalante, Torrey, Panguitch, Cedar City and back. 60 to 100 very challenging miles per day for 7 days. 500 miles 30,000' of climbing. Limit 30. Deb Bowling, Planet Ultra, 818-889-2453, planetultra.com

33rd Annual Enchanted Circle Century Tour & Expo

Saturday, September 11, 2010

- Begins in Red River, 8 a.m. Saturday morning in front of the Red River Community House
- 5 rest stops, 4 SAG wagons and EMS driving the circle
- Starting elevation 8,750 ft. lowest point 7,000 ft. highest point 9,820 ft. on Bobcat Pass
- 25, 50 mile out and back, and 100 mile tour
- Scenic, high altitude alpine ride
- Takes you through historic Taos, and alongside two of New Mexico's state parks - The Vietnam Memorial and Eagle Nest Lake, and up Palo Flechado Pass and Bobcat Pass

21st Annual Top of the World Mountain Bike Race

Sunday, September 12, 2010

- Begins 10 a.m. Sunday morning at the Enchanted Forest XC Ski & Snowshoe Area
- 5.5 mile loop, NORBA sanctioned
- The number of laps is based on level of experience
- Expect some serious climbs, sharp turns and finish it off by coming down "Face Flop Drop"

To register, go to www.active.com or call the Red River Chamber of Commerce at 800-348-6444.

These events are sponsored by the New Mexico Sports Authority.

See you in September!

For lodging or visitor information please call 877-754-1708 or log on to www.redriverinfo.org.



Sep 11: Enchanted Circle Century

Red River, NM. 100-mile loop around beautiful and challenging Enchanted Circle. Route is from Red River to Questa and Taos, then from Angel Fire to Black Lake. Return through Angel Fire, Black Lake, Eagle Nest and Red River. Simple! Rebecca Sanchez, Red River Chamber of Commerce, 575-754-2366, redrivernewmex.com

Sep 11: CF Cycle for Life

Longmont, CO. (Formerly Ride for 65 Roses). Ride through some of the most scenic terrain this side of the Rocky Mountains. 25-, 45- & 65-mile route options. Fully supported with stocked rest stops & post-event festivities. Benefits the Cystic Fibrosis Foundation. Start and finish at the Xilinx on Logic Drive. Jan Klepinger, Cystic Fibrosis Foundation, 877-296-6610, colorado.cff.org/ride

Sep 11-18: Cycle Oregon

Elgin, OR. Overnight in 4 rural communities in OR and WA including 2 days in Pendleton, OR, to join the 100th anniversary celebration of the world-famous Pendleton Round-up. A fun mix of back-road riding and two-wheeled tent revival, the event moves from town to town with 2,000+ riders enjoying generous hospitality and providing direct financial benefits to host towns and cycling-

related causes throughout OR. Cycle Oregon, 503-287-0405, cycleoregon.com


Sep 11: LOTOJA Classic

Logan, UT. European-style classic. 206 miles. Starts in Logan and finishes in Jackson Hole, WY. Must finish before dark. Fun rider class participants start at 5:45am. Pre-reg only. Opens April 6. Brent Chambers, Epic Events, 801-546-0090, lotojaclassic.com

Sep 11: Tour de Habitat

Orem, UT. 20- and 50-mile routes visiting some of Utah County's Habitat for Humanity homes. Proceeds benefit Habitat of Utah County. Starts at the Harmon's parking lot. Eric Bennett, 801-796-9888, habitatuc.org/events/tour-de-habitat.html

Sep 12: Buffalo Bicycle

Classic  Boulder, CO. Routes of 14, 35, 50, 70 and 100 miles. Benefits CU's College of Liberal Arts and Sciences. Online registration and Saturday registration on campus. Cindy Nelson, Buffalo Bicycle Classic, 303-735-1569, buffaloebicycleclassic.com

Sep 12-17: People's Coast

Classic Astoria, OR. 6-day event benefiting the Arthritis Foundation's mission to improve lives through prevention, control and cure of arthritis. Starting at the mouth of the

Columbia River and snaking down the temperate Oregon Coast to Brookings Harbor, this ride combines cycling and adventure against the backdrop of the Pacific Ocean. Daily 50-70 miles done at your own pace, with rest stops and activities along the way. Dinner and camping included. Min. fundraising: \$2500. Tai Lee, Arthritis Foundation Pacific NW, 206-547-2707 x 106, hepeoplescoastclassic.org

Sep 12-Oct 1: The Santa Fe Trail Bicycle Trek

Santa Fe, NM. Ride all or part of the 1,100 miles to New Franklin, MO. 50 rider limit. Camping with meals provided. Paved roads only. Gear carried by truck, food provided. \$40/day. Distance 21 to 85 miles per day. Willard Chilcott, Santa Fe Trail Bicycle Committee, 505-982-1282, santafecentury.com

Sep 15-18: Colorado Last Chance 1200 Randonnee

Boulder, CO. 1200km, with 1000km option. Must have completed a full brevet series or a 1000- or 1200km randonnee in order to participate. Route to be confirmed. Register by August 15. Limit 40 riders. 200km option on the last day. John Lee Ellis, Rocky Mountain CC, 303-604-1163, mcccrides.com

CLOSER LOOK
September 18: Tour de Vineyard

Pedaling for hours until your feet feel like tree stumps is fine and well, but there's something to be said for a leisurely 25 miles through Colorado Wine Country. Tour de Vineyard starts early and takes riders on a scenic tour through numerous vineyards on the Western Slope, traveling exclusively on well-paved roads with few strenuous climbs. This event is scheduled in conjunction with the annual Colorado Mountain Winefest's "Festival in the Park," at which many of the wineries located along the route will be present and eager to share the products of their labors. Although there is no wine tasting during the ride itself, free showers are available at the finish line, as well as a pasta salad brunch, so you can freshen up and refuel before visiting the wineries you passed that morning. Tour registration does not include entry into the festival.

Location: Palisade, CO

Organizer: Mike Heaston

Website: emgcolorado.com

Distance (mi)/(ft): 25/579

Services: SAG, T-shirt, lunch, aid station

Sep 15-18: James Canyon Jaunt

Louisville, CO. New 200km. Start/finish at Park and Ride at 8am. Climbs Lefthand Canyon to Jamestown, followed by spur to Loveland. John Lee Ellis, Rocky Mountain CC, 303-604-1163, rmcrides.com

Sep 17-19: Moab Century Tour

Moab, UT. 4 different routes: the Cruise (42 miles), the Big Nasty - La Sal Loop (65 miles), Rolling Classic (72 miles) & the Ultimate (102 miles). Fully supported. Social warm-up rides on Friday & recovery ride on Sunday. Start/finish at Aarchway Inn. Start between 7-9am. Fully-supported. Benefits cancer survivorship programs. Beth Logan, Skinny Tire Events, 435-259-2698, skinnytireevents.com

Sep 18: 17th Annual Tour de Vineyards

Palisade, CO. Tour Colorado's wine country. 25-mile ride through the vineyards of the Western Slope (on paved roads with a few hills) gives cyclists an opportunity to pass by the area's wineries and acres of fruit orchards located in the Grand Valley. Run in conjunction with the Colorado Mountain Winefest's "Festival in the Park." Great way to celebrate the start of fall. Mike Heaston, Event Marketing Group LLC, 303-635-2815, emgcolorado.com

Sep 18: Bike for Life

Salt Lake City, UT. 22-mile tour along the streets of downtown SLC. Start at 9am at Liberty Park. Free registration, fundraising welcome. Event raises funds for the Utah AIDS Foundation. Part of Walk for Life event. Nathan Measom, 801-487-2323, utahaids.org

Sep 18: Fall Color Classic - BCC SS#14

Salt Lake, UT. Meet at dog park east of Hogle Zoo at 9am. Self-supported club ride, non-members welcome. Climb Emigration Hogsback through Echo, Coalville to Wanship, Browns Canyon PC then over Parleys to Little Mtn and back. Part of BCC Super Series. Don Williams, BBTC, 801-641-4020, bccutah.org

Sep 18-19: Tour des Lacs

Spokane, WA. Two-day tour from Spokane to Coeur d'Alene & back with overnight stay in Coeur d'Alene. Multiple route, mileage options and boat cruise. Fully supported with food stops every 10-20 miles. SAG, breakfast and dinners both days. Beautiful autumn tour. All ages and ability levels. Wendy Bailey, Round & Round Productions, 509-455-7657, roundandround.com



XX

TOUR DES LACS

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Easy to challenging mileage options
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Two days of cycling
Five beautiful lakes

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Sep 18-24: New Mexico
Classic Plus

Albuquerque, NM. The Land of Enchantment's most spellbinding and challenging cycling: the Turquoise Trail, the High Road to Taos, the Enchanted Circle, Ghost Ranch. Luxury fully supported biking, hiking and river rafting. Also available Oct. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Sep 18: Sawtooth Cycle Challenge

Sun Valley, ID. 2nd annual. From Sun Valley Resort, metric goes up Galena Summit and back, century up and over Galena and back. 150 starts in Idaho City. Run concurrently with Biketoberfest. Benefits the Leukemia & Lymphoma Society. Rob Nesbit, 208-371-5198, sawtoothcyclechallenge.blogspot.com

Sep 18: Tour de Vins

Pocatello, ID. 16-, 32- and 55-mile options, the longer routes ends with a 10-mile climb and 6.5-mile descent. Figure 8 loop. Ride through Portneuf, Marsh Valley and Rapid Creek. Starts at Idaho State Univ. PSUB building at 8:30am. Fundraiser for FS Alliance (family violence prevention). Wine tasting from 6:30-9:30pm in historic old town. Sarah Leeds, Family Services Alliance, 208-232-0742, FSAlliance.org

Sep 19: Can You See
Us Now?

Albuquerque, NM. Ride and rally. Raises awareness for fallen riders. Jennifer Buntz, BikeABQ, 505-400-6492, bikeabq.org

Sep 19: Good Sam Bike Jam

Lafayette, CO. Ride from Lafayette to Jamestown on 3 different routes (60, 40 or 25 miles). Benefits Exempla Good Samaritan Foundation. Laura Folsom, EGSMC Foundation, 303-689-5252, wellsleyarts.com/bike/index.html

Sep 23-Oct 7: The Wild Coast

Eugene, OR. From OR to San Francisco, CA. Come and join us as we experience

the cream of the West Coast. View rugged seascapes, explore tidal pools, comb sandy beaches, visit pastoral farms and stand in awe in famed redwood forests. Ride through Eureka, Crescent City, Trinidad and Petrolia. Van supported. Elliot Bassett, Adventure Cycling Association, 800-744-2453 x 3, adventurecycling.org

Sep 25: Durango Fall Blaze

Durango, CO. Enjoy the fall colors in the San Juan Mountains with 37-, 60- or 100-mile options. Proceeds benefit Cycling Scholarship Fund at Fort Lewis College. Fully Supported. Start at Campus Clocktower 8am. Larry and Jana Goldstein, Fort Lewis College, Cycling Club, 970-759-1329, durangofallblaze.com

Sep 25: Heber Valley Century

Heber City, UT. Ride through the scenic splendor of the Wasatch mountains. 25-, 50-, 65- and 100-mile options. Biathlon option. Enjoy the autumn's finest during this fun and challenging ride that visits the Olympic venues. Proceeds Help support Huntsman Cancer Institute. Bob Kinney, Bike 2 Bike, 801-677-0134, bike2bike.org

Sep 25: Mountains to the Desert Ride (M2D)

Telluride, CO. New route this year, from Telluride to Gateway. Multiple distances up to 135 miles. Benefits Just for Kids Foundation. Mountains To The Desert Ride, 970-728-4454, m2dbikeride.com

Sep 25: Stove Prairie - Clockwise - 200km Brevet

Longmont, CO. Horsetooth plus Stove Prairie or Rawhide loop. Start 8am at Conoco, I-25 exit 243. ACP brevet. Rocky Mountain CC, rmccrides.com

Sep 25: Tour de Ruidoso Century

Ruidoso, NM. Challenging century begins at 6,900' and rolls through one of the most scenic and challenging cycling

routes in New Mexico. Several mountainous climbs of 8%. Option of 100km or 20-mile fun ride. Benefits Ruidoso Hospice Foundation. Steve Hightower, Ruidoso Hospice Century, 505-336-1151, bicycleruidoso.com

Sep 25: West Yellowstone Old Faithful Cycle Tour

West Yellowstone, MT. Fully supported 60-mile ride from West Yellowstone, MT, into Yellowstone Nat'l Park, to Old Faithful and back. Glimpse elk, bison, geysers, and hot pots. Nat'l Public Lands Day so it's free travel throughout the park. Limit 300. Sara Hoovler, West Yellowstone Chamber of Commerce, 406-599-4465, cycleyellowstone.com

Sep 26-Oct 2: OATBRAN

Lake Tahoe, NV. Follow the Legendary Pony Express Trail on U.S. Hwy. 50 - America's Loneliest Road, 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully-supported motel-style tour. Curtis Fong, 800-565-2704, bikethest.com

Sep 26: Tour of Acoma

Acoma, NM. Tentative date. Ride the 25-, 50- or 100-mile route in the Acoma and Laguna reservations usually not open to the general public. Century starts at 7am, others at 8am. Early registration recommended. Aaron Lowden, Sky City Cultural Center, 505-552-7888, acomaskycity.org

OCTOBER
Oct 2: Josie Johnson Memorial Ride

Salt Lake City, UT. Raise awareness for bicycle safety and bring the community together. Travel from Sugarhouse Park to the mouth of Big Cottonwood Canyon and back. Start 10:30am. No reg. fee but donation accepted. Ken Johnson, Utah Bicycle Coalition, 801-205-1039, josiejohnsonride.com

Oct 3: Gran Fondo Boulder
Boulder, CO. A 65-mile (105km) ride that takes cyclists along country roads, through rock-walled canyons and over scenic mountain byways of the Colorado Front Range. Open to all. Starts at Boulder County Fairgrounds, rest stop every 20 miles. Limit 3000. Italian Bicycle Group NA, ciclosportivo.blogspot.com

Oct 3-9: Hawaii
Kona, HI. Ride parts of the Ironman course, explore coffee country & volcano lands, cycle little-known routes. Luxury tour includes biking, hiking & boat cruise. Also in Nov., Dec. Budget and Classic Plus tour options available. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Oct 9: Apple Valley Populaire
Boulder, CO. Open to all. Scenic foothills ride with

autumn foliage. 129km. Starts at East Boulder Community Center 10am. RUSA sanctioned. Rocky Mountain CC, rmccrides.com

Oct 9: Ride in the Clouds Century
Cloudcroft, NM. Beautiful ride in pristine Lincoln National Forest and visit the National Solar Observatory. Start at 9,400' elevation. Bob Kinney, Bike 2 Bike, 801-677-0134, bike2bike.org

Oct 9: RTC Viva Bike Vegas
Las Vegas, NV. 35, 62- and 118-mile rides from Las Vegas to Lake Mead with some rolling road closure. Finish line festival. Proceeds benefit Nevada Cancer Institute and Las Vegas After-School All-Stars Program. Alison Blankenship, Regional Transportation Commission of S. Nevada, rtcnv.com

Oct 9: Trek WSD Breast Cancer Awareness Ride
American Fork, UT. 20-mile casual ride for women & their support network. Start at Trek Bicycle store (356 North Meadow Lane) at 9:30am, followed by raffle. All proceeds benefit the Breast Cancer Research Fund. Vegas Sharp, 801-763-1222, trekaf.com

Oct 10: Tour de Cookie
Albuquerque, NM. Tentative date. Fun 34 or less mile ride. Visit all 10 cookie stands or shorten the distance by going to select ones. Starts at ABQ Running Shop. Randi Arriola, tourdecookie.com



CLOSER LOOK

Oct 16: Tour de St. George

Beginning at 8:00 a.m. at St. George Town Square, this year's course will take riders through three Utah State Parks: Snow Canyon, Sand Hollow and Quail Creek. All three groups start simultaneously and leave via Washington Fields to reach Hurricane Highway, where the 30-mile riders turn back toward the start. 65- and 100-mile riders continue around Sand Hollow State Park and into the town of Hurricane, make the ascent to the city of Toquerville, and then descend into Quail Reservoir State Park. At this point, the 65-mile riders will turn back and take an alternate route back to St. George. Century riders will continue up to Snow Canyon State Park via the Red Hills Parkway. This ride is fully supported and October is the perfect time to experience riding in this part of the country.

Location: St. George, UT

Organizer: Spin Geeks

Website: tourdegeorge.com

Distance: 30, 65 and 100

Services: Lunch, rest stops, T-shirt, finish line festival, Swag bag



MOUNTAINS TO THE DESERT RIDE
Telluride, CO to Gateway, CO
Multiple distances up to 135 miles

September 25, 2010

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www.m2dbikeride.com
or call 970.728.4454

For the benefit of:



Oct 16: Tour de St. George
Fall Century

Saint George, UT. Ride around Snow Canyon State Park, Quail Creek Reservoir and Sand Hollow. Challenging route, fully supported with rest stops and lunch. 30, 65 and 100 miles. Starts from Town Square at 8am. Ryan Gurr, Tour de St. George, 435-680-0705, spingeeeks.com/falltour.html

Oct 16-17: Cave Creek Tour

Roadforks, NM. 2-day event. 45 miles per day. Scenic and easy ride from Roadforks to Portal, AZ, via Cave Creek Canyon. Meals included, overnight in cabins. Limit 46 riders. Sylvia Schick-Young, GABA, bikegaba.org

Oct 23: Black Mountain Side

Radium Springs, NM. 300km brevet. Truth or Consequences. Start 5am. Out and back in remote, mountainous countryside. Mix of long and steep climbs in the rolling hills of the Black Range. Minimal traffic. Self-supported, RUSA event. NM Brevet Series, nmbrevets.com

Oct 23: Ride to Empower

Springdale, UT. A destination event. Ride up to 100 miles on rolling course. Weekend activities include BBQ, orientation ride and breakfast. Minimum fundraising. Deb Bowling,



Photo courtesy of LAGBRAU / Boris Z.

Ride from Moab to Cedar City, UT (or part of it) during LAGBRAU scheduled for August 26 - September 4.

Breast Cancer Network of Strength, 818-889-2453, ride.networkofstrength.org

Oct 23: White Sands Century

Tularosa, NM. nmcycling.org

Oct 23: WSNM Moonlight Ride

Holloman AFB, NM. Dunes Drive open to bicycle only for 3 hours after dark. Lights mandatory. Limited number of participants. Call to reserve. Registration opens May 10. White Sands Nat'l Monument, 575-679-2599 ext 111, nps.gov/whsa/planyourvisit/moonlight-bicycle-rides.htm

Oct 24: Day of the Tread

Albuquerque, NM. Start/finish at Embassy Suites Hotel & Spa. For all ages and abilities. 12, 26, 54, 80 or 100 miles. New half-marathon of cycling and running. Celebrate Halloween. Prizes for best costumes. Includes T-shirt, map, water bottle. Benefits Carrie Tingley Hospital Foundation & Casa Esperanza. Sports System, dayofthetread.com

Oct 27: Fatter-day Ride
Saratoga Springs, UT. Burn off a bit of turkey and pie calories riding to the top of Sun Crest. Bring a donation for the Utah Food Bank as your entrance fee. Dan Burton, Epic Biking, 801-653-2039, epicbiking.com

DECEMBER

Dec 4: Radium Springs

Radium Springs, NM. 200km brevet. Ride heads north through chile and cotton fields and pecan orchards of the Lower Rio Grande Valley. Start 7am at Leasburg Dam State Park. RUSA event. NM Brevet Series, 505-263-7090, nmbrevets.com

CLOSER LOOK

Oct 24: Day of the Tread

This autumn, when tour season is gradually gearing down, instead of settling into winter hibernation early, celebrate the end of another great year with Day of the Tread, a family-oriented, Halloween-themed ride through some of northern New Mexico's finest scenery. With routes ranging from 12 miles to a full century tour, this fun-filled event provides and opportunity for riders of almost every skill level to experience. Those without a bicycle can still participate by running or walking the 5k and 10k pumpkin-lined courses through Albuquerque neighborhoods. Aid stations are fully stocked, and themed, and the post-ride celebration is guaranteed to be a good time — with costume contests and an awards ceremony for everyone in attendance. Proceeds benefit the Carrie Tingley Hospital Foundation and Casa Esperanza as well as the Leukemia and Lymphoma Societies.

Location: Albuquerque, NM

Organizer: Sport Systems

Website: dayofthetread.com

Distance (mi): 12, 26, 54, 80 and 100

Services: T-shirt, post event celebration



INSIDE LOOK

MOUNTAIN BIKE CALENDAR

MARCH

Mar 21-23: White Rim Trail

Moab, UT. Travel the 90-mile White Rim Trail in the Island in the Sky district of Canyonlands Nat'l Park for stunning vistas, geologic formations & side trips to Indian dwellings. 4-day & 3-day options available, through end of May, Sept.-Oct. Rim Tours, rimtours.com

APRIL

Apr 29-May 2: Fruita Fat Tire Festival

Fruita, CO. Come join the fun at Colorado's "kickoff" to mountain bike season in beautiful red rock country. Visit the shop that started it all - Over the Edge Sports - and join the fun at Civic Center Park in downtown Fruita. Bike expo, live music, Clunker crit, prizes, fun. Event Marketing Group LLC, 303-635-2815, emgcolorado.com

Apr 29-May 2: Kokopelli Trail

Fruita, CO. 4 days, 142 miles of desert singletrack, jeep trails and retired railroad from Moab, UT to Fruita, CO. Rest stops and lunches. Camping, gear transportation. Also available May 6-9. Bikerpelli Sports, 303-875-9111, bikerpelli.com

Apr 30-May 2: P.A.S.S.

Bookcliffs Trailfest

Price, UT. Trail rides, trail building, demos, food, live music, chaos & mayhem. Friday afternoon warm-up ride will be pretty mellow with a party atmosphere, Saturday & Sunday we ride for real. HQ is at BicycleWorks. Fuzzy Nance, 435-637-2453, fuzzysbicy-cleworks.com/TrailFest

MAY

May 8: Yellow Fork Ride

Herriman, UT. Choose to ride either of the courses, beginner or advanced. Start at 9:15am at Butterfield Park before riding to Yellow Fork. Free to enter. Kami, Infinite Cycles and Healthy Herriman, 801-913-3251, pedalpalooza.infinitecycles.com

May 12-16: The Maze

Canyonlands National Park, UT. 5- and 7-day mountain bike tour of the Maze District of the National Park. Travels over mesa and through canyon terrain. Intermediate to advanced riders. Also available 9/6 and 9/27. Magpie Adventures, 800-546-4245, magpieadventures.com

May 13-16: Tour de Bloom

Grand Junction, CO. COPMOBA's fundraising tour between Grand Junction and

Moab, UT. 4-day, 152-mile mountain bike tour along the Kokopelli Trail. Fully supported and catered event. COPMOBA, 970-244-8877, copmoba.org

May 14-16: San Rafael Swell MTB Festival

Huntington, UT. 24th annual. Celebrating biking and the social aspects of riding. Activities include long day rides for all levels, group rides. Pre-ride pasta dinner & drawing, post-ride Dutch-oven cookout around the campfire and more. MECCA, biketheswell.org

May 16: Mission to Ride

Montrose, CO. Guided rides by the Colorado Plateau MTB Trail Association. Ride the Gunnison Gorge National Conservation Area. Easy 7.5-mile route. Advanced 12-mile distance requires technical skills. Four road distances available. Benefits Montrose Medical Mission. Mission to Ride, missiontoride.com

May 22: 4th Annual Amazing Earthfest

Fredonia, AZ. Joy Jordan Woodhill Trail Ride (BLM): 12-, 20-mile non-technical loops on hardpack with views of the Kaibab Plateau & the colorful cliffs of the Grand Staircase. Meet at Fredonia Welcome Center on US 89-A. Also road ride. Rich Csenge, amazingearthfest.com

Feeling left out this year?

To advertise in the 2011 Tour Guide, contact us before Jan. 15, 2011 at sales@bicyclepaper.com 206.903.1333

for Utah contact Dave Ittis at dave@cyclingutah.com 801.328.2066



May 28–31: Black Hills Fat Tire Festival

Rapid City, SD. Event filled with races, tours, vendors, socials, food, music and more. Miles of singletrack trails for every skill level can be found within a few miles of the city limits. Kristy Lintz, Rapid City Department of Parks & Recreation, 605-394-4168, bhfatfestival.com

May 28–30: Dinotrax - Numb Fest

Vernal, UT. 3 fun and action-packed days of riding and festivities. Organized trail rides each day based on ability level, evening gathering, food, beverage, revelry & prizes. All events in & around the Uintah Basin. No entry fee. Troy, Altitude Cycle, 435-781-2595, altitudecycle.com

JUNE
Jun 6: Subaru Elephant Rock Cycling Festival

Castle Rock, CO. Don't miss the excitement and camaraderie of the 23rd annual pilgrimage to Castle Rock for the Rocky Mountain regions premier cycling festival. 25-mile course starts/finishes at Douglas County Fairgrounds. 1500 rider limit. Travel on dirt & paved roads and bike paths. Start 8–9:30am. Post event picnic and cycling expo. Scott Olmsted, Rocky Mountain Events Inc, 303-282-9020, elephantrockride.com

Jun 11: Tour Divide

Banff, AB. From Banff to Antelope Wells, New Mexico. Self-supported, 200,000' of climbing, 2745 miles. Follows the ACA Great Divide MTB route. tourdivide.org

Jun 13–18: Bryce to Zion

St. George, UT. 6-day tour between two national parks, on double and singletrack, covering 15-48 miles per day, 4 nights camping and 1 night inn stay. Intermediate level. Available June, July, Aug. Western Spirit Cycling Adventures, 800-845-2453, westernspirit.com

Jun 13–19: Desert RATS

MTB Tour
Moab, UT. Fully supported 6-day MTB tour from Grand Junction, CO to Moab, UT, along the 148-mile Kokopelli Trail. Between 19-40 miles per day on intermediate level trails. Run in conjunction with Desert RATS running race. Reid Delman, Gemini Adventures, 303-249-1112, geminiadventures.com

Jun 13: Gold Belt Century

Parker, CO. Dirt road randonneur-type event. 75% dirt road, 25% paved. Ideal for road bike with 25c tires or MTB with fast tires. 100 miles / 6500' climbing. Self-supported, SAG wagon. Kirk Webster, Creekside Bicycles, 720-851-8600, dirtycentury.com

Jun 13–18: White Rim

Teenager Trip
Moab, UT. Perfect spring break. 4-day tour of moderate difficulty

covering 14-27 miles per day, with camping in Canyonlands Nat'l Park. Available March/April. Western Spirit Cycling Adventures, 800-845-2453, westernspirit.com

Jun 19: The Big Mick

Hot Springs, SD. Century mountain bike ride, also 32-, 50-, or 61-mile distances offered. Mickelson Trail Affiliates, 605-745-363, thebigmick.org

Jun 20–25: Grand Staircase Escalante Mountain Singletrack

Panguitch, UT. 6-day, 150-mile guided tour of the Grand Staircase and Escalante River areas, including Hells Backbone and Gap Mountain Trail. Tour includes 6-night cabin stay and food. Also available: 7/11, 8/13, 9/5. Escape Adventures, 800-596-2953, escapeadventures.com

Jun 23–27: Crested Butte

Fat Tire Bike Week
Crested Butte, CO. 30th annual, week-long mountain bike celebration including group rides with locals and celebrities, Rippin Chix clinics with Alison Gannett, concert, races and more. Scott Still, Crested Butte Chamber of Commerce, 800-545-4505, ftbw.com

Jun 27–Jul 3: BC Bike

Race Challenge
Victoria, BC. An epic 7-day adventure from Vancouver to Whistler on some of the worlds sweetest singletrack. Categories: Solo, teams of 2, 3, 4 and 5. Teams of more than

CLOSER LOOK
June 13: Gold Belt Century

This unique Randonneur-style event — non-stop, mostly self-supported and on 75 percent dirt roads — is available to those who are willing to pay for it. The course is a rugged 100-mile loop, starting and ending at the Broadmoor in Colorado Springs, and includes one long stretch of asphalt from the starting line to Penrose. Riders skilled at dirt handling on road or 'cross bikes will feel right at home, although strong mountain bikers will likely find plenty to love as well. The ride features rock tunnels, boardwalks, and a final descent that will leave an impression on any rider tough enough to make it that far.

Location: Parker, CO

Organizer: Kirk Webster

Website: dirtycentury.com - coloradodirtroads.blogspot.com

Distance (mi)/(ft): 100/6,500

Services: SAG vehicle for \$20

2 are in a non-competitive, recreational category, able to skip stages. Sells out early. Dean Payne, BC Bike Race, 778-846-5746, bcbikerace.com

JULY

Jul 16-18: Fat Tire Classic

Winter Park, CO. 19th annual. Head to Fraser Valley for 2 days of world class mountain biking and hiking. Perfect for all abilities. Whether you're and avid hiker, advanced biker or just want to enjoy Winter Park, there's something for all. 6 catered meals, T-shirt and Saturday Night Celebration w/ live music, contests, food, beverages and much more. Benefits National Sports Center for the Disabled and American Red Cross. Brad Jesse, 303-293-5311, fattireclassic.com

Jul 18-23: New Mexico

Singletrack

Santa Fe, NM. Designed for serious mountain bike riders ready to be challenged by sweet singletrack. A journey through NM highest mountains. Also available Aug/Sept. Escape Adventures, 800-596-2953, escapeadventures.com

Jul 25: Rawhide Divide Ride

Butte, MT. 35 miles of Basin Creek Park singletrack on the Continental Divide Trail from Basin Creek reservoir to Homestake Lodge. 2 supported aid/rest stations, BBQ. Warren Smith, 406-490-2556, homestakelodge.com

Jul 30-Aug 1: Bike Babes

Mountain Bike Get A Way Breckenridge, CO. Fine tune your riding skills on pristine singletrack. Weekend includes rides, skill building sessions, massages, great food and more. Perfect for advanced beginners to advanced intermediate riders. Leslie, Babes in the Backcountry, 970-453-4060, babesinthebackcountry.com

AUGUST

Aug 29: Crest Crank

Salida, CO. Tentative date. Ride on the Crest Trail and raise funds for the Alliance Against Domestic Abuse. 20 miles of unbelievable singletrack on Monarch Pass. Alliance Against Domestic Abuse, 719-539-7347, crestcrank.org

SEPTEMBER

Sep 11-12: Pearl Pass Tour

Crested Butte, CO. The oldest mountain bike event in the world celebrates Mountain Biking Hall of Fame inductees. 34th annual Pearl Pass Tour to Aspen. 38-mile ride starts at 9am. Free entry, gear shuttle for \$10. Mountain Bike Hall of Fame, 970-349-6817, mtnbikehalloffame.com

Sep 11-12: Tour of the

Tetons

Jackson Hole, WY. 5-day guided tour of the Teton area, including Horseshoe Creek and Bondurant areas. Also, one day of Snake River rafting. Trip travels dirt roads, double and singletrack trails. Teton Mountain Bike Tours, 800-733-0788, tetontmtbike.com

Sep 24-26: Castle Country

Single Track MTB Festival Price, UT. 2nd annual. Great Carbon County MTB recreational rides for all levels. Evening festivities, 2 meals included, bike raffle, fun for everyone! All rides over newly developed singletrack system. Steve Christensen, Carbon County Recreation, 435-636-3702, carbon.utah.gov

Sep 24-26: San Rafael Swell

Fall Festival

Huntington, UT. 8th annual. Similar to the spring event, it celebrates biking and the social aspects of riding. Many day rides for all levels, pasta dinner, drawing, post-ride Dutch-oven cookout around the campfire and more. MECCA, biketheswell.org

Sep 24-26: White Rim Trail

Moab, UT. Travel the 90-mile White Rim Trail in the Island in the Sky district of Canyonlands Nat'l Park for stunning vistas, geologic formations & side trips to Indian dwellings. 4-day & 3-day options available, through end of Oct. Rim Tours, 800-626-7335, rimtours.com

Sep 27-Oct 1: The Maze

Canyonlands National Park, UT. 5- and 7-day mountain bike tours of the Maze District of the National Park, travel over mesas and through canyon terrain. Intermediate to advanced riders. Maggie Adventures, 800-546-4245, maggieadventures.com

Sep 30-Oct 3: Outerbike

Moab, UT. Take advantage of demo days to ride your dream bike on world famous trails, including Slickrock. Registration is \$150, and participants will receive demos for four days, lunch at the trailheads, and discounted tickets to evening parties and films. Sean Hazell, 800-845-2453, outerbike.com

OCTOBER

Oct 2: Road Apple Rally -

Tour

Farmington, NM. The longest running annual MTB race in the world is offering a scenic tour for those who prefer not to race. Do it at your own pace. Need to be 12 and over. Fee includes T-shirt and lunch. The event is lead by local biking enthusiasts that are familiar with trails that surround Lions Wilderness Park Amphitheater. Also kids rodeo. Shawn Lyle, roadapplerally.com

Oct 29-31: Moab Ho-Down Bike Festival

Moab, UT. 5th annual MTB festival includes townie tour and movie premiere, group rides, Super D race, DH, Dirt Jump contest, Halloween costume party, prize giveaways and just an all-around good time. Tracy Reed, 435-259-4688, moabhardown.chilebikes.com



INSIDE LOOK

TIPS AND MORE INFO

Common Brake Adjustment

By Joe Wilson

When the braking system on a bicycle doesn't function properly it's both a displeasure to ride

and can be quite dangerous. This article will focus on the examination and adjustment of cable actuated braking systems found on road, cyclo-cross and some mountain bikes. The primary focus will be on caliper, center-pull cantilever, and direct-pull v-type brakes.



Cantilever Brake

Before attempting to service any rim-style brake system there are a few things that must be in order. First, the cable system must be in good working condition. If there's excessive friction due to corrosion or damage to the brake cables, buy new ones. In addition to the cables, observe the condition of the wheels. More specifically, ensure the wheel sits firmly in the dropouts of the frame/fork and its trued and dished properly; if this is not the case, any adjustments made will be futile.

Some may find it easier to remove the tires and tubes from the rim, especially on bikes with larger tires that obstruct the view of the brake pad/rim interface. The tools you need to adjust brakes usually consist of a 5mm Allen key, 10mm open-end wrench and a small piece of sandpaper. Additionally, a Hozan 4th Hand tool allows you to pull the cable with one hand and tighten the cable anchor bolt with the other.

First, examine the pads for wear by loosening the brake cables, bringing the pads away from the rim. Most cantilever brakes will unhook via the straddle cable either at the brake arm or at the cable itself. For direct-pull brakes the cable

will enter a "noodle" on the side of the arm. It's designed so it can be unseated to release tension. Caliper brakes typically have a quick release on the caliper or at the lever.

Next, check the wear line of the pad. If it's worn to the line it should be replaced. Also, if there are bits of metal embedded in the pad's surface it should be replaced. Otherwise, lightly sand the pad surface and go to the next step.

When the brake lever is actuated the pads should approach the rim uniformly and contact it evenly. If they don't, adjustment is necessary. Most brake sets have a way of adjusting the pad position either integrated into the brake post mount or via a set of concave and convex washers on the post of the brake pad. I recommend loosening the pad just enough to allow for slightly labored movement.

Adjust the height so the pads approach and contact the rim surface squarely. They should not overlap the rim in either direction or contact the tire or extend below the rim. Adjust the angle of the pads so when viewed from the side the contour of the pads follow the contour of the rim. Adjust the "toe" of cantilever brake pads so the front of the pad contacts the rim first; a couple of mil-

limeters is usually sufficient - skipping this step may cause an annoying squeal when you go to slow down or stop.

Direct-pull v-type pads are designed to operate without toe, and, generally speaking, caliper brakes should be set with zero toe. However, a squealing brake sometimes war-

rants toeing of the pads on caliper brakes as well.

How far the pads extend from the brake arms is usually not an issue for direct pull v-brakes and caliper brakes. V-type brakes typically have



Caliper Brake

Photo courtesy of Seattle Bike Supply

Photo courtesy of Seattle Bike Supply

two washers that are of different sizes, allowing some adjustment of the extension. If the arms are too close to the tire or wheel, the thicker washer should be positioned on the inside and the thinner one on the outside. If the arms are positioned too far outboard, the location of the washers should be reversed.

Center-pull cantilever brakes with post mount style brake pads will require the most attention. Generally, it's good to position the pad close to the brake arm. On some newer low-profile style brakes, it will be necessary to utilize a fair amount of extension.

Once the above adjustments have been finalized, tighten the brake pads to ensure that they do not move.

The centering adjustment provided on most brakes is adjusted via a Phillips head or an Allen head near the brake post. Tightening the screw will increase tension and loosening will decrease tension. If the pad is closer to one side than the other and all other adjustments are in order, tighten that side. Maintain a balance on both sides while centering



V Brake

Photo courtesy of Seattle Bike Supply

the brake. Dual pivot caliper brakes have an adjustment on the caliper to center the brake.

It is important to make sure the cable tension is where you prefer the lever throw (how hard you have to squeeze to engage the brakes). The cable can be pulled to adjust lever throw at the cable anchor bolt by loosening the bolt, then the pulling cable then re-tightening the anchor bolt. This is where the Hozan 4th hand is useful.

A properly adjusted brake will make cycling a more enjoyable experience. Be sure to periodically check your brakes for excessive wear or damage. If there are any questions that arise in the course of adjustment that are not explained in this article, consult a professional bicycle mechanic.

Joe Wilson is a professional bike mechanic at River City Bicycles in Portland, OR. He is also an event mechanic for Best Buddies Int'l. and a race mechanic for team Mosaic Smalti. He may be reached at joew@rivercitybicycles.com

...Kirkpatrick Macmillan, a Scottish blacksmith, is credited for inventing the first bicycle in 1840?

...riding a bike at a speed between 10-12 miles an hour burns 400-500 calories an hour?

...for the energy equivalent it takes to burn one gallon of gas, you can bike for more than 700 miles?

...there are close to 1.4 billion bikes and only about 400 million automobiles in the world?

...20 bicycles can be parked in the same amount of space it takes to park a car?

...a dollar bill or energy bar wrapper can be used to temporarily patch a tire's blown sidewall? Simply place inside the tire where the hole is, pump up functional tube and ride slowly home.

...in wet weather you should tap your brakes to slow down? This gradually dries the rims, giving you better stopping power while preserving your brake pads.

...you should aim for 90+ rpm pedaling cadence

...you shouldn't wear underwear under your cycling shorts (unless your trying them on in a store before buying)? Your short's chamois is there for a reason.

...butt cream / chamois butter prevents chafing and can increase your comfort dramatically?

...a bike that fits you properly increases your efficiency and overall comfort?

...the recommended tire pressure is indicated on the tire sidewall?

... Bike paint generally weighs 80 to 150g

...you should drink a little water at regular intervals, even when you are not thirsty, in order to prevent dehydration?

...if you help someone in need, someone will do the same for you when you need it? Give someone your spare tube, it will get back to you at some point.



INSIDE LOOK

LOCATIONS AND DISTANCES





INSIDE LOOK

ROCKY MOUNTAIN CYCLING CLUBS

Tired of riding alone? Looking for a club to join in your area? Need to find weekly rides or riding partners while visiting one of the Rocky Mountain regions? Below is a list of clubs in the area.

COLORADO

Aspen

Aspen Cycling Club - aspencyclingclub.org

Boulder

Boulder Bicycle Commuters -

boulderbicyclecommuters.org

Boulder Mountain Bike Alliance - bma-mtb.org

GS Boulder Cycling - gsboulder.com

Swift Cycling Club - swiftcycling.com

Title Nine - titleninecycling.com

Women on Bikes/Women on MTB -

womenonbikes.com

Castle Rock

6202 Cycling - 6202cycling.org

Centennial

Front Rangers CC - frontrangersdenver.org

Colorado Springs

Colorado Springs CC - bikesprings.org

International Christian CC - Colorado -

coloradoiccc.org

Medicine Wheel - medwheel.org

Crested Butte

Crested Butte Mountain Bike Association - cbmba.org

Denver

Bognor Regis Cycling - bognorregiscyclingclub.org

Defined Fitness Training, LLC -

definedfitnesstraining.com

Denver Bicycle Touring Club - dbtc.org

OUT Spokin' - outspokin.org

Rocky Mountain Bicycle Boys - rmmb.org

Rocky Mountain Road Club -

rockymountainroadclub.org

Dolores

Ciclistas Del Rio - ciclistasdelrio.blogspot.com

Durango

Durango Wheel Club - durangowheelclub.com

Englewood

Mesa State College CC - org.mesastate.edu/cycling

Evergreen

Team Evergreen Bicycle Club - teamevergreen.org

Fort Collins

Fort Collins CC - fccycleclub.org

Golden

Colorado Tandem Club - coloradotandemclub.org

Highlands Ranch

Highlands Ranch CC - highlandsranchcycling.com

La Veta

Spanish Peaks Cycling - spcycling.org

Lakewood

Colorado MTB Association - comba.org

Velo Project LLC - veloproject.com

Loveland

P.E.D.A.L. - pedal@frii.com

Pagosa Springs

Wolf Creek Wheel Club - ph: 970-731-9145

Salida

Amicas CC - southcentralracing.com

Steamboat Springs

Routt County Riders Bicycle Club -

routtcountyriders.org

SSWSC Cycling Club - sswsc.org

Wheat Ridge

Rocky Mountain CC - rmccrides.com

NEW MEXICO

Albuquerque

Active Knowledge - activeknow.com

Café Giuseppe - cafegiuseppe.com

FooMTB - foomtb.org

High Desert Bicycles - highdesertbicycles.com

New Mexico Touring Society - nmmts.org

Rio Cycling Club - riocyclingclub.com

Spokez Outdoor CC - sportzoutdoor.com

Women Riding Well - womenridingwell.com

El Prado

Taos CC - taoscycleclub.com

Farmington

Velo de Animas - velodeanimas.com

Las Cruces

Bike and Chowder Club - bike_and_chowder_club.home.Comcast.net

Los Alamos

Tuff Riders MTB Club - tuffriders.losalamos.com

Ramah

Trips for Kids - tripsforkids.org

Red River

Red River Bicycle Club - redriverbikeclub.com

Roswell

Roswell Bike Club - roswellbikeclub@gmail.com

Ruidoso

Bicycle Ruidoso Club - bicycleruidoso.com

Santa Fe

Pedal Queens - pedalqueens.com

Santa Fee Road Riders -
sports.groups.yahoo.com/group/SFRoadriders
 Santa Fe Seniors on Bikes Cycling Club -
santafesobs.com

Silver City

Silver Spokes Bicycle Club - silverspokes1.tripod.com
 Socorro Striders and Riders -
stridersandrider.blogspot.com

Cedar Crest

NM RUSA Randonneurs - nmbrevets.com

UTAH

Alpine

UtahMountainBiking.com - utahmountainbiking.com

Bountiful

Bountiful Mazda CC - bmbbc.com

Cedar City

Color Country CC - colorcountrycycling.org

Draper

Canyon Bicycles/VeloCity Cyclists - mike@bicycles.us

Hurricane

Cactus Hugger Cycling Club - cactushuggers.org

Kaysville

Biker's Edge - bebikes.com/team

Logan

Cache Valley Veloists Bicycle Touring Club -
cvveloists.org

Ogden

Autoliv CC - brian.petersen@autoliv.com

Orem

Utah Rocky Mountain Bikers (URMB) - urmb.org

Park City

Young Riders - youngriders.com

The X-Men - x-mencyclingteam.com

Price

Dirt Betty Social Society - dirtbetty.com

Price Area Singletrack Society -

groups.msn.com/PriceAreaSingletrackSociety

Salt Lake City

Bike2Bike Club - web.bike2bike.biz

Bonneville CC - bbtc.net

Contender Bicycles CC - contenderbicycles.com

Pedro's Salt Lake City - pedrosSLC.com

Salt Lake CC - ridemybike.com

SLC Bike Collective - slcbikecollective.org

Sugarhouse CC - sugarhousecyclingclub.com

The Fan Cycling Club - TheFanCycling.com

Utah Velo Club - utahveloclub.com

Wasatch Mountain Club - wasatchmountainclub.org

Sandy

Wasatch Women's CC - consultjr@msn.com

South Jordan

Team Inertia CC - golsancycles.com

WYOMING

Casper

Casper Wheelmen - rick.martz@westernsling.com

Cheyenne

Cheyenne CC - cheyennecyclingclub.org

Evanston

Evanston CC - evanstoncycling.org

Lander

Lander CC - landercycling.org

Laramie

Laramie Bicycling Network - laramiebikenet.com

Thayne

Cycling Association of Star Valley - casv.org

...to go on your tour, take a few minutes to make sure you have packed everything you may need. Here is a quick checklist.

Bike Inspection:

Lube up the chain
 Air-up your tires and pack the pump for the trip
 Check seat height, shifters, brakes, etc.
 Ride the bike a little to make sure everything is working well
 Reset your computer

Took Kit:

Multi tool
 8mm hex key
 Chain tool
 Pump or CO2 cartridge

Small patch kit and fresh glue
 Spare tube
 Spoke wrench
 Spare cleat

Cycling Gear:

Helmet
 Glasses
 Gloves
 Jersey/undershirt
 Jacket/raincoat
 Arm/leg warmers or tights
 Shorts
 Socks
 Shoes

Booties
 Cyclo-computer
 Water bottle
 Liquid
 Snack food (power bar type)

Personal Items:

ID card and money
 Handy wipes
 Electrical tape
 Butt cream/chamois butter
 Towel and clean up kit
 Spare clothes
 Warm jacket



RM TOUR GUIDE

INSIDE LOOK TOUR COMPANIES

Below are commercial companies that are from the Rocky Mountain region or offer tours in the area.

ADVENTURE CYCLING ASSOCIATION

adventurecycling.org

ADVENTURE OVERLAND EXPEDITIONS

aoeaventures.com

AMERICA BY BIKE

abbike.com

AUSTIN-LEHMAN ADVENTURES

austinlehman.com

BACKROADS

backroads.com

BIKERPELLI SPORTS

bikerPELLI.com

BICYCLE ADVENTURE CLUB

bicycleadventureclub.org

BICYCLE ADVENTURES

bicycleadventures.com

BICYCLE TOUR OF COLORADO

bicycletourcolorado.com

BIKE 2 BIKE

bike2bike.org

BLACK BEAR ADVENTURES

blackbearadventures.com

CARPENTER/PHINNEY BIKE CAMP

bikecamp.com

CHALLENGE UNLIMITED

bikithikit.com

COLORADO HEARTCYCLE

heartcycle.org

CYCLE AMERICA

CycleAmerica.com

CYCLING ESCAPES

cyclingescapes.com

DREAM CYCLE TOURS

dreamcycletours.com

DREAMRIDE

dreamride.com

ESCAPE ADVENTURES

escapeadventures.com

EXPERIENCEPLUS! BICYCLE TOURS

experienceplus.com

GILA TOURS

gilatours.com

HERMOSA TOURS

hermosatours.net

HOLIDAY EXPEDITIONS

holidaybikeexpeditions.com

KE ADVENTURES

keadventure.com

KNOWN WORLD GUIDE SERVICE, INC.

knownworldguides.com

MAGPIE ADVENTURES

magpieadventures.com

MELLOW VELO BIKES

mellowvelo.com

NATIVE SONS ADVENTURES

nativesonsadventures.com

NICHOLS EXPEDITIONS

nicholsexpeditions.com

NOO FUNTEERS

noofunteers.com

OUTPOST WILDERNESS

adventureowa.com

PACIFIC-ATLANTIC-

cyclingtourpactour.com

PLANET ULTRA

planetultra.com

RANDONNEE TOURS

randonneetours.com

RIM TOURS

rimtours.com

ROCKY MOUNTAIN CYCLE TOURS

rockymountaincycle.com

RUSTED ROCK TOURS

rustedrocktours.com

SACRED RIDES

sacredrides.com

SPRINGDALE CYCLE TOURS

springdalecycles.com

SOLFUN TOURS

moab-utah.com/solfun

TAILWIND TOURS

tailwindtours.com

TERRA TREK

goterratrek.com

TETON MOUNTAIN BIKE TOURS

tetonmtbike.com

TIMBERLINE ADVENTURES

timbertours.com

TIMBERLINE MOUNTAIN

biketours.com

TREKS N TRAILS

moabbiketours.com

UTAH OUTVENTURES

utahoutventures.com

WESTERN SPIRIT CYCLING

adventureswesternspirit.com

WOMANTOURS

womantours.com

ZION BIKE TOURS

bikingzion.com

RM TOUR GUIDE

Bicycle Colorado (BC)

BC is a statewide non-profit advocacy organization whose mission is to encourage and promote bicycling among children and adults, increase safety, improve riding conditions and provide a voice for all bicyclists in Colorado. BC works with government agencies throughout Colorado, the state legislature and the Governor to create statewide bicycle-friendly policies. BicycleColorado.org

Cycle Wyoming (CW)

Established in 2001 as a non-profit organization, CW's goal is to promote cycling and "Share the Road" among motorized and non-motorized users, and to provide education for safe cycling. CycleWyoming.org

MORE INFORMATION PLEASE

Utah Bicycle Coalition (UBC)

A non-profit organization that regroups advocates from all facets of cycling, UBC works to improve bicycling conditions throughout the state. Their mission is to promote and preserve the safety, opportunities, and responsibilities of cyclists through legislation, education and facilities development. UtahBike.org

Bicycle Coalition of New Mexico (BCNM)

BCNM is a non-profit organization dedicated to improving biking, and encouraging more people to ride by promoting cycling, providing safety education, and advocating for the rights of cyclists. BCNM activities can be divided into education, encouragement, engineering and enforcement. BikeNM.org

Make Colorado roads safer for bicyclists!



Order your Share the Road license plate at:

www.BicycleColorado.org

303.417.1544



BICYCLE
COLORADO



We aren't the best because we say so...
We're the best because THEY do:

"Our women's team loves the new **Eurostyle Chamois Butt'r!** It works great for every ride!"

~Lori Harkey, Subaru-Gary Fisher Elite Women's Team

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