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*2022 EVENT  
CALENDARS  
INSIDE!*

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1124 4th Ave  
Salt Lake City, UT 84103  
[cyclingwest.com](http://cyclingwest.com)  
Phone: (801) 574-3413

Dave Iltis, Editor, Publisher, & Advertising  
[dave@cyclingutah.com](mailto:dave@cyclingutah.com)

Assistant Editor: Lisa Hazel  
Assistant Editor: Steven Sheffield

David R. Ward, Founder  
Bob Truelsen, Founder

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Contributors: Chuck Collins, Dave Iltis, Alex Stewart, Lee Walman, Darrell Owens, Christina Hartsock, John Summerson, Heather Casey, Pat Casey, Tom Jow, Gayda Jean Collins, Anthony Nocella, Don Scheese, Sawyer Pangborn, Greg Hoole, Erica Tingey, Jess Deines, Eliza Linde, Scott Tribby, Dominique Powers

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Cover Photo: Touring the Colorado Rockies on Dunton Road near the summit close to Telluride. Photo by Alex Stewart

**BICYCLE TOURING**

**Riding the Rockies, Self-Supported: A Solo 1,400 Mile Tour of Western Colorado**



At the summit of Cottonwood Pass. Photo by Alex Stewart

By Alex Stewart

A lot has changed in our society since my first long-distance bicycle tour in 2018, from Park City, Utah to Jasper, Alberta. More than I would expect in a four-year time window. When we choose the bicycle as our mode of travel, we open ourselves

up to vulnerabilities we could've otherwise insulated ourselves from. As a result, we often get to have a degree of granularity in our experience unparalleled to the typical road trip. We get to see the supportiveness of the people in our society. The flip side of this coin is that we also open ourselves up to risks and can easily become the target of people's anger

and frustrations.

I dragged my feet for two weeks before deciding to go on this trip because I wasn't sure what environment I would find myself cycling through in 2022. In a country experiencing significant tension and uncertainty, I worried about increased hostilities and if the vulnerability of (especially solo) bicycle touring would be worth it. Partially because of this, I decided to travel close to home in a state where bicycling was more common. Despite living only a few hours from Colorado, I had never been south of Leadville — so not much further south than I-70. Like on my 2018 tour to the Canadian Rockies, I picked a destination I had long desired to visit for its beauty and challenge. This destination was the San Juan mountain range of southwestern Colorado. Along the way, I would cycle through many western Colorado towns, with dynamics both familiar and yet

Continued on page 12

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## ESSAYS

**Vulnerability Works!**

By Lee Waldman

Some of you may be familiar with my work. If you've raced in

Colorado, and are over 50, you might have seen me on my cyclocross bike since the 'cross bike is where I find my joy. Or, if you're a reader of CX Magazine then you might have read

my columns there. If neither of those are places that you frequent, then here's what you need to know about me. I'm opinionated and I'm not shy about sharing my opinions. I'm old



Lee Waldman in the Roubidoux Rendezvous. Photo by Jess Deines

and border on being curmudgeonly at times. It shows up in my writing. I'm a passionate cyclist, focusing mainly on cyclocross, gravel and a bit of mountain bike racing — I gave up racing on the road years ago. It just stopped being fun. My list of accomplishments is short, but my list of injuries is long. I may make you angry with what I write and that's ok. Feel free to let me know. I have thick skin. What I will try to do is share my love of the bike and my sincere belief in the beauty of cycling in all of its myriad of forms.

Some of you may be familiar with a researcher and writer named Brene Brown. She's written 5 books about, to put it simply, how we show up with our best self. And let's be honest, isn't that part of what we're all striving for every time we swing our leg over the bike and push off for a ride or race.

Last night I watched a documentary featuring her speaking about the connection between vulnerability and courage. I came away thinking about the courage to take risks and what the connection is between that and cycling. To me, it seems a logical connection and so, I'd like to share my thinking with you.

Think for a minute about the concept of vulnerability. What exactly does it mean? Here's how [Dictionary.com](https://www.dictionary.com) (via Google) defines vulnerability: "the quality or state of being exposed to the possibility of being attacked or harmed, either physically or emotionally."

Whether you race or ride for fitness and fun (yes, racing can be fun, but you know what I mean), I'm going to suggest that there is an element of vulnerability. I'm particularly vulnerable when I join a fast group ride, look down a "scary" technical section on my mountain bike, or simply line up for a gravel or cyclocross race. There's always the risk of physical harm, but it's the emotional risk of failing that I struggle with. Even at my age, having experienced a modicum of success on the bike, I still notice that element of worry and vulnerability every time. Be honest, how many of you reading this now have gone through the same thing?

So why do I / we practice vulnerability and open ourselves up to the risk of failure (whatever failure means to you)? We do it for one simple reason and that's the elation

that we feel when we've put it all on the line and come out the other side. I call that success. It might mean cleaning a section that you ride with your heart in your throat. I might mean setting your fastest time on Strava or your local time trial series. Possibly it means that you set a PR (personal record) in the last gravel race you rode, or, for the first time, you didn't get dropped on the Wednesday night group ride. Hey, it could mean that you didn't finish last in the cross race last weekend. What's important is that you allowed yourself to be courageous and take a risk. You were vulnerable.

What did you learn? That you can do amazing things if you're vulnerable enough to take a risk. One might even say that you had been courageous because, there is a definite connection there.

And that, my friends, is the beauty of cycling. It allows, even encourages us to open up to the vulnerability that goes with pushing our individual envelopes. It allows us to expand our world because we've jumped in with both feet, recognizing and then ignoring the possibility of failing because there is a very real chance that we will succeed. If we do that, then not only will we have proven Brene Brown correct, we will have grown not only as athletes, but as people because, we can then take that same courage into the challenges in our daily lives. Because cycling is a metaphor for "real life".

Now, take that vulnerability, take a risk, meet a challenge and do it this way: Go ride your bike!

Lee Waldman is a dyed in the wool cyclist and writer. He's held a USAC racing license for 42 years and has raced road, mtb., gravel and his love - cyclocross. He's a "recovering" middle school teacher and writer, having written for CX magazine for over 10 years. Most importantly, Lee is the proud grandfather of 5 grandchildren. Between training, racing, writing and being a grandpa, he's pretty busy. Lee has two things to share. He says that he was a pretty good dad, but he's a REALLY GOOD grandpa. He also lives by this quote from Satchel Paige: "How old would you be if you didn't know how old you are?"

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## EVENTS

## 5 Canyons Gears up for 5th Anniversary Epic Event



Riders in the 5 Canyons Bike Challenge in Big Cottonwood Canyon. Photo by Sawyer Pangborn,



Riders in the 5 Canyons Bike Challenge. Photo by Sawyer Pangborn,

By Greg Hoole

5 Canyons is celebrating its 5th anniversary by adding several additional course options for those who want to enjoy the beauty of the Wasatch Mountains in early fall but are not necessarily interested in tackling all five of Salt Lake Valley's canyons in a single day.

Starting this year, riders will be able to choose to ride one, two, three, four, or all five canyons in any combination they want. Or they can simply choose to ride the 25-mile "Straight Shot" course from start to finish.

Five years ago, at the inaugural 5 Canyons ride, only 20 or so riders threw their hats into the ring to climb all five canyons—and only seven finished. The ride has grown significantly since then and draws

high praise from its participants.

"Riding all five canyons has long been a goal of mine," Daniel Blaiser commented, "and knocking that off the bucket list was awesome. I really appreciated the well-stocked aid stations and the eager cheer section that greeted me at each one." Daniel was not alone in his praise. "It was brutal but awesome," added Wyn Barnett.

Brian James elaborated: "I've been riding three years. I found out about this ride a week before, and being honest, I signed up with a little trepidation thinking about all the hardcore fit men and women who would be riding. I decided to go for it and glad I did! [I] felt a huge sense of accomplishment at the finish line. If anyone was on the fence like I was, I would tell them to go for it and sign up! [I] look forward to next year's event!"

The ride is sponsored by Wheels

of Justice, a confederation of individual cyclists and cycling teams working to put an end to child abuse. Nicknamed "Ain't No Mountain High Enough," the ride is meant to show victims of child abuse that they can overcome any challenge to become survivors. It also shows them that there is no mountain too high to keep us from helping them to do so.

And mountains high the ride has. Comprising three HC climbs and two Category 2 climbs, the ride has more vert (over 14,000 feet) than almost any other ride in America and certainly the steepest average gradient.

"Parts of me hurt that never hurt before," Jeanette Peterson, laughed. "Hopefully I can do more things like this in the future."

Of those riders who have completed both 5 Canyons and the other September epic, LoToJa, there is

consensus: 5 Canyons is harder.

"I'm telling anyone that has done LoToJa that they need to try their luck at 5 Canyons," offers Wade Olsen. "[It is] an amazing event!! Extremely challenging, amazing scenery, iconic climbs, well supported with supper people, and a lot of difficult fun—more than I expected and likely one of my top 3 rides."

One of the keys to the success of 5 Canyons is the on-course support it receives from UtahSAG, a team of volunteer HAM radio operators that work to ensure rider safety and more. Their work is not unnoticed by the riders.

"Please pass along my thanks to the awesome on-course support team yesterday," wrote Anne Findlay regarding last year's event. "They were incredible! [T]he gentleman on the motorcycle who accompanied me along 11th Ave and to the finish, [the gentleman who encouraged me] up City Creek, and the other on-course and aid station volunteers were so friendly and helpful. This year has been so stressful—wasn't sure I was going to be able to finish, and it meant a lot to me that I did."

From their perspective, UtahSAG agrees that the event is a huge suc-

cess. The group's leader, Mickey Applebaum, noted "that virtually every one of our folks helping out [at 5 Canyons] says that this is one of the best events of the year."

All riders, regardless of how many mountains they conquer, will enjoy fully stocked aid stations, lunch, event drawstring backpack, Specialized water bottle, event t-shirt, finisher's medal, discounted pasta dinner at Caputo's, and good karma!

Riders can also earn a virtual 5 Canyons jersey as they train for the ride or on the day of the event. Simply download the MyCols app and connect to Garmin or Strava. Join Wheels of Justice on Strava. Then, begin riding the 5 canyons. When you have completed all five canyons, you will be awarded the jersey.

Always held on the second odd-numbered Saturday in September, 5 Canyons takes advantage of Utah's most brilliant month for riding. The canyons provide cool temperatures, colorful foliage, and stunning views. There is no more abundance of beautiful canyons in all the world than along Utah's Wasatch Front. The event is literally a breath of fresh air from start to finish.

To learn more about the ride, visit [www.5canyons.org](http://www.5canyons.org). To learn more about Wheels of Justice, including how you can join for free, visit [www.teamwheelsofjustice.org](http://www.teamwheelsofjustice.org).

## Event Info:

September 17 — 5 Canyons Bike Challenge, Sandy, UT, One of the most daunting and beautiful cycling challenges in the country, ascending more than 14,000 feet over 116 miles through all five of Salt Lake City's picturesque riding canyons before finishing at the Utah Capitol building. Comprising three HC climbs and two Category 2 climbs, the ride has more vert than almost any other ride in America and certainly the steepest average gradient. Participants may elect to ride one, two, three, four or all five of the canyons, Greg Hoole, 801-272-7556, [greg@teamwheelsofjustice.org](mailto:greg@teamwheelsofjustice.org), [5Canyons.org](http://5Canyons.org)



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**GUEST EDITORIAL**

# When it Comes to Safety: Screw the Process

By Darrell Owens

*It's time to stop playing games with city governments who lack the willpower to make their streets safer and employ tactical approaches instead.*

Americans are increasingly abandoning the church but if there's one religion they cling onto it is the automobile. 29% of national emissions—the relative majority—come from the transportation sector[1]. Of the 1.9 billion metric tons of annual transportation emissions, 58% of them come from cars[2]. Cars rival gun homicides and suicides combined having killed 38,000 people just in the last year alone through traffic accidents[3]. A leading cause of children deaths in the U.S. is a car crash[4] and a leading cause of non-natural death for anyone under the age of 54 is also a traffic accident[5].

So why don't American politicians do something? Because they're cowards. Because they only listen to the loudest voters who email them incessantly about parking. They don't view the transit rider or the cyclist as a true voter. Many of them haven't even heard from a non-driving voter. Elected officials think there's nothing that can be done about traffic violence and pollution beyond performative signs and electric cars.

This has not been the case in Paris. The mayor Anne Hidalgo has been radically removing cars from Paris's main city center, converting streets for bikes only, pedestrianizing roads and turning boulevards into parks. Initially when the program was first proposed many scoffed at her like they do in the U.S. But now Paris's anti-car program has been a huge success with broad popular support among Parisians enjoying their healthy city.

"Okay," you may say. "This is America, we all drive here."

At the start of the pandemic lockdown, Warren Logan, a city policy director on mobility in Oakland, decided to just shut several streets down to car traffic. No meetings. No consultants. No "phases". He just went for it and it too became widely popular. It had a few growing pains

of course. Academics and culture pundits were predictably quick to lash out against the lack of a so-called "community process" as they always do. Many motorists were irritated by not being able to exert their God-given right to drive on a piece of paved land. But the actual "Slow Streets" as they were called became immensely popular among neighbors.

When I walked on a Slow Street, I saw things I thought I'd never see in a city with a traffic violence problem as bad as Oakland's. 15 elementary aged children riding on bicycles; seniors doing a morning walk in the middle of the street; disabled folks in wheelchairs strolling alongside parents pushing strollers. Many cities followed Oakland and shut down neighborhood streets. San Francisco went as far as shutting down a highway, which activists are now fighting to keep shut down.

We didn't have to wait for density or competitive alternatives because most American cities were not built as car-centric places. Our cities were turned into car-centric places and they can be reverted. But they will NOT be reverted under the current planning regime of process. Cars are a lucrative transportation that through state policy was given total dominion over entire cities and they will not be dismantled through incrementalism from the planning department.

The reality is that the good intentioned refrain of "I would take transit if it were good" or "I would ride a bike if the infrastructure was safer" is not an invitation for carrots over sticks. We cannot afford to run empty buses every 5 minutes hoping a driver is seduced, or build more bike lanes if that same driver is complaining it'll take away their parking space.

You're going to have to fight to make driving more inconvenient than riding a bike or taking transit. Planners must make driving harder by adding walls, barriers, taking away lanes and prohibiting entire streets to cars. Politicians have framed physical obstacles like these and bumper-to-bumper traffic as making driving more dangerous because motorists fear collisions, but it's their fear that actually makes

driving safer.

That is why despite driving having declined by 13% in 2020 as shelter in place reduced commuting, traffic deaths increased by 7% over the previous year. Because when drivers weren't slowed down in traffic and instead operated under the illusion that the streets were clear, they sped up, got reckless and killed people or themselves.

Next, not a single additional parking space should be built in your city. Drivers getting frustrated with the lack of parking is precisely why they often opt for transit. For example, in 2018 the Bay Area ranked #2 behind New York City in commuters who don't drive, including 60% of San Francisco workers and residents[6]. Why? Not just because transit is decent but because parking is really hard. Driving into downtown San Francisco carries a big risk. Not only are you stuck in soul crushing traffic on a single bridge, but once you get to San Francisco, parking is hard to find and expensive. If you don't park perfectly the vigilant meter maids will quickly ticket your car. Parking enforcement, unlike the uselessness and abusiveness of traffic enforcement, is a highly valuable tool in dislodging people into sustainable transportation.

But elected officials as mentioned earlier are cowards, so this is where you come in. When development is proposed with any amount of parking, file lawsuits on environmental grounds. Use tactical urbanism as well. Organize with your neighbors to shut down your streets on weekends, as a starter. Just do it, don't ask for permits. Once it's done and you've ignored the initial blowback from motorists who mostly don't live in your neighborhood anyways, your neighbors will love it. Residents will defend it and that's what your city council will have to see in order to make it permanent. Chris Hayes recently admitted this on MSNBC shortly after buying an electric bicycle: "You take cars away from any street and it becomes a party."

It's time for tactical urbanism to become widespread. Take matters into your own hands. Sick of cars rampaging down your street? Block

the street off on Sunday and call it a block party every week. Then use that as a beachhead to shut down your street on even more days.

You see a bus stop without a bench? Go to Home Depot and put down a bench.

You see a dangerous, unprotected bike lane? Get something like a bollard or planter box, the heavier the better, and put in barriers yourself.

Someone gets killed on a dangerous street and the city council does nothing? Screw it, block the whole street off with heavy barriers or protest with a banner tied up on both sides of the intersection.

Form broad coalitions, starting with your neighbors and friends, especially those who can finance it. Above all, keep the focus on cars and not motorists. Vehicular violence is a systemic problem, not an individual driver behavior problem. People don't choose to drive because it's a better option, they choose to drive because all other alternatives are insufficient or non-existent. That's not an individual's personal preference. So we cannot exclusively try to seduce people out of their cars, rather you must make the car an untenable form of transportation.

I commend the work of climate

activists shutting down streets and I give major applause to the work of activists in San Francisco fighting to keep the Great Highway for the people. We have a lot of work to do to reverse decades of fossil fuel and car domination so don't wait.

1. <https://www.epa.gov/ghgemissions/sources-greenhouse-gas-emissions>
2. <https://www.epa.gov/greenvehicles/fast-facts-transportation-greenhouse-gas-emissions>
3. <https://www.nhtsa.gov/press-releases/2020-fatality-data-show-increased-traffic-fatalities-during-pandemic>
4. [https://www.cdc.gov/transportationsafety/child\\_passenger\\_safety/cps-factsheet.html](https://www.cdc.gov/transportationsafety/child_passenger_safety/cps-factsheet.html)
5. <https://www.cdc.gov/injury/features/global-road-safety/index.html>
6. <https://www.vitalsigns.mtc.ca.gov/commute-mode-choice>

Darrell Owens is a housing advocate and analyst for California YIMBY and is based in Berkeley, California. Follow him on Twitter @IDoTheThinking and subscribe to his newsletter: [darrellowens.substack.com](mailto:darrellowens.substack.com)

## CYCLING TALES

**Heroes for Just One Day**

Ada on the trail. Photo by Eliza Linde

By Christina Hartsock

Were we hallucinating? As we rode a bit farther down the dirt path it became clear that we were indeed not imagining things. There was a dog lying in the middle of the trail! Naturally, we scanned the surroundings to see if the owner was nearby, but there was nobody around.

As a newbie mountain bike rider, I always expect to be thrilled or frightened by what I experience on the trails, however, I was totally unprepared for the discovery that awaited me on that casual ride with a friend last September.

Deanna and I were riding in a popular area of the Cibola National Forest, called Pine Flats, near Albuquerque, New Mexico. Pine Flats is populated by a network of mostly singletrack trails that appeal to both the beginner and more experienced MTB rider. Deanna, being the advanced rider, was seemingly trying to push my comfort level that

day by taking me on the Southern Crossing trail, which after crossing the highway, immediately sends you up a super steep, rocky climb that isn't really "beginner friendly" at all.

Once the terrain leveled off, big rocks continued to challenge my skills, and I was forced to walk over several sections that Deanna easily cleared. We came to a crossroads and took a break. We were indecisive about which trail to take next when we heard voices approaching, and three other riders appeared on the trail. Deanna happened to know them, and introduced me to Eliza, Donald and Mark. They have a solid plan, and they seemed cool, so we decide to join their ride. Of course, there was more climbing to do and more rocks to clear before we descend into a beautiful meadow. We stopped to take in the scenery and snap a cheery group photo. Up to this point our ride had been care-free, fun, and unremarkable (especially since I hadn't crashed), but that was about to change.



The group carrying Ada to safety. Photo by Eliza Linde

The technical parts of the trail were behind us, and I was able to relax and chat as we rode down a doubletrack trail through a grassy open area. Then we spotted a black and white blob in the center of the trail. We pedaled closer, and were shocked to find a dog, collarless, without a leash, and at least three or more miles from the nearest trailhead. We dismounted and approached slowly so as not to frighten her, but she didn't budge.

It was a hot day, so we grabbed our bottles and offered her water from the lids. She lifted her head slightly and began drinking. The whites around her eyes were bright red, she was dirty with matted fur, but she didn't appear to have any wounds. She finished the water, so we offered more, then more again. Her thirst was unquenchable; we put water into a plastic baggie so she could take bigger drinks. We tried feeding her small pieces of an energy bar, but she wasn't interested. Fortunately, someone in the group

had beef jerky, which she gladly accepted. We sat on the trail with the dog for at least thirty minutes taking turns feeding her and giving her water, but she made no effort to stand up.

We noticed a couple hiking towards us! Surely, the dog was theirs and they just got separated on the hike. "Not ours," they said, as they passed us, barely skipping a beat from their rapid pace.

The reality of the situation suddenly became grim. We were nearly out of water, several miles from the trailhead, with a dog who apparently was too weak to even stand up. How were we going to get this dog out of the forest? We didn't yet know that, but we did know that we weren't going to leave her behind.

Best case scenario: if we could get her to stand then maybe she could walk out of the forest while we pushed our bikes. We gently coaxed her up off the ground. She stood, and immediately sat back down. When we got her up again, she took a few steps, then sat down. It became clear that this dog was unable to walk out on her own. Our only option was to carry her.

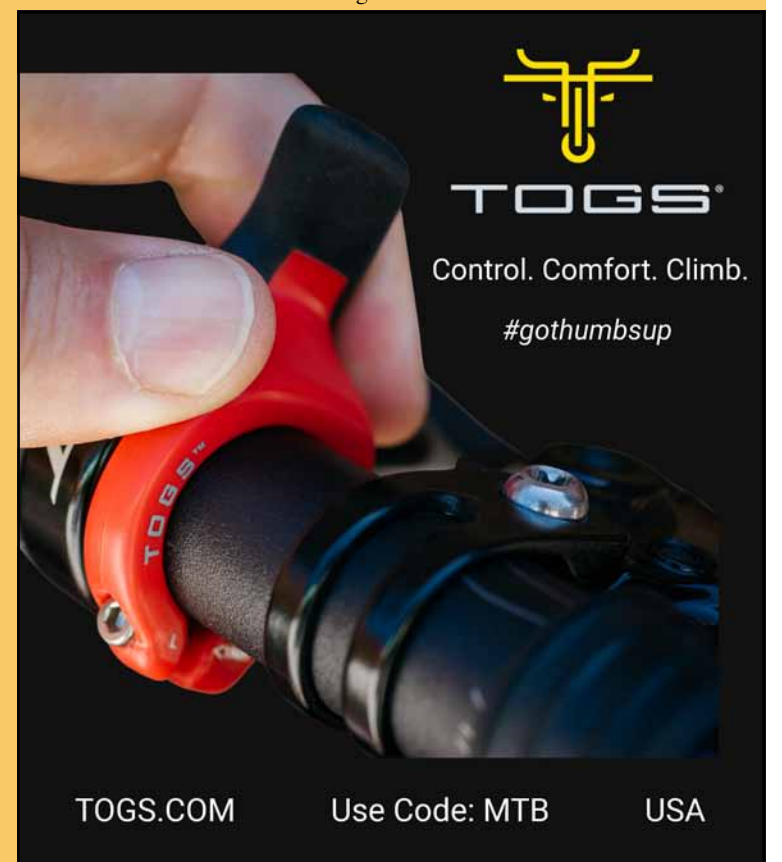
Though probably down from her normal weight, she must have weighed at least fifty pounds. Regardless, Donald stepped up to the challenge, picked her up and carried her over his shoulder. Moving

at a snail's pace, we pushed our bikes down the trail walking behind Donald. The dog became squirmy to the point that Donald was unable to continue carrying her. Though I am not the type of cyclist who is always prepared for any weather event, fortunately, Donald and Eliza are. They both had raincoats! Donald pulled a large, yellow raincoat out of his pack, and we placed the dog on it, using it as a stretcher. We each took turns carrying the dog and pushing the extra bikes. Eliza decided she should ride ahead to get her car and meet us at the trailhead. I can't remember exactly how long it took us to walk out of the forest, but we were joyful to reach the parking lot and deliver the dog to safety. Once loaded into the car, she seemed to relax a little.

After a quick trip to a vet in Tijeras to see if the dog was micro-chipped, which she wasn't, Eliza and Donald took her to the Bernalillo County Animal Shelter. Staff at the shelter named her Ada and were quick to contact a local rescue for dogs called Tootsie's Vision. They took Ada in, and in short order found a foster for her. The foster became an adoptive family, welcoming Ada as a permanent member of their loving home.

I still wonder how Ada ended up alone in the forest. Was she dumped or had she simply wandered away from her home and gotten lost? Would she have survived another day if we hadn't stumbled upon her? I'll never know the answers to those questions, but I guess it doesn't matter now. It was Ada's lucky day in the forest, and although my MTB skills have improved since last September, that day still is my best experience on the mountain bike yet.

Christina Hartsock is a friend to animals, even snakes, and enjoys riding bikes in the dirt and on the road, especially in the beautiful state of New Mexico where she resides.





**COACHING**

**First Aid for Mountain Biking**



A My Medic first aid kit for cycling. Photo courtesy [MyMedic.com](http://MyMedic.com)

By Erica Tingey

Mountain biking can take us to some of the most beautiful places on the planet, including alpine lakes, lush forests, and scenic deserts. While mountain biking is an inherently risky sport (especially if you venture into the backcountry), there are many ways to significantly lower your chances of serious injuries, including knowing wilderness first-aid. The best tools you can bring when you hit the dirt are education and preparation. I recommend carrying a few items to help treat minor scrape-ups, decrease pain, and/or stabilize more serious injuries until you can get to a hospital or help arrives.

**Mountain Bike First-aid Kit Components**

The contents of your first-aid kit will depend on the duration and

technical difficulty of your ride. If you plan to be in remote backcountry areas for an extended period, you'll likely want to bring more than you would for a quick, heavily trafficked trail. The following are items to consider:

- Wound-care items such as bandages of varying sizes (including a few larger sizes), non-stick gauze, alcohol prep pads, and antibacterial ointment. Cleaning and covering wounds promptly can help prevent infections and wound exacerbation.
- Topical and oral allergy treatments such as Benadryl.
- SAM splint (make sure to learn how to use one!) This is a compact, lightweight, highly versatile device designed for immobilizing bone and soft tissue injuries in emergency settings. It consists of strips of soft aluminum, with a polyethylene closed-cell foam coating.
- Triangle bandages can be used to help with bleeding, as a sling, as

a tourniquet, or to stabilize splints.

- Elastic wraps can secure wound dressings or splints, as well as provide compression for sprains and strains.
- Safety pins can help secure bandages or a torn backpack.
- Painkillers such as ibuprofen or acetaminophen can help manage sprains and lacerations.
- Medications such as insulin, inhalers, and EpiPens can be critical
- Athletic tape or duct tape can help secure dressings, provide compression for strains, or cover blisters.
- Zip ties or gear straps can help secure splints or dressings, damaged gear, or assemble an emergency shelter.
- Scissors.
- Israeli bandages can help control heavy bleeding.

• Tourniquets (or Billy Bands) can help control arterial bleeding, but you must have proper training before using these.

There are many pre-assembled first-aid kits available; however, be familiar with their contents and tailor them to fit your needs.

**Communication Devices**

Some injuries will prevent you or a partner from finishing the ride. One of the most helpful items you can carry is a way to call for help. If you're traveling to remote areas where you won't have cell phone service, consider bringing a satellite communicator so that you can contact family or emergency services.

**Take a course**

First-aid kits are only as useful as their users. Anybody who spends time in the wilderness will benefit from a wilderness first aid

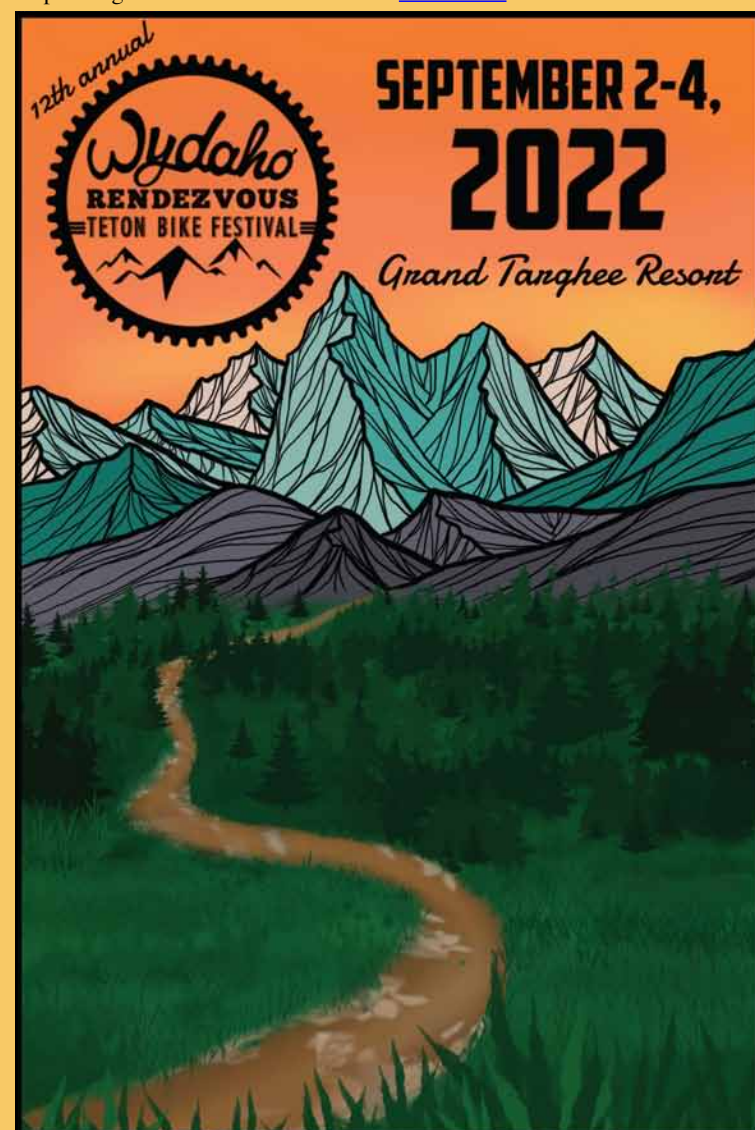
course, better yet, get certified as a Wilderness First Responder. Taking these courses will help prepare you to deal with things like injuries, hypothermia, dehydration, altitude sickness, allergic reactions, sprains, and heatstroke until you or your partner can get medical help.

**Prevention is the best medicine**

Before every ride, check your bike for safety issues. Make sure you bring adequate fuel and hydration, stretch, and warm-up. Gradually increase the mileage and technical difficulty of your rides. In-person coaching will help you master body stance, visualization techniques, and weight-shift timing that will best help mitigate risks when corner-

ing, jumping, dropping, or tackling gnarly rock gardens. Remember to check weather reports and bring appropriate layers. Always wear a modern, mountain bike specific, well-fitting helmet!

Erica Tingey is the head coach of Women in the Mountains, a mountain bike skills coaching company for adult women. She and her coaches hold clinics in Park City and St. George, Utah. For more riding tips and clinic information, follow @womeninthemountains on Instagram and check out our website, [womeninthemountains.com](http://womeninthemountains.com).



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## ROAD BIKING

### The Climb of California's Glacier Lodge Road



The climb of Glacier Lodge. Photo by John Summerson

By John Summerson

Simply put, some places just contain more hills than others as California has some of the most advantageous terrain on earth for riding uphill on a bike. A long coastline is met by mountains along much of its length. The state also contains an elongated central valley which lies at a very low elevation and is surrounded on many fronts by steep ranges. A large population ensured that multiple roadways were built to access significant portions of its elevated topography. The result is that California contains the greatest concentration of difficult road bike climbs in the United States and by a large margin. In fact, there are nearly 150 category 1 or higher rated ascents within its border, more than quadruple any other state.

For those looking for a particular challenge, most of the really big climbs in the Golden State are located on the eastern side of the Sierras. The region is home to some of the most difficult paved ascents in the U.S. One of these is Glacier Lodge Road situated in massive Owens Valley near the Nevada border. While not the most difficult in the area, at 9.8 miles in length and with an average grade of 7.2%, it is still a beyond category rated hill. To get to its start, at the junction of Route 395 and Crocker Street in the small town of Big Pine, head west on Crocker for 0.6 miles to begin by continuing west on what is now Glacier Lodge Road.

See map - <https://www.bikemap.net/en/r/10859276/#10.58/37.1455/-118.37>

You initially head southwest, easy at first with views of big mountains in the distance. The road is narrow all the way up but there is usually little traffic on the route. The grade slowly gets a bit steeper but there are no surprises over the first several miles as you ride through fields of boulders and scrub brush. Use the mostly easy slope over this section to get warmed up. Soon you find yourself riding along a drainage. There are a few large pines in the creek bed which begin to give the climb an alpine feel.

Just before you reach the three-mile mark, the road swings to the right as it crosses Big Pine Creek. The turn is the beginning of a big S bend and steeper pedaling. Quickly you are riding over the most challenging segment on the hill. This has the effect of popping you up onto a

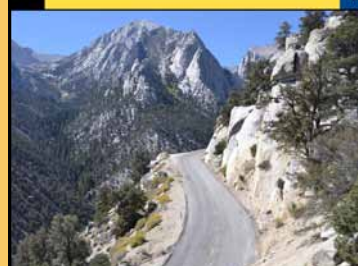
somewhat bare ridgeline with some views back towards climb start. As you complete a left-hand switchback, the grade tics up a bit more and the mountains come back into view. You then ride on or near the top of the ridgeline for a while. Soon you are carving along, some distance above the creek below, the pedaling having eased but not by much. The next few miles continue as challenging climbing, steady but stout grade.

The pitch slowly eases the further you go, now headed due west. Just beyond mile 7, you reach the bottom of the drainage again and ride among pine trees, a bit of shade here or there if needed as you pass the boundary of the national forest. There are a few campgrounds along this section of the road so there is a bit more activity at times. Sharp peaks are really close now and the upper section of the ascent is one of the most spectacular in the U.S. Soon the grade eases further and the climb eventually dead ends at a small parking area for hikers at just under 8,000 feet of elevation. Although there are some cabins at the top, keep in mind the lodge is no longer there. It burned down some years ago although reportedly there are plans to rebuild. Now it is time to enjoy the descent but keep in mind the middle portion is one of the quickest around so watch your speed as needed.

To see a video of the climb route - [https://www.youtube.com/watch?v=yU8\\_gZnf3W4&t=3s](https://www.youtube.com/watch?v=yU8_gZnf3W4&t=3s)

John Summerson is the author of The Complete Guide to Climbing by Bike book series including 50 Climbs by Bike in Utah and the revised 2nd Edition of The Complete Guide to Climbing by Bike in California which includes all of the giant ascents within Owens Valley

**THE COMPLETE  
GUIDE TO**  
**Climbing (BY BIKE)  
in California**  
A guide to cycling climbing and the most difficult hill climbs in California



John Summerson

## COACHING

**Breathe In, Breathe Out, Breathe Better**

**Breathing Exercise: 1. Stand with your back against a wall with feet in front of you and knees slightly bent. Note: This is NOT a wall squat. Photo by Pat Casey**



**2. Scoop your pelvis underneath you so your low back contacts the wall. There should not be an arch of space between your lower back and the wall. 3. Squeeze a rolled-up washcloth gently between your knees. 4. Reach both arms in front of you. 5. Inhale gently through your nose using a regular, easy breath. Your lower ribs should not lift. Exhale fully through your mouth as if slowly blowing out birthday candles. As you exhale, reach your arms forward as if trying to hug a beach ball. The upper part of your back can come off the wall, but do not let your trunk fold in half. Photo by Pat Casey**



**6. As you exhale and reach, feel your ribs pull down toward your pelvis and feel your abs activate. 7. Maintaining abdominal engagement without letting your ribs elevate and flare, take another small inhale through your nose and allow the air into your upper chest. Remember - Don't shrug your shoulders! 8. Repeat three times. Photo by Pat Casey**

By Heather Casey

### Introduction

Have you ever tried counting the number of breaths you take? How about in a single day? The typical human averages between 17,000 and 20,000 breaths a day. Now, think about how your breath changes when exercising or competing. Your breathing rate might become more frequent or ragged as the effort level of your activity increases because your body will need to work harder to pump oxygen to your limbs.

For an athlete, breathing can be much more than just a simple bodily function. It could affect how well you perform in your sport or influence the occurrence and gravity of a training injury. In this article, let us breathe a little deeper and take a closer look at breathing mechanics and how they might contribute to your performance.

### Postural Awareness

Think of all your past observations about yourself whenever you participate in any sports or strenuous activity. Start by recapping how you or other athletes breathe toward the end of a high-intensity workout or race. Think of their expressions and gestures as they slog through an "easy" workout without paying attention to form. An athlete's posture tells much of the story about how they feel.

Perhaps you've seen this scenario before: the athlete will exert so much energy that they will arch their lower back and protrude their bellies and ribs to fill their already full lungs further. This same posture can be seen in an athlete doing an easy ride who might think that having "good form" means keeping their shoulders and back straight upright, as this often leads to the over-extension of the lower back.

Another likely scenario is how athletes allow their shoulders to roll forward and their backs to slouch. This posture could be due to fatigue, weakness, or plain laziness. It may contribute to the athlete incorrectly utilizing their upper shoulders to help pull air into the lungs through lifting or shrugging the shoulders. These scenarios culminate in inefficient oxygen exchange, which contributes to weakened performance

and can cause overuse injuries, especially in the low back, neck, or hamstrings. Awareness is the best prevention. By staying in tune with your body, you are listening to its needs.

### Efficient Oxygen Exchange

Now that we understand poor breathing postures let us discuss how we can achieve a more efficient oxygen exchange. Is there a better way to breathe apart from the way you have always done since birth? Think back to the first scenario we discussed: you're finishing a hard workout, chest protruded, arms pumping, and low back arched to fill your lungs with the oxygen your body craves. Or, you begin shrugging your shoulders to help fill the last little space in your lungs with air. You don't even notice, and it just becomes your default position. However, your body assumes these postures during your inhalation (especially during hard effort workouts) because you haven't been efficient enough in getting air out on your exhalation.

Your lungs fill with too much CO<sub>2</sub>, and there's no space left for oxygen. On your inhale, you instinctively flare your lower ribs by extending the low back or shrugging your shoulders to make extra space in your upper lungs. This faulty breathing pattern occurs because you haven't expelled enough CO<sub>2</sub> on your exhale to make room for fresh air. You're so focused on breathing that breathing out becomes secondary.

A client of mine came up with this analogy: Think of your lungs with CO<sub>2</sub> in them as two mason jars full of muddy water. You can never

ing a sit-up.

### Implementation For Better Breathing

Breathing better does not happen overnight! Relearning how to breathe effectively will be a challenge to implement into your workouts (significantly higher intensity workouts) because your body is likely to fall back into old habits to oxygenate. After all, breathing patterns are our most personal habits, and we all know how hard it is to break out of them. I recommend slowly introducing this breathing style into your activity by beginning with some simple exercises (see below), then testing it out during easy workouts before progressing to harder ones. Treat these breathing exercises as foam rolling or strength workouts and do them consistently. Remember, you are trying to change a habit that's been years in the making, as well as strengthen your abdominal muscles specifically to aid you better in having a new breathing style.

### Breathing Exercise

Standing wall reach with exhalation:

1. Stand with your back against a wall with feet in front of you and knees slightly bent. Note: This is NOT a wall squat.
2. Scoop your pelvis underneath you so your low back contacts the wall. There should not be an arch of space between your lower back and the wall.
3. Squeeze a rolled-up washcloth gently between your knees.
4. Reach both arms in front of you.
5. Inhale gently through your nose using a regular, easy breath. Your lower ribs should not lift. Exhale fully through your mouth as if slowly blowing out birthday candles. As you exhale, reach your arms forward as if trying to hug a beach ball. The

upper part of your back can come off the wall, but do not let your trunk fold in half.

6. As you exhale and reach, feel your ribs pull down toward your pelvis and feel your abs activate.

7. Maintaining abdominal engagement without letting your ribs elevate and flare, take another small inhale through your nose and allow the air into your upper chest. Remember - Don't shrug your shoulders!

8. Repeat three times.

Want to advance this exercise?

If you want to try a more complex version, use a balloon to exhale. Try not to pinch the neck of the balloon off as you inhale.

### Conclusion

As athletes, there is a lot that we have to take into consideration when we are doing sports. Body positioning and breathing pattern might seem like very unnecessary things to discuss, but doing them correctly and remembering how they can give a massive boost to your performance will serve you well in your future endeavors. Breathe in...Breathe out...Breathe in...Breathe out...

Are you noticing your breathing patterns now?

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

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### Rockies Tour - Continued from page 3

slightly different than the Utah resort town of Park City that I have both lived and worked in. As someone interested in affordable housing initiatives, I was curious to see what the housing and economic situations looked like in these Colorado towns where tourism has such a prominent presence in everyday life, housing, and business. I see bicycle touring as a prime opportunity to listen and observe at the immediate scale. The slow-moving nature of the machine lends itself well to that.

Not having a fixed end date to conform to, I decided to bike from my house to the state line of Colorado. The environment I traveled through to get there, southwestern Wyoming and the Flaming Gorge area of Utah, was quite different from what I would encounter later. I left Park City on a Saturday morning, passing at least a dozen cyclists on the Rail Trail heading to Wanship. I did not realize at the time that these were the last cyclists I would encounter until I reached Colorado, several hundred miles away. I exited Utah through Chalk Creek Road and hung south of Evanston, following rural Wyoming backroads and highways to traverse the northern foothills of the Uinta Mountains. While on my way to the Bridger Valley, I encountered one of Wyoming's notorious mounthills just east of the ghost town of Piedmont. I didn't consider them big enough to be mountains — at least not compared to the Uinta Mountains off in the distance — but they sure weren't small enough to be hills. This steep mounthill resulted in a slippery push-a-bike affair to make it to the summit. Thankfully, this was the only time I encountered this scenario on the trip. The main street of Mountain View, WY, had slim dining offerings, but I managed to find a meal.

A cold front was moving in the next day, so I quickly made my way down WY-414 into Manila, UT. The heat had been getting to me the past few days, so I was relieved when the ride into Flaming Gorge was cool



Climbing a Wyoming mounthill. Photo by Alex Stewart

and pleasant. UT-44 on a Tuesday morning had minimal traffic and several opportunities to stop and take in the views as I climbed my way up along the western rim of the gorge and skirted the eastern flank of the Uintas. I suggest detouring to the Red Canyon Visitor Center for a premium vantage point.

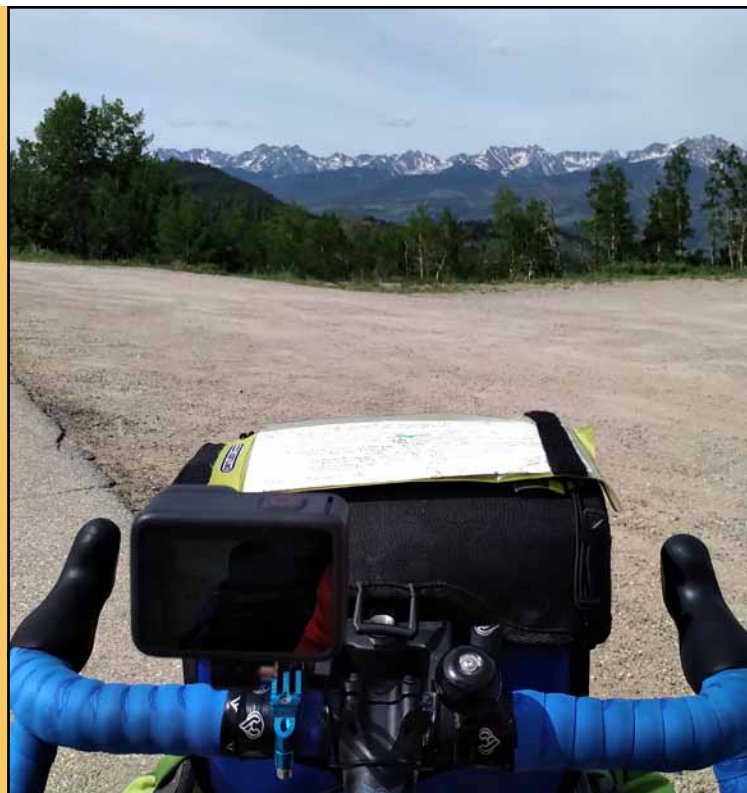
One of the most remote stretches of my trip was between Dutch John, UT, and Maybell, CO, with no services for one hundred miles. Browns Park Road enters the northwest corner of Colorado and is mostly used by rafters to access the Green River. About 3/4ths of the road is paved, with the Utah side being more scenic. Forty miles from Maybell, a driver in a Chevy Volt pulled up beside me to ask if I knew where the nearest electric vehicle charging station was. Maybell has a campground with wi-fi and showers located within its central town park. I rode US-40 from Maybell to Craig and then Hayden, with good shoulders the entire way. In Hayden, I was warmly welcomed by the staff of the Wild Goose Coffee shop, located in a quirky converted granary building on the edge of town. They made me feel right at home, even offering me some route suggestions for my trip, and I would encourage anyone passing through to pay them a visit.

I took a scenic alternate route into Steamboat Springs that guided me through rural Routt County. I followed CR-27 south from Hayden,

then pivoted north on CR-33 into Steamboat. It had been raining the past few days, and the fields surrounding me glowed a vibrant emerald green, and the color flowed up and over the rolling hills beyond. Unfortunately, some of the dirt county roads had turned into a stick, peanut butter-like consistency that forced me to stop and remove my front wheel in order to scrape out stubborn clumps of mud that had become trapped in my fender.

In Steamboat, Richard and Sarah hosted me for the weekend. I had contacted them through Warmshowers. Sarah happened to bump into me riding along the Yampa River bike path and gave me a personal escort back to their home. On Monday morning I intercepted Tim Tait, an acquaintance of mine who was racing the Tour Divide. We rode together briefly on the pathway out of town, and he told me about some of the Tour Divide happenings. We joked about the "dot stalkers," people who follow the racers in person by watching the online map that updated racers' locations. On this day and the following, I was going to officially ride a short stretch of the Great Divide route between Steamboat Springs and Silverthorne. Ute Pass south of Kremmling was one of the highlights of my trip. When I crested the summit, I got my first view of some of Colorado's famous snow-capped fourteeners.

I took a day off in Silverthorne,



Ute Pass Summit. Photo by Alex Stewart

staying at a swanky new hostel called The Pad. Silverthorne is a convergence point for both the Great Divide and TransAmerica long-distance cycling routes, so I encountered multiple self-supported riders during this time. Continuing on, I took a busy bike path into Frisco and then to the junction of CO-91 at Copper Mountain. There was a cold drizzling rain up at Fremont Pass. People probably wondered why I had put on a rain jacket and waterproof gloves but was still riding in bib shorts. Thankfully, warm sunshine awaited me when I arrived in Leadville. This was the furthest south I had traveled in Colorado, and I was now about to enter unknown territory.

Backroad options between Leadville and Salida were ample, so US-24 could mostly be avoided. I stayed with another Warmshowers host, Ben, in Salida. He had a friend who was also passing through and staying there that evening. The next day they were off to ride some singletrack, beginning with the dirt road climb up Ute Trail west of town. They invited me to come along for that part, and I opted to join them.

When I saw both of them come out of the house wearing jorts I became concerned. Only the fastest riders I know wear jorts. His friend was riding a singlespeed hardtail —

another ominous sign that I was not in for a reasonably paced uphill ride. Once the Ute Trail started to pitch up, they peddled off together around the bend and gradually disappeared into the distance. I decided I would stick to my off-day riding pace. The next morning, I u-turned back to Buena Vista and bit off the first chunk of the Cottonwood Pass climb, camping about halfway up. Cottonwood Pass is one of the highest paved roads in North America, topping out at 12,126'. Taken as a two-part climb, I didn't find it as challenging. In Crested Butte, I discovered the most interesting campsite of my trip. If you are willing to make the 700' or so climb up to Crested Butte Mountain, there is a free tent camping area in a meadow with views of the surrounding mountains. Somewhat humorously, I pitched my tent in front of multi-million-dollar vacation homes, my views taking a forefront to theirs!

The route to Gunnison can be made into a loop if you are willing to climb Kebler Pass Road, then up and over Ohio Pass on a Forest Service gravel road. FS-730 tested my bike handling skills with some loose sections, but eventually I was on a quiet paved route leading into the Gunnison Valley. I custom ordered a sizeable double patty Beyond Burger at a place called Powerstop, and the

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**A backroad in Buena Vista. Photo by Alex Stewart**

**A custom double Beyond burger at Powerstop in Gunnison. Photo by Alex Stewart**

**My bicycle tent awning invention. Photo by Alex Stewart**

cooks were surprised to see me manage to eat the whole thing. Gunnison is home to a unique bike shop/cafe known as Double Shot Cyclery — the folks lent me a quick helping hand when a poor bike parking job led to a bent rear derailleur hanger.

US-50 between Gunnison and Montrose was the most logistically tricky section of my ride. The highway is undergoing extensive construction and consulting CDOT's website was needed to figure out when it was open. Fortunately, I had a very nice pilot car driver transport me through the stretch. I detoured to visit Black Canyon of the Gunnison National Park, riding the seven-mile-long south rim road before heading into Montrose.

My Warmshowers hosts for the Fourth of July weekend, John and Mallory, were located in Ridgway. I opted to bypass a very heavily trafficked US-550 highway in favor of the mixed-surface CR-1. It was quite the climb, and I was roasting, eventually running out of water halfway through. To my relief, some monsoonal clouds had formed and bought me some time until dehydration would become a concern. The situation worsened a few miles down the road when I went over a large bump and suddenly heard a cracking noise and a significant front tire rub. I looked down to discover my front rack had sheared on both sides at the fork mount weld points. I moved off to the side of the road, waterless and now surrounded by rumbling thunder clouds, to figure out how to fix my rack well enough to make it the few more miles into Ridgway. I ended up strapping both front bags to the top of my rear rack with some extra-long tie-down straps. I then Voile strapped the top of the rack onto my handlebars to keep it from bonking my front tire. This clunky setup managed to work.

The bike shop employee in Ridgway suggested I try hose clamps as a temporary solution. Being an aluminum rack, a simple weld job was not an option. When I got to John and Mallory's house, John immediately started to work on trying to figure out a way to repair it. We settled on the hose clamp idea, and I placed a pre-order for a new (steel) rack with a bike shop in Durango. I figured that despite the long weekend, the rack would arrive in Durango by the time I arrived. On the night of July 4th, I camped high above Ouray at the Amphitheater Campground, watching the fireworks light up and reverberate through the steep walls of the box canyon below. I think I acciden-

tally parked my tent right next to the charred remains of a lightning strike on the ground.

I hit the Million Dollar Highway early. In this direction, you ride the first few miles out of Ouray on the side of a sheer drop-off into the Uncompaghe Gorge. With minimal traffic and reasonably good rear sightlines, I could keep an eye on incoming and oncoming vehicles. When I saw big commercial trucks coming, I opted to find a safe pull-out in advance and wait it out until they passed, which helped make the ride less stressful. I concluded that I didn't particularly care to ride the Million Dollar Highway after about 9am and only rode to Silverton the first day. As beautiful as the highway is, I frequently found myself hyper-focused on traffic to the point where I couldn't enjoy it as much. A revisit to the San Juans may be in order for some bikepacking adventures. CR-250 into Durango was like a little bicycle highway. I hadn't seen many cyclists on the last leg of my trip, but they were out in full force around Durango.

The heat returned as I exited the mountains and rode into Mancos and Mesa Verde National Park. Mesa Verde had several buildings spread throughout the ride where I could

stop to cool off. After taking county roads between Cortez and Dolores, I took CO-145 towards Telluride but bypassed Rico and a good chunk of that highway in favor of taking Dunton Road. This was another road that challenged my bike handling skills as it transitioned into dirt and steep climbs, but I appreciated the more "bikepacker" feel of this route, which was quieter and closer to nature than the highway. I rode the free gondola in Telluride but didn't stay past the evening.

I left early to ride CO-145 out of Telluride towards Placerville. Thankfully I was heading in the opposite direction of commuter traffic. I was unaware of the public bus that ran between Telluride and Norwood but would consider a public transit ride through this stretch of highway next time. I don't think this stretch of highway is worth riding during the tourism season, despite its scenic aspects.

I decided to end my ride in Grand Junction so I could take Amtrak back to Salt Lake City. Tim had long since outpaced me on his Tour Divide ride and was back at his home in Nucla. I got pretty toasted — arguably roasted — as I rode into Nucla from Norwood. He had suggested I ride CO-141 to Grand Junction. We had dinner together and discussed.

On my last official riding day of the tour, I opted for a bold

move. Rather than ride the 50 miles between Naturita and stop in Gateway, where I would spend the afternoon and evening roasting in my tent on BLM land, I decided to ride straight through to Grand Junction where I could savor some indoor air-conditioned lodging. It was 105 miles between Naturita and Grand Junction. There was some climbing, but not like in the mountains. I would have to carry 2-3 liters of water through this stretch as water access was limited beyond Gateway and the high that day was in the upper 90s. I would need to leave early to minimize my risk of heat exhaustion. I had never ridden a century on a fully loaded touring bike, so this would be out of my comfort zone.

I started my ride out of Naturita at 4am on the night of the full moon, tackling the 50 miles to Gateway before 7:30am. CO-141 is one of the most beautiful road rides I have ridden, and its scenery keeps you engaged over many miles. The ride towards Gateway reminds me of riding along the Colorado River out of Moab, but with a fraction of the traffic volume. As you climb towards the Unaweep Divide sum-

mit, the red rock canyon walls transition to a grey hue. As you approach Whitewater, the landscape starts to change yet again. I found the temperature remained tolerable through this stretch, but the final descent into Whitewater felt like I was dropping down into an oven. I hit my low point maybe five miles out of Grand Junction. The heat finally got to me, and I had to stop. Eventually, I composed myself enough to dizzily limp into Grand Junction, where a Sinclair gas station (not a mirage) lay on the horizon with shakes and ice-cold beverages awaiting me. My recovery was surprisingly quick after that.

The next day I did a quick cooldown ride to Fruita and back. I waited for my Amtrak train back to Salt Lake City the day after. Unsurprisingly, it was delayed six hours and didn't depart Grand Junction until after 10pm. I ended up taking a red-eye train to Salt Lake Central, arriving with the dawn around 6am. When the bike was rolled off the baggage car, I noticed my front tire was soft. Upon later

Continued on page 14



# 5 CANYONS BIKE CHALLENGE

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5

CELEBRATING YEARS

# 5 C A N Y O N S # A I N T N O M O U N T A I N H I G H E N O U G H

## Colorado Rockies Tour - Continued from page 13



**Our temporary front rack fix using hose clamps.** Photo by Alex Stewart

investigation I found my rim strip had shifted slightly, which may have caused a very minor pinch and slow leak. This would be my only flat on the entire trip. Thankfully, my friend offered to pick me and my bike up from the train station so I wouldn't have to ride back to Park City. That concluded my 37 bicycle-filled days of exploration.

### Reflections

At some point early on in my trip, I decided to adopt a mindset that would help me accept some of the inevitable negative or stressful encounters. First, I decided to be positive towards others as a default unless they gave me some reason not to be. I found the mood-boosting effects of exercise and the relaxed wandering pace of my travels helped me maintain this. Second, I decided at the start of each day that I was going to preliminarily accept having one negative encounter per day. I usually met my quota, unfortunately, but almost never exceeded it. And the overtly positive and supportive encounters always exceeded the number of negative incidents.

When it comes to the increased cost of housing, some people like to rationalize it as "it's happening everywhere." I feel that this perspective doesn't acknowledge local and regional variations, and western Colorado towns with tourism-heavy economies are experiencing the crunch in particular ways. As I cycled, I witnessed the extensive commuter traffic coming from towns like Craig, Gunnison, and Montrose. At one point, I believe I even stumbled on an area of primitive Forest Service land that employees of a nearby, very affluent resort town were camping on. This town (I'm keeping it anonymous because of the subjective nature of my observation) is possibly experiencing the worst workforce housing crisis of the nation's ski resort towns, and the clogged two-lane highway leading into it might convince some workers to camp closer to their jobs, especially with high gas prices. This makeshift camping area was heavily occupied but was kept clean and tidy. I can't confirm what I saw, but I think it would be fascinating to explore if there is any validity to this suspicion.

Two of my Warmshowers hosts,



**The Million Dollar Highway.** Photo by Alex Stewart

Richard and John, are both involved in local government. The issue of affordable housing sits at the forefront of their communities of Steamboat Springs and Ridgway, respectively. Workforce housing, in particular, has been one of the most pressing subcategories of affordable housing needed in these towns. My other Warmshowers host, Ben of Salida, lived in an ADU (Accessory Dwelling Unit) and worked in construction; as someone who helped produce housing units, he was also closely connected to the issue. Perhaps it was just a coincidence that these folks were my Warmshowers hosts, but I find the people who are friendly enough to welcome strangers into their homes at no cost as guests are often engaged in this issue. At this time, the housing situation varies from a crunch to a crisis, and ways to alleviate it are still ongoing; affordable housing projects and programs often have to fight to even come into existence.

Bicycling can be a lot more than a way to get around or a form of exercise. It can be a practice in self-empowerment, mindfulness, and observation. The very activity of cycling cultivates a perceptive and receptive mindset, and from it we may discover and connect with aspects of our world and its residents otherwise muffled by our day-to-day societal routines.

### Planning Resources Used

- CDOT's Colorado Bicycling Map (online): shows traffic volume for state highways and which have wider shoulders
- Colorado state road map (physical): found at a rest stop, free
- Benchmark Maps Road & Recreation Atlas: Colorado (physical): useful for finding dirt road alternate routes
- Cycling Colorado Facebook group (online): I reached out with my tentative route plans and was able to get feedback and suggestions
- Strava heatmap (online): shows popular cycling routes
- Long distance cycling routes: TransAmerica Trail and Great Divide Trail (Adventure Cycling)
- [Caltopo.com](https://www.caltopo.com) (online): for mapping my .gpx route file
- Gaia GPS (mobile app): my phone's .gpx reference. It can also store downloaded maps for offline use

### Some Equipment Used

- Specialized Pathfinder Pro 700x38c tires



**Taking a creekside rest break in the San Juan mountains.** Photo by Alex Stewart

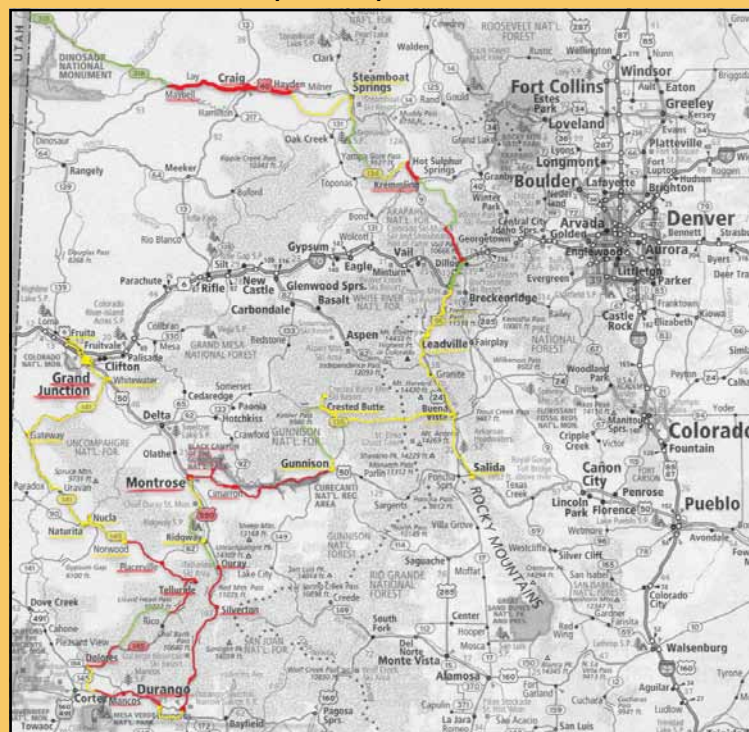
- Shimano PD-T8000 SPD/flat dual-sided pedal
- 4-6 liters of water storage capacity
- Big Agnes Copper Spur UL 1 tent
- 30F down quilt (lower could be better)
- Ursack Major bear-resistant bag with scent-resistant liner bags
- Interagency Annual Pass, for National Parks and Forest Service access
- Bike weight: approx. 50-65 pounds

### Daily Mileage Log:

Day 1: Park City, UT – Uinta County, WY (south of Evanston) – BLM camping, 67.4 mi., +3,600'  
 Day 2: Uinta County, WY, inc. Piedmont, Robertson, Mountain View, WY-414 into the badlands region – BLM camping, 49.9 mi., +1,920'  
 Day 3: Uinta County, WY – Manila, UT via Lonetree, McKinnon, 37.5 mi., +1,420'  
 Day 4: Manila, UT – Flaming Gorge, 41.6 mi., +3,990'  
 Day 5: Flaming Gorge – Browns Park Road, entered Colorado, 56.6 mi., +3,994'  
 Day 6: Browns Park Wildlife Refuge – Maybell, CO, 54.5 mi., +2,607'  
 Day 7: Maybell – Craig, 31.5mi., +1,257'  
 Day 8: Craig – Steamboat Springs via Hayden, CR-27 and CR-33, 67.7 mi., +4,058'  
 Day 9: Day off in Steamboat Springs  
 Day 10: Steamboat Springs – CO-134 / Rock Creek C.G. via Great Divide Route, 49.8 mi., +3,800'  
 Day 11: CO-134 / Gore Pass – Horseshoe C.G. / CR-3 via Kremmling, GBMBR, 50 mi., +3,400'  
 Day 12: CR-3 / Ute Pass – Silverthorne via GDMBR, CO-9,



**The Dunton Road backway.** Photo by Alex Stewart



**A map of Alex Stewart's Colorado Rockies Tour.**

25.4 mi., +1,800'  
 Day 13: Day off in Silverthorne  
 Day 14: Silverthorne – Leadville via bike path, Frisco, CO-91, 42.1 mi., +3,090'  
 Day 15: Leadville – Salida via CR-10, CR-298/398, US-24, CR-371, Buena Vista, CR-321, CR-270, CR-260, CO-291, 66 mi., +1,775'  
 Day 16: Day off in Salida, Ute Trail ride, 25 mi., +2,760'  
 Day 17: Salida – CO-306 / Collegiate Peaks C.G. via CR-160, US-285, CR-260, CR-301, Buena Vista, CR-343/355, 44.2 mi., +3,613'  
 Day 18: CO-306 – Crested Butte via Cottonwood Pass, Taylor Park, CR-813, CO-135, 62.7 mi., +4,733'  
 Day 19: Crested Butte – Gunnison via Kebler Pass Rd, FR-731, CO-135, 41.7 mi., +1,530'  
 Day 20: Gunnison – Curacanti Ntl. Rec. Area via US-50, 20.3 mi., +540'  
 Day 21: Curacanti Ntl. Rec. Area – Black Canyon of the Gunnison Ntl. Park via US-50, 40.5 mi., +4,318'  
 Day 22: Black Canyon of the Gunnison N.P. – Ridgway via Montrose, US-550 frontage road, CR-1, 62.7 mi., +3,982'  
 Day 23: Day off in Ridgway  
 Day 24: Ridgway – Ouray via CR-23, CR-17, 15.1 mi., +1,690' (July 4th)  
 Day 25: Ouray – Silverton via US-550, 23.9 mi., +3,140'  
 Day 26: Silverton – Durango via US-550, 51.8 mi., +3,350'  
 Day 27: Day off in Durango  
 Day 28: Day off in Durango, replaced front rack  
 Day 29: Durango – Mesa Verde N.P. via CR-210, CR-125, CO-140,

US-160, Mancos, J/H Road, Mesa Top Ruins Rd. to Morfield C.G., 45.3 mi., +4,000'  
 Day 30: Mesa Verde N.P. out-and-back – Cortez CDOT rest area, 51 mi., +4,320'  
 Day 31: Cortez – Burro Bridge via US-160, CR-29/30, Dolores, CO-145, Dunton Rd. (CR-38), 52.8 mi., +4,250'  
 Day 32: Burro Bridge – Telluride via CR-38, CO-145, Ophir out-and-back detour, 34.4 mi., +3,363'  
 Day 33: Telluride(USFS camp) – Naturita via CO-145, Placerville, Norwood, Nucla detour, 61.2 mi., +1,900'  
 Day 34: Naturita – Grand Junction via CO-141, Gateway, Whitewater, Coffman Rd., US-50, bike path into downtown, 105.3 mi., +4,482'  
 Day 35: Grand Junction – Fruita out-and-back via bike path and local roads, 32.5 mi., +635'  
 Day 36: Day off in Grand Junction.  
 Day 37: Amtrak train arrives at Salt Lake Central, driven to Park City. End trip.

Alex Stewart is a University of Utah graduate student studying Urban Planning and Public Administration, and a former case manager with The Road Home.

**Send your feedback and letters to the editor to:**  
[dave@cyclingatutah.com](mailto:dave@cyclingatutah.com)

**MECHANIC'S CORNER**

**What's In Your Travel Kit?**



Spare parts for travel. Photo by Tom Jow

**By Tom Jow**

While on a riding trip last month a friend had a derailleur cable break near the end of that day's ride. It was no big deal because we were at the top of the downhill back to the car, and I had a new one back at camp. Even if we didn't have a spare, we were near a town with several capable bike shops. But what if we weren't?

When traveling it may be difficult to find a bike shop that is easy to

reach during their business hours. In addition, arriving at said bike shop does not guarantee they will have the parts we need, or the time to install them right away. Not being able to find a part we need can really ruin a trip. For these reasons, it is a good idea to carry at least a small inventory of tools and parts.

There are several things to think about when selecting spare parts for the trip. One factor to consider when packing our travel spares is our repair skill level. It makes no sense to bring a hydraulic brake bleed kit

if no one in the group knows how to use it. Another consideration, as mentioned before, is how convenient is the nearest bike shop that will have what we need. It is impossible for a bike shop to have everything for every type of bike. Finally, what is the likelihood of breaking something? For example, I like jumping. On a different trip not long ago, I came up short on a jump with my rear wheel making a direct hit on a log. It sounded to me like my wheel would have at least one crack in it.

Lucky for me, the wheel suffered no apparent damage and lasted through four more days of increasingly rugged riding. Also keep in mind that whatever breaks might ruin the trip. Any proprietary component, or component that is not compatible with mass market parts (my friend still has 10-speed shifting)

needs to be considered. However, don't get carried away. For the rare case when something big, like the frame, breaks we probably have bigger problems than just the broken frame.

As someone whose job was maintaining a fleet of racing bicycles across far flung corners of the world, it's easy to think I travel with everything including the kitchen sink. Nothing could be farther from the truth. What do I travel with? Toolbox, tire pump, shock pump, chain lube, spare tubes, cables, cable housing. Since my last few trips (and this article), I will be stocking up on more items for the future. Keeping in mind road riding offers less opportunity than dirt riding to break things, here are some suggestions:

- Chain Lube
- Miscellaneous bolts (cleat, water bottle, etc.)
- Tire and Shock Pump
- Tire Sealant
- Tubeless Valve Cores
- Tubes

**For a long weekend add:**

- Brake pads
- Cables and housing
- Shoe Cleats
- Spare Battery and Charger
- Spokes (especially straight pull)
- Tire

**For longer than that:**

- Brake Bleed Kit
- Brake Rotors
- Cassette
- Derailleur
- Wheelset

**Items for everyday:**

- Basic tools

Got a bike question? Email Tom at [1tomjow@gmail.com](mailto:1tomjow@gmail.com)

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**Legacy Outdoor Schedule 2014.pdf**

**Advocacy**  
**Bike Utah** — UT, Utah's Statewide Advocacy Group. They work on education and other bike related advocacy., Jenn Oxborrow, 385-831-1515, [jenn@bikeutah.org](mailto:jenn@bikeutah.org), [bikeutah.org](http://bikeutah.org)  
**Salt Lake City Mayor's Bicycle Advisory Committee (MBAC)** — Salt Lake City, UT, Meetings are the 3rd Monday of the month from 5-7 pm in the SLC Transportation Division Conference room., Salt Lake City Transportation, 801-535-6630, [bikesac@slc.gov](mailto:bikesac@slc.gov), [bikesac.com](http://bikesac.com)  
**Salt Lake County Bicycle Advisory Committee** — Salt Lake City, UT, The SLCBAC committee works to improve cycling conditions in Salt Lake County and is an official committee. Meetings

are the second Wednesday of each month from 5:30-7:30 pm and are held in Suite N-2800 of the Salt Lake County Government Center, 2001 S. State St., Salt Lake City, UT., Helen Peters, 385-468-4860, [HPeters@slco.org](mailto:HPeters@slco.org), [bicycle.slco.org](http://bicycle.slco.org)

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

**Mooseknucker Alliance** — St. George, UT, We accept all types and styles of riders; most importantly we want people to ride their bikes and enjoy doing it. Most of us love riding our bikes in all types of weather and in multiple disciplines. The Alliance is located in Southern Utah and has group rides to help people get out, meet new friends, and most importantly, have fun riding their bikes., Lukas Brinkerhoff, 435-632-8215, [lukas@mooseknuckeralliance.org](mailto:lukas@mooseknuckeralliance.org), [mooseknuckeralliance.org](http://mooseknuckeralliance.org)

**Mountain Trails Foundation** — Park City, UT, Park City's Trails Group, Charlie Sturgis, 435-649-6839, [charlie@mountaintrails.org](mailto:charlie@mountaintrails.org), [mountaintrails.org](http://mountaintrails.org)

**Bonneville Shoreline Trail Committee** — Salt Lake City, UT, Volunteer to help build the Bonneville Shoreline Trail. (801) 485-6974 or visit our web page., Dave Roth, 801-824-5339, [bonnevillishorelinetrail@gmail.com](mailto:bonnevillishorelinetrail@gmail.com), [bonnevillishorelinetrail.org](http://bonnevillishorelinetrail.org)

**Parley's Rails, Trails and Tunnels (PRATT)** — Salt Lake City, UT, PRATT is a 501(c)(3) nonprofit organization, run by volunteers. The mission of the Parley's Rails, Trails and Tunnels (PRATT) Coalition is to assist city, county, state and

federal agencies and other public and private partners in completing a multi-use trail along I-80 via Parley's Creek Corridor and the Sugar House Rail Spur to connect the Bonneville Shoreline Trail with the Provo/Jordan River Parkway., Juan Arce-Larreta, 801-694-8925, [parleystrail@gmail.com](mailto:parleystrail@gmail.com), [parleystrail.org](http://parleystrail.org)

**Provo Bike Committee** — Provo, UT, Please join us every first Thursday of the month at 5 pm at 48 N. 300 W. to help make Provo a more bicycle-friendly community., Heather Skabelund, 971-404-1557, [bikeprovo@gmail.com](mailto:bikeprovo@gmail.com), Aaron Skabelund, 385-207-8879, [askabelund@gmail.com](mailto:askabelund@gmail.com), [bikeprovo.org](http://bikeprovo.org)

**Dixie Trails and Mountain Bike Advocacy** — St. George, UT, Cimarron Chacon, 970-759-3048, [info@graces.com](mailto:info@graces.com), [dmbta.org](http://dmbta.org)

**Southern Utah Bicycle Alliance** — St. George, UT, Southern Utah's road advocacy group., Craig Shanklin, 435-674-1742, [southernutahbicycle@gmail.com](mailto:southernutahbicycle@gmail.com), [southernutahbicyclealliance.org](http://southernutahbicyclealliance.org)

**WOBAC - Weber Ogden Bicycle Advisory Committee** — Ogden, UT, Josh Jones, 801-629-8757, [jsjones@ogdenutah.com](mailto:jsjones@ogdenutah.com)

**Idaho Bike Walk Alliance** — Boise, ID, Idaho's Statewide bicycle advocacy organization, Cynthia Gibson, 208-345-1105, [cynthia@idahowalkbike.org](mailto:cynthia@idahowalkbike.org), [idahowalkbike.org](http://idahowalkbike.org)

**Greater Arizona Bicycling Association** — Tucson, AZ, Arizona's Statewide bicycle advocacy organization, Eric Post, [president@bikegaba.org](mailto:president@bikegaba.org), [bikegaba.org](http://bikegaba.org)

**Coalition of Arizona Bicyclists** — Phoenix, AZ, Statewide bicycle advocacy organization, Bob Beane, 623-252-0931, [cazbike@cazbike.org](mailto:cazbike@cazbike.org), [cazbike.org](http://cazbike.org)

**Wyoming Pathways** — Wilson, WY, Statewide bicycle advocacy organization, Tim Young, 307-413-8464, [wyopath.org](http://wyopath.org)

**Bicycle Colorado** — Denver, CO, Statewide bicycle advocacy organization, Dan Grunig, 303-417-1544, [info@bicyclecolorado.org](mailto:info@bicyclecolorado.org), [bicyclecolorado.org](http://bicyclecolorado.org)

**Bike Walk Montana** — Helena, MT, Statewide bicycle advocacy organization, Taylor Lonsdale, [bzbnybike@gmail.com](mailto:bzbnybike@gmail.com), Doug Haberman, 406-449-2787, [info@bikewalkmontana.org](mailto:info@bikewalkmontana.org), [bikewalkmontana.org](http://bikewalkmontana.org)

**Salt Lake Valley Trails Society** — Salt Lake City, UT, Salt Lake Valley's natural surface bicycle trails non-profit., Kevin Dwyer, [kevin@saltlakevalleytrailsociety.org](mailto:kevin@saltlakevalleytrailsociety.org), [saltlakevalleytrailsociety.org](http://saltlakevalleytrailsociety.org)

**Teton Valley Trails and Pathways (TVTAP)** — Jackson, WY, Promotes trails and pathways in the Wydaho area of Wyoming and Idaho., Dan Verbeeten, 208-201-1622, [dan@tvap.org](mailto:dan@tvap.org), [tvap.org](http://tvap.org), [tetonbiketfest.org](http://tetonbiketfest.org)

**Bike Orem** — Orem, UT, The Orem Bicycle Coalition exists to cultivate a more bicycle friendly community in Orem so that more residents will be able and excited to ride in our community. We do this by encouraging bicycle safety, accessibility, inclusivity, and infrastructure to the community and its residents. Come join us! Currently we are meeting on the second Wednesday of each month, from 5:30pm to 7:00pm at Mad Dog Cycles. The address is 350 North Orem Blvd., Orem, UT 84057, Randy Gibb, 801-222-9577, [randy@maddogcycles.com](mailto:randy@maddogcycles.com), [bikeorem.weebly.com](http://bikeorem.weebly.com)

**Events, Swaps, Lectures**

**September 22, 2022 — World Car Free Day**, Everywhere, UT, Ride your bike and leave the car at home., Norah , [noemail@cyclingutah.com](mailto:noemail@cyclingutah.com), [worldcarfree.net](http://worldcarfree.net)

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

**September 24, 2022 — Bike Prom**, Utah Bike Month, Salt Lake City, UT, Meet at the NW corner of Liberty Park around 5:30, roll out by 6pm. Ride thru town to the party, which is hosted by The Front Climbing Club, 7pm-11pm., Sean Murphy, 801-328-2453, [info@bicyclecollective.org](mailto:info@bicyclecollective.org), [bicyclecollective.org](http://bicyclecollective.org), [bikeprom.com](http://bikeprom.com)

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

**Gravel Races and Rides**

**August 13, 2022 — Morganzo 55 Gravel Grinder**, Belgrade, MT, Gravel grinder, 55 miles, unsupported, Start time: 8am, Location: corner of Dry Creek Rd & Theisen Rd just north of Belgrade, MT, Shelli Thomas, [thomasshelli@gmail.com](mailto:thomasshelli@gmail.com), Kirk Ahlberg, [info@morganzo55.com](mailto:info@morganzo55.com), [montanacycling.net](http://montanacycling.net), [morganzo55.com](http://morganzo55.com)

**August 14, 2022 — SBT GRVL Gravel Grinder**, Steamboat Springs, CO, 6:30 am on Yampa Street, Steamboat Springs, CO. Four distances: 37/64/104/142 miles with 2000/4000/6000/9000 feet of climbing, respectively. Mixed surface with the majority on hard packed gravel roads, Amy Charity, 970-215-4045, [info@sbtgrvl.com](mailto:info@sbtgrvl.com), [sbtgrvl.com](http://sbtgrvl.com)

**August 19-20, 2022 — Gravel Worlds**, Lincoln, NE, Self-Supported, Grassroots Style Gravel Race, 50K, 75 mile, 150 mile, 300 mile options, Craig Schmidt, [info@gravel-worlds.com](mailto:info@gravel-worlds.com), [gravel-worlds.com](http://gravel-worlds.com)

**August 20, 2022 — Cedar City Fire Road 100 Gravel Grinder**, Cedar City, UT, 100k or 60k options - with over 80% dirt! Show and go in 2022.

Deborah Bowling, 818-889-2453, [embassy@plan7ultra.com](mailto:embassy@plan7ultra.com), [gravelgrinder.com](http://gravelgrinder.com)  
**August 20, 2022 — Cimarron Challenge**, Cimarron, NM, 78 and 66 mile gravel races, Erin Tawney, 918-691-9616, [Erin.schuster12@gmail.com](mailto:Erin.schuster12@gmail.com), [facebook.com/cimarronchallenge](http://facebook.com/cimarronchallenge)

**August 21, 2022 — The Last Best Ride Gravel**, Whitefish, MT, 48 and 78 miles, Jessica Cearra, [ridewhitefish@gmail.com](mailto:ridewhitefish@gmail.com), [thelastbestride.com](http://thelastbestride.com)

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

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

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

**August 31-September 4, 2022 — Rebecca's Private Idaho Gravel Grinder and Festival**, Ketchum, ID, Lifestyle, mountain bike and outdoor festival over Labor Day Weekend. The cornerstone of the two-day event is a 100-mile Gravel Grinder (or 50-mile option) mountain bike race & ride in the scenic Pioneer Mountains of Central Idaho, with renowned mountain bike champion and endurance athlete Rebecca Rusch. The weekend activities are centered around giving back to non-profit organizations that foster diversity, equity, and inclusion in cycling. Join the "Queens in Pain" in this beautiful route that ends in a great down-home party with food, festivities, music, and libations., Colleen Quindlen, 254-541-9661, [colleen@rebeccarusch.com](mailto:colleen@rebeccarusch.com), [rebeccasprivateidaho.com](http://rebeccasprivateidaho.com)

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

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

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

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

**September 10, 2022 — Gunni Grinder**, Gunnison, CO, An epic 118 mile race/ride starting in and finishing near downtown Gunnison, CO and follows some of Gunnison County's most challenging, remote and scenic gravel and dirt roads. If you don't have the miles but still want a challenge, the Gunni 60 (sh) and Gunni 30 will give riders a taste of what gravel riding in Gunnison County is all about. Although some paved roads are necessary, the vast majority (about 90%) of the course will be on gravel and dirt roads. Some of these roads receive little to no maintenance and can change drastically after heavy rains and/or snowfall. Riders are encouraged to be fully prepared for any and all conditions. The route is remote and therefore, will include signage to help prevent riders from getting off course., Joel Grimmer, 512-751-8940, [joel@raceevolutions.com](mailto:joel@raceevolutions.com), [thegunnigrinder.com](http://thegunnigrinder.com)

**September 10, 2022 — Fitzgerald's Joyride 400**, Idaho Falls, ID, 400 mile gravel bikepacking event from Fitzgerald's in Idaho Falls to Joyride Bicycles in Logan, UT and back., Kevin Emery, [kevinemery@gmail.com](mailto:kevinemery@gmail.com), [facebook.com/fitzgeralds-joyride](http://facebook.com/fitzgeralds-joyride), Formerly-pioneer-400-4165714058322537

**September 10, 2022 — Ride the Cog**, Hayden, CO, fundraiser for the Hayden Museum, Hayden Museum , 970-276-4380, [haydenmuseum@zritel.us](mailto:haydenmuseum@zritel.us)

**September 10, 2022 — Garden City Gravel: Holloman Saddle**, Missoula, MT, 55+ mile route, with a 5500+ climb. Holloman gets you from Missoula to true forest wildness, with scenic ridges, gnarly climbs, and epic descents., Shaun Radley, 406-219-1318, [montanacyclocross](mailto://montanacyclocross)

[montanacyclocross.com/events/the-cyclinghouse.com](mailto://montanacyclocross.com/events/the-cyclinghouse.com)  
**September 11, 2022 — Walla Walla Grit**, Walla Walla, WA, This Grit has three course lengths which include long, medium, and short routes. The long course starts at 6 a.m., medium begins at 8 a.m., and the short course commences at 9 a.m., Michael Austin, 509-386-1149, 509-525-4949, [mike@allegracyclery.com](mailto:mike@allegracyclery.com), Kathryn Austin, 509-964-8951, [kathryn@allegracyclery.com](mailto:kathryn@allegracyclery.com), [tourofallawalla.com](http://tourofallawalla.com)

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

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

**September 17, 2022 — Salida 76**, Salida, CO, 2 options: Race it like you stole it, timing and prizes for age and pro categories, Party Pace - No timing, no pressure. Cut-offs still apply, but go on, enjoy yourself; 76 miles of spectacular gravel, views, and friendly competition, 3 stocked aid stations, Full SAG and support, Finish food, beer and party at Riverside Park, Jennifer Barbour, 303-503-4616, [teamevergreen.org](mailto://teamevergreen.org), Kim Nordquist, 303-249-6168, [teamevergreen.org](mailto://teamevergreen.org), Morgan Murril, 303-475-6053, [morgansalidagravel.com](mailto://morgansalidagravel.com), [salida76.com](http://salida76.com), [teamevergreen.org](http://teamevergreen.org)

**September 23-24, 2022 — Belgian Waffle Ride - Cedar City**, QUADRUPEL CROWN OF GRAVEL, Cedar City, UT, The "Hell of the South", 78% Gravel (106 miles), 22% Paved (30 miles). In the heart of Southern Utah, allowing riders to see a wild variety of unique countryside. Course goes through the Parowan Gap and past petroglyphs left by the areas past native inhabitants, along with prehistoric dinosaur footprints., Michael Marckx, 760-815-0927, [mxx@MonumentsOfCycling.com](mailto://mxx@MonumentsOfCycling.com), Brooke Twifchell, [brookcecedarcity.org](http://brookcecedarcity.org), [belgianwaffleride.com](http://belgianwaffleride.com)

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

**September 24, 2022 — The Crippler**, Cañon City, CO, 65 Miles, 5000 Feet of Climbing, a Colorado-style gravel road race that will provide AMAZING scenery with panoramic views while simultaneously pushing your limits for climbing and descent., [thecrippler.org](http://thecrippler.org)

**October 1-2, 2022 — October Trek**, Weiser, ID, 2 day mountain bike gravel ride, 86 mile rails-to-trails conversion trail from New Meadows to Weiser, Idaho. Supported ride with meals and camping., Ron Hundahl, 208-566-1025 208-253-4433, [octobertrek@gmail.com](mailto://octobertrek@gmail.com), Pat Trainor, 208-253-4433, 208-571-7447, [blheron@atcweb.net](mailto://blheron@atcweb.net), [weiserivertail.org/octobertrek.html](http://weiserivertail.org/octobertrek.html), [kotahome.com/octobertrekinformation/](http://kotahome.com/octobertrekinformation/)

**October 1, 2022 — Boise Gravel Gala**, Boise, ID, 61, 80, and 105 mile gravel options, Chris Stuart, [biker1stu@hotmail.com](mailto://biker1stu@hotmail.com), [boisegravelgala.com](http://boisegravelgala.com)

**October 8, 2022 — Saitly Lizard 100**, Wendover, UT, Blasting around the West Desert for fun and profit, this race is only an hour and a half west of Salt Lake City. The Saitly Lizard 100 showcases the best of Wendover's amazing gravel roads with views of towering peaks and the Bonneville Salt Flats. Circling the Silver Island Range, the 106-mile route gives riders of all abilities the chance to check off an early-season century or experience a well-supported day out in the desert with friends., Robert Kennedy, 319-551-6174, [stupidponyride@gmail.com](mailto://stupidponyride@gmail.com), [saitlylizard100.com](http://saitlylizard100.com)

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

**October 15, 2022 — Hammer Road Rally**, Shaver Lake, CA, A ride with options for most ability levels with each route beginning and ending at Shaver Lake. There are four options: a 27.5 mile free untimed route, 34 mile untimed route, 53 mile timed route, and 85 mile timed route. Within the 53 mile option lies a 1000' paved climb, while the 85 mile option features a 15 mile gravel climb from Stump Springs Road to Kaiser Pass with a total of 30 miles of gravel., Clemence Hammett, 707-560-1122, [info@bikemonkey.net](mailto://info@bikemonkey.net), [hammerroadrally.com](http://hammerroadrally.com)

**October 15-16, 2022 — Belgian Waffle Ride - Kansas**, QUADRUPEL CROWN OF GRAVEL, Lawrence, KS, The "Hell of the Midwest", which will take place near Halloween. Punctuated by dozens of off-road sectors over a route throughout the northeast region of Kansas, this gives the event its unique complexion combined with an extended length from 111 miles

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last year to 130 miles this year., Michael Marckx, 760-815-0927, [mx@MonumentsOfCycling.com](mailto:mx@MonumentsOfCycling.com), [belgianwaffletribe.com](http://belgianwaffletribe.com)

**Mountain Bike  
Tours and Festivals**

**August 19-21, 2022 — Outerbike Crested Butte.** TENTATIVE, Crested Butte, CO. An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos, shuttles, lunch, beer, and admission to parties and films, at Crested Butte Mountain Resort, Mark Sevenoff, 800-845-2453, 435-259-8732, [outerbike@westernspirit.com](mailto:outerbike@westernspirit.com), [outerbike.com](http://outerbike.com)

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

**September 16-18, 2022 — Albuquerque Dirt Fiesta MTB Festival.** Albuquerque, NM. 12 hour race, 2 hour race, and weekend long mtb festival, Seth Bush, 505-554-0059, [ElCapitan@ZiaRides.com](mailto:ElCapitan@ZiaRides.com), [ZiaRides.com](http://ZiaRides.com)

**September 16-18, 2022 — Caliente MTB Festival.** Caliente, NV. 3rd Annual! Once again, but now with a whopping 20+ miles of NEW singletrack! Food, raffles, shuttles, music, games, shenanigans, and more... CAMBA, 775-549-5992, [calientemt看@gmail.com](mailto:calientemt看@gmail.com)

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

**September 18, 2022 — Monarch Crest Crank.** Salida, CO. Mountain bike event along one of IMBA's epic mountain bike trails with proceeds going to the local nonprofit organization: The Alliance, which helps victims of domestic and sexual abuse. There will be a post-ride party in Salida's Riverside Park featuring live music, free lunch, libations, and games with space limited to 100 riders.. Monica Gutierrez, 719-539-6738, [director@alliancechaffee.org](mailto:director@alliancechaffee.org), [BeckyRupp.crestcrank@gmail.com](http://BeckyRupp.crestcrank@gmail.com), [monarchcrestcrank.com](http://monarchcrestcrank.com)

**September 30-October 2, 2022 — Outerbike Moab.** Moab, UT. An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos, shuttles, lunch, beer, and admission to parties and films, 7000 N. Hwy 191 at Moab Brands Trailhead, Mark Sevenoff, 800-845-2453, 435-259-8732, [outerbike@westernspirit.com](mailto:outerbike@westernspirit.com), [outerbike.com](http://outerbike.com)

**Utah Weekly MTB  
Race Series**

**May 10-August 11, 2022 — Mid-Week Mountain Bike Race Series.** Wasatch Front, Wasatch Back, Salt Lake Valley, Utah Valley, UT, Tuesday and Thursday nights. Locations TBD. Fun, competitive mountain bike racing for all ages and abilities. XC races and Mini Enduro races, Jenn Oxborrow, 385-831-1515, [jenn@bikeuteah.org](mailto:jenn@bikeuteah.org), [TribbyCox](http://TribbyCox), 385-831-1515, [tribby@midweekmtb.com](mailto:tribby@midweekmtb.com), [midweekmtb.com](http://midweekmtb.com)

**Regional Weekly  
MTB Race Series**

**May 24-August 10, 2022 — Gallatin Valley Summer Series.** Bozeman, MT. Weekly series that includes road races, time trials, criteriums, mountain bike races and more, Alex Lusser, [lusser@halmail.com](mailto:lusser@halmail.com), Phil Rotherman, [phil@rothconst.com](mailto:phil@rothconst.com), Mollie McKiernan, [mollie.mckiernan@gmail.com](mailto:mollie.mckiernan@gmail.com), Patrick Wessel, [pawickwessel@yahoo.com](mailto:pawickwessel@yahoo.com), [gallatinvalleybicycleraceclub.org](http://gallatinvalleybicycleraceclub.org)

**July 27-August 24, 2022 — Humday Downhill Series.** Whitefish, MT, Wednesday downhill, Josh Knight, 406-862-2900, [info@skiwhitefish.com](mailto:info@skiwhitefish.com), [skiwhitefish.com/events](http://skiwhitefish.com/events)

**Utah Mountain  
Bike Racing**

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

**August 20, 2022 — Odyssey at Brian Head Endurance.** Intermountain Cup, Brian Head, UT, Margaret Gibson, 435-229-6251, [margaret@redrockbicycle.com](mailto:margaret@redrockbicycle.com), [IntermountainCup.com](http://IntermountainCup.com)

**August 20, 2022 — Mountain Madness Bike Race.** Vernal, UT. Relay race through the Ashley National Forest Race begins at Iron Springs Campground and ends at Remember the Maine Park., Quin, 435-781-0992, [Quin@uintahcreation.org](mailto:Quin@uintahcreation.org), [uintahcreation.org](http://uintahcreation.org)

**August 14, 2022 — Colorado Trail Race.** Durango, CO. The Group Start for the 2022 CTR is going to be Sunday, August 14th, 4:AM, Waterton Canyon TH/North Terminus of the CT. Group Start will again be limited to 74 riders., Jefe Branham, [JWOOKIEONE@HOTMAIL.COM](mailto:JWOOKIEONE@HOTMAIL.COM), [wookieone.com/2022-colorado-trail-race](http://wookieone.com/2022-colorado-trail-race)

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

**September 3, 2022 — Park City Point 2 Point.** Park City, UT, A true point 2 point race! Thanks to the plethora of trails in this area, the race is never on the same trail twice. Over 90% of the race is single-track. 75 miles & 12,000ft of climbing., Jay Burke, 801-330-3214, [racepoint2point@gmail.com](mailto:racepoint2point@gmail.com), [thecppp.com](http://thecppp.com)

**September 11, 2022 — Tour des Suds.** Park City, UT, Presented by Level Crossing Brewery, this is a 7-mile mountain bike climb starting at City Park, go hard and treat it like a legit mtb race (yes, there are awards) or a crazy costume party on bikes. Either way, it's 2,700 vertical up to the finish line at the top of Guardsman Pass. No e-bikes please., Ginger Wicks, 435-640-1168, [ginger@mountaintrails.org](mailto:ginger@mountaintrails.org), [mountaintrails.org](http://mountaintrails.org)

**September 17, 2022 — Eden Epic.** Eden, UT, On the trails above beautiful Ogden Valley, the Eden Epic is a truly "epic" mountain bike adventure. With a focus more on the adventure than the finishing times, this is an epic adventure that has a place for those looking to push themselves., Clay Christensen, 801-234-0399, [info@endurancueh.com](mailto:info@endurancueh.com), [edenepic.com](http://edenepic.com)

**October 7, 2022 — Stupid Pony.** Eagle Mountain, UT. Prepare to ride bikes and have a punished but for 200 miles from Eagle Mountain to Wendover on the historic Pony Express Trail., Robert Kennedy, 319-551-6174, [stupidponyride@gmail.com](mailto:stupidponyride@gmail.com), [sallyzard100.com](http://sallyzard100.com)

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

**October 10-11, 2022 — Huntsman World Senior Games Mountain Biking.** St. George, UT. Must be 50 years or older. Three events: hill climb, downhill, and cross country. Expert, Sport and Beginner Skill Divisions., Kyle Case, 800-562-1268, 435-674-0550, [hwsa@seniorgames.net](mailto:hwsa@seniorgames.net), [senior-games.net](http://senior-games.net)

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

**Regional Mountain  
Bike Racing  
ID, WY, MT, NV, AZ,  
NM, CO, MT, OR, WA,  
CA and Beyond**

**August 10, 2022 — Summit Mountain Challenge: Soda Creek Scramble.** Breckenridge, CO. XC and Enduro only options with timed and untimed sections., Jeff Westcott, 970-390-4760, [westy@mvavsports.com](mailto:westy@mvavsports.com), [mvavsports.com/soda-creek-scramble/](http://mvavsports.com/soda-creek-scramble/)

**August 13-14, 2022 — Pomerelle Pounder DH.** Go-Ride Gravity Series, Albion, ID. Two USAC sanctioned downhill races in two days. Ron Lindley, 801-375-3231, [info@utahdh.org](mailto:info@utahdh.org), [go-ride.com/utahdh.org](http://go-ride.com/utahdh.org)

**August 13, 2022 — Leadville Trail 100.** Leadville Race Series, Leadville, CO. One of the most notorious and challenging bike races in the world. 100 mile out-and-back., Paul Anderson, 719-219-9364, [panderson4@lifefitness.com](mailto:panderson4@lifefitness.com), [leadvillaceraceseries.com](http://leadvillaceraceseries.com)

**August 13-14, 2022 — 12 and 24 Hours of Flathead.** Kalspell, MT. A non-profit race to provide awareness and adaptive equipment to individuals living with paralysis and other life altering disabilities. Race features both bicycle and hand cycle courses. Held in Herron Park., Tim Celentano, 406-261-1769, [info@24hoursofflathead.org](mailto:info@24hoursofflathead.org), [24hoursofflathead.org](http://24hoursofflathead.org), [facebook.com/24HoursOffFlathead](http://facebook.com/24HoursOffFlathead)

**August 13, 2022 — Enduro Pescado Whitefish Enduro.** Montana Enduro Series, Whitefish, MT, Montana Enduro Series, [contact@montanaenduro.com](mailto:contact@montanaenduro.com), Eric Silvers, [eric@montanabicycleguild.org](mailto:eric@montanabicycleguild.org), [montanaenduro.com](http://montanaenduro.com)

**August 13-14, 2022 — Oak Flats MTB Race.** New Mexico Off Road Series, Albuquerque, NM. Well marked course with a separate kids course and equal pay. Family oriented, spectator friendly, with unique hand made trophies, a positive atmosphere and more. Fast, flowy course with a little bit of everything for everybody. Event Saturday: Cat 3, Cat 2 Short track/Pro and Cat 1; Sunday: Juniors, Kids, Pro & Cat 1, Jan

Bear, 505-670-4665, [janbea@gmail.com](mailto:janbea@gmail.com), Par, 505-730-2615, [paimenides.arpine@gmail.com](mailto:paimenides.arpine@gmail.com), [nmors.org](http://nmors.org), [oakflatsmtb.com](http://oakflatsmtb.com)

**August 14, 2022 — Colorado Trail Race.** Durango, CO. The Group Start for the 2022 CTR is going to be Sunday, August 14th, 4:AM, Waterton Canyon TH/North Terminus of the CT. Group Start will again be limited to 74 riders., Jefe Branham, [JWOOKIEONE@HOTMAIL.COM](mailto:JWOOKIEONE@HOTMAIL.COM), [wookieone.com/2022-colorado-trail-race](http://wookieone.com/2022-colorado-trail-race)

**August 17, 2022 — VRD Town Mountain Bike Race Series: Berry Creek Bash.** Vail Town Series, Edwards, CO, XC Race, Vail Recreation District Sports, 970-479-2280, [sports@vailrec.com](mailto:sports@vailrec.com), [vail-rec.com/sports-activities/vail-race/mountain-bike-racing/davos-dash](http://vail-rec.com/sports-activities/vail-race/mountain-bike-racing/davos-dash)

**August 20, 2022 — York 38 Special.** York, MT. Ride 38 or 76 miles on single track, gravel, and Forest Service roads through breathtaking scenery in the Helena National Forest gaining 3000 vertical feet., York Fire Rescue, [debbie@york38special@gmail.com](mailto:debbie@york38special@gmail.com), [york38special.org](http://york38special.org)

**August 20-21, 2022 — Snowmass Enduro.** Revolution Enduro Series, Snowmass, CO. Encompassing thousands of feet of descent, you won't want to miss this lift served, two day, gravity filled Enduro., David Scully, 970-846-5012, [david@revolutionenduro.com](mailto:david@revolutionenduro.com), [revolutionenduro.com](http://revolutionenduro.com), [snowmass-colorado-enduro/](http://snowmass-colorado-enduro/)

**August 20-21, 2022 — Idaho Senior Games.** Eagle, ID, Eagle Cycle Park, Cross Country, and Hill Climb Events, Mike Thornton, 208-861-8000, [idahoseniorgamesinfo@gmail.com](mailto:idahoseniorgamesinfo@gmail.com), Katie Hedrich, 951-733-5198, [katie@omniplovents.com](mailto:katie@omniplovents.com), Stewart Hindman, 208-461-8877, [idahosg.cycling@gmail.com](mailto:idahosg.cycling@gmail.com), [idahoseniorgames.org](http://idahoseniorgames.org)

**August 27, 2022 — Big Sky Biggie.** Big Sky, MT. Starting in Big Sky's Town Center (Meadow Village) and climbing into the scenic views from Lone Peak and Buck Ridge, riders will ride some of the area's most exhilarating (and challenging) pieces of single-track, double-track, gravel roads and the occasional paved segment, Natalie Osborne, 907-223-0858, [natalie@bigskybiggie.com](mailto:natalie@bigskybiggie.com), [bigskybiggie.com](http://bigskybiggie.com)

**August 27, 2022 — La Tierra Torture Mountain Bike Race.** New Mexico Off Road Series, Santa Fe, NM, fast and flowy course, Jan Bear, 505-670-4665, [janbea@gmail.com](mailto:janbea@gmail.com), [core-crew.com](http://core-crew.com)

**August 27, 2022 — Lake City Alpine 50.** Lake City, CO. A fun, fast, and scenic race will take you by the iconic Lake San Cristobal before climbing through the alpine tundra to the two of the highest passes in Colorado: Cinnamon Pass (12,640 feet) and Engineer Pass (12,800 feet). The race will feature over 7,500 feet of climbing through some of the most incredible sections of the San Juan Mountains. This is a USA Cycling sanctioned event. benefit the Town of Lake City and the Lake Fork Valley Conservancy., Michael Fleishman, [mike@lakecityalpine50.com](mailto:mike@lakecityalpine50.com), [lakecityalpine50.com](http://lakecityalpine50.com)

**August 27, 2022 — King of the Rockies.** XC Mountain Bike Race Series, Winter Park, CO, XC race. There is a category for everyone from novice riders to professional racers - even first time racers., Jen Miller, 970-726-1570, [jmiller@winterparkresort.com](mailto:jmiller@winterparkresort.com), [winterparkresort.com/things-to-do/competition-center/summer-programs/winter-park-classics-bike-race-series](http://winterparkresort.com/things-to-do/competition-center/summer-programs/winter-park-classics-bike-race-series)

**August 28, 2022 — Santa Fe Big Friggin Loop.** New Mexico Endurance Series, Santa Fe, NM. The Santa Fe BFL returns in 2021 with a new route! This year's route features the classic trails, a handful of new trails, less roads (paved or otherwise), less hike-a-bike, and generally less tedious. It will also be FULLY SELF-SUPPORTED! Bring your favorite method of water treatment, as there will not be a water drop this year., Bailey Newbery, [nm-es.weebly.com/santa-fe-big-friggin-loop.html](mailto:nm-es.weebly.com/santa-fe-big-friggin-loop.html)

**August 31, 2022 — Peaks Trail Time Trial.** Breckenridge, CO, Jeff Westcott, 970-390-4760, [westy@mvavsports.com](mailto:westy@mvavsports.com), [mvavsports.com](http://mvavsports.com)

**August 31, 2022 — Salida to the Sea.** Salida, CO. Salida to the Sea is a self supported bikepacking race. The race begins in Salida, Colorado and finishes in Port Orford, Oregon. The route is roughly 2,000 miles long and traverses through 5 states in Western America. [facebook.com/Salida2Sea/](http://facebook.com/Salida2Sea/), Brian Steele, [americantrailrace.com/salida-to-the-sea](http://americantrailrace.com/salida-to-the-sea), [bikereg.com/salida-to-the-sea](http://bikereg.com/salida-to-the-sea)

**September 2-4, 2022 — Trestle Gravity Series: Downhill Race 3, 4, and 5.** Trestle Gravity Series, Winter Park, CO, Jen Miller, 970-726-1570, [jmiller@winterparkresort.com](mailto:jmiller@winterparkresort.com), [winterparkresort.com/things-to-do/competition-center/summer-programs/trestle-gravity-series](http://winterparkresort.com/things-to-do/competition-center/summer-programs/trestle-gravity-series)

**September 9-11, 2022 — NW Cup Downhill Series (TBA).** Northwest Cup Downhill Series, TBA, TBA, Downhill race. Held at Whitefish Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories, Scott Tucker, 360-797-4288, [scott@nwcup.com](mailto:scott@nwcup.com), [nwcup.com](http://nwcup.com)

**September 10, 2022 — Race the Rails.** Ely, NV. Race the train in Ely! Fun for the whole family! Race a coal fired steam engine that is over 100 years old. The event will accommodate both road and mountain bike riders of all ages., Kyle Horvath, 775-289-3720, [kyle.horvath@elynevada.net](mailto:kyle.horvath@elynevada.net), [elynevada.net](http://elynevada.net)

**September 10, 2022 — Party at Purg.** Trail Party, Durango, CO, Downhill race, Trail Party, [trailparty.com](http://trailparty.com)

**September 10, 2022 — The Fall Classic.** Breckenridge, CO, Jeff Westcott, 970-390-4760, [westy@mvavsports.com](mailto:westy@mvavsports.com), [mvavsports.com](http://mvavsports.com)

**September 10, 2022 — Pocatello Fall Ultra.** Pocatello, ID. Join us for the premier ultra mountain bike race in Southeast Idaho. Participate in a 100K or 50K ride in one of America's best mountain biking areas. 100K RACE— Over 9,000 ft. of elevation gain— Over 45 miles of single-track on the 100K course.— Looped course, 80% Singletrack/50K RACE— Over 6,500 ft. of elevation gain.— Looped course, ALL singletrack., Jeff Hough, 208-251-1033, [hough.jeff@gmail.com](mailto:hough.jeff@gmail.com), [pocatellofallultra.com](http://pocatellofallultra.com)

**September 11, 2022 — High Altitude Classic.** New Mexico Off Road Series, Cloudcroft, NM, Jan Bear, 505-670-4665, [janbea@gmail.com](mailto:janbea@gmail.com), Chubby Tire, 575-649-8292, [info@chubbytire.com](mailto:info@chubbytire.com), [nmors.org](http://nmors.org)

**September 16-18, 2022 — 12 Hour of Albuquerque Race and MTB Festival.** Albuquerque, NM. The weekend will be full of activities with the anchor event being the 12 Hours of Albuquerque from 7am to 7pm on Saturday. The course for the 12 Hours of Albuquerque is 11+ miles of fast, fun, occasionally technical, but mostly flowy singletrack in the beautiful pine forests above Albuquerque, Seth Bush, 505-554-0059, [ElCapitan@ZiaRides.com](mailto:ElCapitan@ZiaRides.com), [ZiaRides.com](http://ZiaRides.com)

**September 16-18, 2022 — Chuska Challenge Mountain Bike Race.** Tour de Rez Cup, Red Valley, AZ. The Navajo Nation's premier mountain bike event of the year, taking place the final weekend of September in the Chuska Mountains. The Chuska Challenge Tour includes 35-mile and 20-mile noncompetitive options, offer riders some awesome riding in some of the most beautiful country in Dine' Bikesyah. The competitive Mountain Bike Race includes a variety of routes and distances, and includes awards for top riders. There will be a Skills Course set up for riders to play on throughout the weekend, and there will be a Youth Race on Saturday. On the Sunday of Chuska weekend, there will be a 55-mile and 35-mile Arizona Endurance

Series event on the Cove Classic route, Tom Riggenschach, 928-429-0345, [chuskaman@yahoo.com](mailto:chuskaman@yahoo.com), [navajoves.org](http://navajoves.org), [runsignup.com/Race/AZ/RedValley/ChuskaChallengeMountainBikeRace](http://runsignup.com/Race/AZ/RedValley/ChuskaChallengeMountainBikeRace)

**September 17, 2022 — Barn Burner 104.** Leadville Race Series, Flagstaff, AZ. 104 mile mountain bike race, Solo, Duo, Teams, Kaibab and Coconino National Forest, Camping on private land. 26 and 52 mile options. Party afterwards with music, food, and beer, Jeff Frost, 928-380-0633, [canisbleu@gmail.com](mailto:canisbleu@gmail.com), Paul Anderson, 719-219-9364, [panderson4@lifefitness.com](mailto:panderson4@lifefitness.com), [bamburnermtb.com](http://bamburnermtb.com), [leadvillaceraceseries.com](http://leadvillaceraceseries.com)

**September 17, 2022 — Fire on the Rim Mountain Bike Race.** Pine, AZ, 15, 30, and 45 mile mtb races near Payson, AZ, Janet Brandt, [info@fireontherim.com](mailto:info@fireontherim.com), [fireontherim.com](http://fireontherim.com)

**September 17-18, 2022 — Mountain Rats Firebird 50k and 25k Mountain Bike Race.** Eagle, CO. New in 2022: Firebird 25k- now you can choose between the full or short course. Experience uphill grinds and beautiful singletrack. Both the 50k and 25k courses are a great test of stamina and give a culmination of summer training. Racers will have three aid stations (one for the 25k) and will receive a finisher's memento and age group awards, Reid Delman, 303-249-1112, [reid.delman@geminiadventures.com](mailto:reid.delman@geminiadventures.com), Kyla Claudiell, 303-249-1112, [kyla@geminiadventures.com](mailto:kyla@geminiadventures.com), [geminiadventures.com](http://geminiadventures.com)

**September 17-18, 2022 — Big Mountain Enduro.** Big Mountain Enduro Series, Bend, OR. Series final, Brandon Ontiveros, [brandon@bigmountainenduro.com](mailto:brandon@bigmountainenduro.com), [bigmountainenduro.com](http://bigmountainenduro.com)

**September 24, 2022 — Coyote Classic Round 1 of 3.** DVO Fall XC and E-Bike Coyote Classic Series, Boulder City, NV, Downhill Mike, 518-524-9805, [info@downhillmike.com](mailto:info@downhillmike.com), [bootlegcanyonracing.com](http://bootlegcanyonracing.com)

**September 25, 2022 — Horny Toad Hustle MTB Race.** New Mexico Off Road Series, Las Cruces, NM, Held on the Dona Ana trails, Jan Bear, 505-670-4665, [janbea@gmail.com](mailto:janbea@gmail.com), Dave Halliburton, 575-312-5991, [goat@nfm.com](mailto:goat@nfm.com), [nmors.org](http://nmors.org)

**October 1-2, 2022 — Beti Bike Bash.** Beti Bike Bash, Lakewood, CO. Women's only mountain bike race and festival including: Little Bellas Girls Camp and VIDA MTB Series Clinic. All ages and abilities welcome., Jennifer Barbour, 303-503-4616, [jen@teamevergreen.org](mailto:jen@teamevergreen.org), Natalie Rabour, 303-503-4616, [natalie@teamevergreen.org](mailto:natalie@teamevergreen.org), [betibikebash.com](http://betibikebash.com)

**October 1, 2022 — Tour of the White Mountains.** Pinetop-Lakeside, AZ. Arizona's longest standing mountain bike event. At 7,000 feet, the tour is a grassroots event with laid back vibes among a gathering of bike-minded individuals., Dave Castro, 520-623-1584, [info@epicrides.com](mailto:info@epicrides.com), Dave Castro, [dcastro@epicrides.com](mailto:dcastro@epicrides.com), [epicrides.com](http://epicrides.com)

**October 1, 2022 — Great Trail Race.** Truckee, CA. Ride or Run between Truckee and Tahoe City. The Great Trail Race follows roughly the same route as the Great Ski Race between Truckee and Tahoe City with one major difference: You choose to run or bike one of two course options. Elite or Classic. The Elite division course adds in more technically challenging terrain., Todd Jackson, 530-546-1019, [todd@bigblueadventure.com](mailto:todd@bigblueadventure.com), Kiley McIntroy, [kiley@bigblueadventure.com](mailto:kiley@bigblueadventure.com), [bigblueadventure.com](http://bigblueadventure.com), [greattrailrace.com](http://greattrailrace.com)

**October 1-2, 2022 — Road Apple Rally MTB Race.** New Mexico Off Road Series, Farmington, NM. The Road Apple Rally began in 1981 as a competition between horses and bicycles. It has since become a bicycle only race and stands as the longest running annual mountain bike race in the United States. Bring the family for a day of fun and try the children's riding obstacle course. This celebrated mountain bike race features five divisions: Beginner, Pro, Expert, Sport, Single Speed. The Beginner course is a 15 mile loop, all others ride the full 30 mile Road Apple Rally course. Both courses feature the whoops, where you spend more time in the air than on the ground! Course terrain also includes short climbs, flats, sandy arroyos and sharp corners., Jan Bear, 505-670-4665, [janbea@gmail.com](mailto:janbea@gmail.com), Leslie Mueller, 505-599-1184, [lmuelier@nfm.org](mailto:lmuelier@nfm.org), [nfm.org/277/Road-Apple-Rally](http://nfm.org/277/Road-Apple-Rally), [nmors.org](http://nmors.org)

**October 1, 2022 — MEGA Party.** Trail Party, Angel Fire, NM, Downhill race, Trail Party, [trailparty.com](http://trailparty.com)

**October 8, 2022 — Rad Dirt Fest.** Trinidad, CO. 38, 99, 165 mile options. Deep in the Southern Colorado plateau lies an untouched plethora of gravel unlike any other. The towering Spanish Peaks and expansive mesas serve as the backdrop for the 3 unique courses of the "Rad Dirt Fest". The courses are all more than 90% maintained, gravel roads and mostly rolling routes, Paul Anderson, 719-219-9364, [panderson4@lifefitness.com](mailto:panderson4@lifefitness.com), [lifefitness.com](http://lifefitness.com), Lifetime Events - TheRadDirtFest, [events.zendesk.com](mailto:events.zendesk.com), [therad dirt.com](http://therad dirt.com)

**October 9, 2022 — Sunrise Ski Resort Enduro.** Sunrise Ski Resort, AZ, Tim Racette, 480-442-4229, [info@mbaa.net](mailto:info@mbaa.net), [mbaa.net](http://mbaa.net)

**October 13-16, 2022 — USA Cycling Collegiate Mountain Bike National Championships.** Durango, CO. Collegiate National Championships and Montana High School Championships, Chuck Hodges, 719-434-4200, [chodge@](mailto:chodge@uscycling.org)

Boulder City, NV, XC, E-Bike, and Gravity Fest, Downhill Mike, 518-524-9805, [info@downhillmike.com](mailto:info@downhillmike.com), [bootlegcanyonracing.com](mailto:bootlegcanyonracing.com)

**December 10, 2022 — DVO Blue Diamond Enduro.** Boulder City, NV, Downhill Mike, 518-524-9805, [info@downhillmike.com](mailto:info@downhillmike.com), [bootlegcanyonracing.com](mailto:bootlegcanyonracing.com)

**Fat Biking**  
**Utah Weekly**  
**Road Race Series**

**Salt Air Time Trial Series** — Utah Crit Series, Salt Lake City, UT, Every other Thursday April - September, 1-80 Frontage Road West of the International Center, Marek Shon, 801-209-2479, [utcritseries@gmail.com](mailto:utcritseries@gmail.com), [utahcritseries.com](mailto:utahcritseries.com)

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

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

**Logan Race Club Thursday Night Time Trial Series** — Logan, UT, Thursdays. IT series consisting of 18 races on five different courses, with weekly and end-of-series prizes. Check the website for the location of the weekly course., Stephen Clyde, 435-750-8785, [swc@midsco.com](mailto:swc@midsco.com), Ben Koford, [benkoford@hotmail.com](mailto:benkoford@hotmail.com), Travis Dunn, [travis.dunn@usu.edu](mailto:travis.dunn@usu.edu), [loganraceclub.org](mailto:loganraceclub.org)

**Utah Road Race Series** — Utah Crit Series, Salt Lake City, UT, Fridays, June 10, July 22, Aug 12, Aug 26, Marek Shon, 801-209-2479, [utcritseries@gmail.com](mailto:utcritseries@gmail.com), [race2wheels.com](mailto:race2wheels.com)

**Utah Road Racing**

**August 13, 2022 — Sugarhouse Criterion.** UCA Series, Salt Lake City, UT, 2022 State Criterion Championship. Bring the entire family and enjoy some of Utah's best crit racing in one of Salt Lake's Sugarhouse Park. State Championship. Bike festival too., Jared Eborn, 801-599-9268, [ared.m.eborn@gmail.com](mailto:ared.m.eborn@gmail.com)

**August 20, 2022 — Wildflower Hill Climb.** Mountain Green, UT, Timed 5.5 mile climb during the 65 mile course option in this women-only cycling event., Nick Bowsher, 801-610-9422, [info@wildfloweroutdoor.com](mailto:info@wildfloweroutdoor.com), [wildfloweroutdoor.com](mailto:wildfloweroutdoor.com)

**August 26-29, 2022 — Hoodoo 500.** Planet Ultra Grand Slam Endurance Series, St. George, UT, 500 mile loop race through Southern Utah. Non-stop or stage race, solo and relay team divisions. 300 mile option as well., Deborah Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [Hoodoo500.com](mailto:Hoodoo500.com)

**September 3, 2022 — Porcupine Hill Climb.** Tentative Date - check website for updates, UCA Series, Salt Lake City, UT, 19th Annual. Start: Porcupine Pub & Grille finishing at the Brighton Ski Resort, Big Cottonwood Canyon. Citizen's and licensed rider categories. State Championship Hill Climb for licensed categories. 14.7 miles, 3800' of climbing!, James Zwick, 801-870-4578, [sports@sports-am.com](mailto:sports@sports-am.com), [sports-am.com](mailto:sports-am.com)

**September 10, 2022 — LOTOJA Classic Road Race.** Logan, UT, 40th Annual, 1 day, 3 states, 200-plus mile road race from Logan, UT to Jackson Hole, WY, Brent Chambers, 801-546-0090, [info@lotoja.com](mailto:info@lotoja.com), [lotoja.com](mailto:lotoja.com)

**September 17, 2022 — City Creek Bike Sprint.** Salt Lake City, UT, Race starts at the mouth of City Creek Canyon and finishes at Rotary Park where we will have awards, food, music and fun, James Zwick, 801-870-4578, [sports@sports-am.com](mailto:sports@sports-am.com), [sports-am.com](mailto:sports-am.com)

**September 17, 2022 — Suncrest Hill Climb.** Utah State Hill Climb Series, Highland, UT, The final climb of this series will feature the Back Side of Suncrest, this climb is fast but steep as riders will test their sustainable power output at the end of the season. This climb will be held in time trial format with a rider starting every 30 seconds., Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [racedaywebsites.com](mailto:racedaywebsites.com)

**October 1, 2022 — Emigration Canyon Hill Climb.** Utah State Hill Climb Series, UCA Series, Salt Lake City, UT, Starting in Late April with the climb that is probably ridden most in the state, Emigration Canyon will be the kick off event. With new roads and a bike lane to the top this will test each riders early season fitness. This climb will be held in time trial format with a rider starting every 30

seconds., Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [racedaywebsites.com](mailto:racedaywebsites.com)

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

**Regional Weekly**  
**Road Race Series**

**May 4-August 10, 2022 — ICE BAR Time Trial/Hillclimb Series.** ICE BAR Series, Pocatello, ID. Flat time trials: Start at Rainbow Road, 6.2m(10k). Scoring is best of 4 times., May 4 at 6:30 pm, 7:00 pm, June 1, June 29 and July 27Hill Climbs: Park at Cherry Springs, Crystal start at Cherry Springs and Scout start at bottom of Scout Mtn Rd. Scoring is best crystal plus best Scout time. Approximately 5 mile climbs. mass start., May 18 -Crystal Summit (mass start), 6:30 pm, 7:00 pm: June 15-Scout, July 15-Crystal Summit (Senior Games), August 10-Scout. Categories: End of season awards for men and women's overall winners of these categories: A's, B's, Master's 50+, Masters 60+, Triathlete, Recreational (Non TI bike, Eddie Merckx style), Single Speed, and Clydesdale (210 lbs+) and Athena (150 lbs+), Peter Joyce, 435-671-2506, [lovcypete@isu.edu](mailto:lovcypete@isu.edu), Tony Chesrow, 435-671-2506, [hebermtpsports@yahoo.com](mailto:hebermtpsports@yahoo.com), [idahocycling.com](mailto:idahocycling.com)

**Regional Road Racing**  
**ID, WY, MT, NV, AZ, NM, CO, MT, OR, WA, CA and Beyond**

**August 13, 2022 — Bogus Basin Hill Climb.** Boise, ID, 51st Annual, 24km/15 miles of uphill, 1000 meters of elevation gain. Starts at 2600 N Bogus Basin Rd at 9am, Linda Lloyd, 208-514-3077, [george@georgescycles.com](mailto:george@georgescycles.com), [georgescycles.com](mailto:georgescycles.com)

**August 13, 2022 — Lamolle Canyon Hill Climb.** Tentative, Lamolle, NV, 16th Annual, Road Race hill climb, 12 miles, 3000 ft hill climb in Ruby Mountains. Race starts at 9am. Post event picnic and awards in Lamolle Grove, 11:30am, Gayle Hughes, 775-753-7789, 775-934-4532, [nvelkovel@gmail.com](mailto:nvelkovel@gmail.com), Jon Powell, 775-385-4938, [elkovel@elkovel.com](mailto:elkovel@elkovel.com), [elkovel.com](mailto:elkovel.com)

**August 13, 2022 — The Broadmoor Pikes Peak Cycling Hill Climb.** Colorado Springs, CO, This is an epic hill climb on Pikes Peak, America's Mountain, starting at 9,390 feet and finishing 12.42 miles later at 14,115 feet with an elevation gain of 4725 feet. There is a timed race and gran fondo, with waves starting at 6:13 am., The Sports Corp., 719-634-7333, [info@thesportscorp.org](mailto:info@thesportscorp.org), Jeff Mosher, 719-634-7333 Ext 1005, [jef@thesportscorp.org](mailto:jef@thesportscorp.org), [PikesPeakCyclingHillClimb.org](mailto:PikesPeakCyclingHillClimb.org)

**August 13, 2022 — Dunnigan Hills Road Race.** Dunnigan, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopro1.com](mailto:velopro1.com)

**August 14, 2022 — Suisun Harbor Criterion.** Suisun City, CA, 2021 Northern California/Nevada District Criterion Championships. A fast paved four cornered downtown criterium on a short loop. USAC licensed, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopro1.com](mailto:velopro1.com)

**August 20-21, 2022 — Idaho Senior Games.** Kuna, ID, 5k and 10k Time Trials both at 9 a.m., date corresponds to order of listing, 20 K Aug 5 and 40 K Aug 4 Road Races at 10 a.m., qualifying year for National Senior Games. Held at S. Cole Road & Hubbard/10 Mile Creek Rd., Mike Thornton, 208-861-8000, [idahoseniorgamesinfo@gmail.com](mailto:idahoseniorgamesinfo@gmail.com), Stewart Hindman, 208-461-8877, [idahosocycling@gmail.com](mailto:idahosocycling@gmail.com), [idahoseniorgames.org](mailto:idahoseniorgames.org)

**August 20, 2022 — San Ardo Road Race.** San Ardo, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopro1.com](mailto:velopro1.com)

**August 21, 2022 — University Road Race.** Santa Cruz, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopro1.com](mailto:velopro1.com)

**August 27, 2022 — Winters Road Race.** Winters, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopro1.com](mailto:velopro1.com)

**September 3, 2022 — Athlone Time Trial.** Merced, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopro1.com](mailto:velopro1.com)

**September 5, 2022 — Il Giro di San Francisco.** San Francisco, CA, 46th annual Labor Day Criterium on the Embarcadero. Challenging six corner course that has hosted some of the best in the nation. 9 separate events including kids chil-

lunge. USAC licensed., Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopro1.com](mailto:velopro1.com)

**September 11, 2022 — Mt. Graham Hill Climb.** Safford, AZ, 8 am, mass start, Nippy Feldhake III, 520-747-2544, [nippy-mr-smarty-pants@uno.com](mailto:nippy-mr-smarty-pants@uno.com), [azcycling.org/event/mi-graham-state-hc-2/](mailto:azcycling.org/event/mi-graham-state-hc-2/)

**September 16-18, 2022 — Silver State 508.** Mountain West Ultra Cup, Reno, NV, 39th Annual, Founded by John Marino in 1983 and recognized as "The Toughest 48 hours in Sport." This 508-mile bicycle race is revered the world over for its epic mountain climbs, stark desert scenery, desolate roads, and its reputation as one of the toughest but most gratifying endurance challenges available, bar none. Solo, two-person and four-person relays with stage and open divisions offered with subcategories for tandems, recumbents, fixed gear, and classic bikes. A Race Across America (RAAM) Qualifier, starts and ends in Reno and traverses across Highway 50, also known as "The Loneliest Road in America". Robert Panzera, 517-543-2670, [robert@ccsd.com](mailto:robert@ccsd.com), Jo Panzera, [jo@ccsd.com](mailto:jo@ccsd.com), [fhs508.com](mailto:fhs508.com)

**September 18, 2022 — Arizona State Time Trial 40K Championships.** Picacho, AZ, Arizona State Individual Time Trial, 40K. Course out & back, flat, first ride start 6:30 AM, rider go off in 30 seconds intervals. USA Cycling State awards. Joey Luliano, [luliano88@gmail.com](mailto:luliano88@gmail.com), [azcycling.org/event/state-time-trials-20-and-40k/](mailto:azcycling.org/event/state-time-trials-20-and-40k/)

**September 18, 2022 — Arizona State Time Trial 20K Championships.** Picacho, AZ, Arizona State Individual Time Trial, 20K. Course out & back, flat, first ride start 6:30 AM, rider go off in 30 seconds intervals. USA Cycling State awards. Joey Luliano, [luliano88@gmail.com](mailto:luliano88@gmail.com), [azcycling.org/event/state-time-trials-20-and-40k/](mailto:azcycling.org/event/state-time-trials-20-and-40k/)

**September 18, 2022 — Oakland Grand Prix.** Oakland, CA, Exciting multi lap criterium racing in uptown Oakland for the 16th year. USAC licensed., Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopro1.com](mailto:velopro1.com)

**September 18, 2022 — 3 Bears TT #1.** Picacho, AZ, State TT championship and tandem, [azcycling.org/event/3-bears-tt-1/](mailto:azcycling.org/event/3-bears-tt-1/)

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

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

**Utah Road Touring and Gran Fondos**

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

**August 20, 2022 — Sevier Valley Rooster Ride.** Richfield, UT, Sevier County is presenting a 33, 55, or 100 mile bike ride thru scenic Central Utah. Event will be chipped, with fully stocked rest stops, great swag and lunch. Medal and Tee Shirt and custom D.I. socks will be provided. 33 mile option has a 800' gain, 1:15.3 ft gain for the 55 mile option, and 4:01.1 ft for the 100 mile option. Also a 5 mile family ride. Amy Myers, 835-893-0457, 844-469-8724, [amymyers@sevier.utah.gov](mailto:amymyers@sevier.utah.gov), [roosterride.com](mailto:roosterride.com)

**August 20, 2022 — Wildflower Pedalfest.** Morgan, UT, A non-competitive women only road bike ride at three levels, well-organized, the 65 mile course option has a timed hill climb with prizes, Nick Bowsher, 801-610-9422, [info@wildfloweroutdoor.com](mailto:info@wildfloweroutdoor.com), [wildfloweroutdoor.com](mailto:wildfloweroutdoor.com)

**August 27, 2022 — Cache Valley Century Tour.** Richmond, UT, 35, 60, or 100 mile options. Proceeds benefit Common Ground, a Logan, UT non-profit that supports local adaptive cycling program. Richmond to Preston, Idaho and back through scenic terrain. Great last century before LOTOJA, Bob Jardine, 435-713-0288, 435-757-2889, [info@cachevalleycentury.com](mailto:info@cachevalleycentury.com), Sammie Macfarlane, 435-713-0288, [sammie@cgadventures.org](mailto:sammie@cgadventures.org), CJ Sherlock, 435-713-0288, 435-757-2889, [info@cachevalleycentury.com](mailto:info@cachevalleycentury.com), [CacheValleyCentury.com](mailto:CacheValleyCentury.com)

**August 27, 2022 — Summit Challenge.** Park City, UT, Riders of all ages and abilities will hit the pavement in support of the National Ability Center's mission. All three fully-supported routes of this event follow paved roads in and around the beautiful Park City mountainside. This exciting event promises to serve up a challenge for a wide range of cycling levels and abilities. And don't forget - all Summit Challenge riders who have a disability can register and ride for free! The 100 ride goes through the prestigious Wolf Creek Ranch property which is usually closed off to road bikers. Enjoy a ride length of your choice and end up back at the National Ability Center for food, drinks and music., Chelsea Rybak, 435-649-3991, 435-200-0990, [events@discovernaac.org](mailto:events@discovernaac.org), Kelly Striefel, 435-649-3991, [kellys@discovernaac.org](mailto:kellys@discovernaac.org), [summitchallenge100.org](mailto:summitchallenge100.org), [discovernaac.org](mailto:discovernaac.org)

**August 27, 2022 — CF Cycle For Life.** Henefer, UT, One of Utah's best supported charity rides. A healthy multi-length challenge, not race, for all level of riders, beautiful ride with five route options - 24, 36, 55, 80, 100 miles. Supporting the Cystic Fibrosis Foundation in its mission to find a cure for CF., Laura Hadley, 801-532-2335, 801-558-8310, [lhadley@cf.org](mailto:lhadley@cf.org), Erin Hurtado, 801-532-2335, [ehurtado@cf.org](mailto:ehurtado@cf.org), [lightcf.org/site/?lr?id=8753&pg=entry](http://lightcf.org/site/?lr?id=8753&pg=entry)

**August 27, 2022 — Gran Fondo Salt Lake.** Tooele, UT, 100 miles, the metric century (62 miles), or 30 miles. Held at the Utah Motorsports Campus, through the west desert South of Grantsville, climbing Johnson pass, and back. Minimal traffic on this picturesque desert ride. 6 feed stations on route. Food at the Utah Motorsports Campus after the event. New in 2022: camping onsite, 5k time trial Friday evening, and triathlon Friday evening., Dan Aamodt, [info@skolevents.com](mailto:info@skolevents.com), [GranFondoSaltLake.com](mailto:GranFondoSaltLake.com)

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

**September 17-18, 2022 — Moab Century Tour.** Moab, UT, The Moab Century Tour sends riders across Moab's unique topography of mountain passes, canyons, and the mighty Colorado River. From gaining elevation into the La Sal Mountains (including "The Big Nastyl"), to carving down red rock canyons, and finishing along the Colorado River, this event has landscape worth training for. Live music, beverages, great food await you at the post-ride party. Join us in September when temperatures cool down, the

fall foliage comes alive, and cyclists from across the country unite in red rock country to experience awe-inspiring landscapes. An annual fundraiser to benefit cancer survivorship programs, your registration includes a donation to Moab Healthcare Foundation. Groups use the event to inspire fundraising for large and small foundations. Ask how your beneficiary can participate., Beth Logan, 435-260-8889, 435-260-2334, [info@skinnytireevents.com](mailto:info@skinnytireevents.com), [skinnytireevents.com](mailto:skinnytireevents.com)

**September 17, 2022 — Goldlocks Utah.** Goldlocks Bike Ride, Provo, UT, Goldlocks is a women only bike ride, with a gorgeous route starting at Provo Town Center and beautiful fall weather. With 100, 80, 60, 40, and 20 mile route options, Goldlocks has a route that is "just right" for everyone!, Jackie Karlberg, 520-227-7720, [karlberg-racing@gmail.com](mailto:karlberg-racing@gmail.com), [goldlocks.events/provo](mailto:goldlocks.events/provo)

**September 17, 2022 — 5 Canyons Bike Challenge.** Sandy, UT, One of the most daunting and beautiful cycling challenges in the country, ascending more than 14,000 feet over 116 miles through all five of Salt Lake City's picturesque riding canyons before finishing at the Utah Capitol building. Comprising three HC climbs and two Category 2 climbs, the ride has more vert than almost any other ride in America and certainly the steepest average gradient. Participants may elect to ride one, two, three, four or all five of the canyons, Greg Hoole, 801-272-7556, [grehq@teammwheelssofijustice.org](mailto:grehq@teammwheelssofijustice.org), [5Canyons.org](mailto:5Canyons.org)

**September 23-24, 2022 — Bike the Bear Century.** Laketown, UT, 100 and 60 miles. Begins at Bear Lake Aquatic Base, UT. Ride around the scenic Bear Lake loop on the Utah/Idaho border!, Jason Eborn, 801-479-5460, [jeborn@bsamail.org](mailto:jeborn@bsamail.org), Nelson Palmer, 435-760-6901, 801-479-5460, [npalmer@comcast.net](mailto:npalmer@comcast.net), [trappertails.org/bike](mailto:trappertails.org/bike)

**September 23-24, 2022 — Salt to Saint Relay.** Salt Lake City, UT, 420 mile relay race from Salt Lake City to St. George following Hwy 89. Broken into 24 legs. Ride Solo, or as 4 or 8 person relay teams. Men, Women, and Mixed categories., Clay Christensen, 801-234-0399, [info@enduranceutah.com](mailto:info@enduranceutah.com), [salttosaint.com](mailto:salttosaint.com)

**October 15, 2022 — Fall Tour de St. George.** Ride Southern Utah Road Gran Fondos, St. George, UT, Tour around southern Utah and see some of the most scenic views as you climb to Vevo and go through Gunlock State Park as well as all the beautiful colors throughout this 35, 75, or 100 mile ride. This event is one of our best Gran Fondos in southern Utah., Joey Dye, 435-674-3185, [joey@rockbicycle.com](mailto:joey@rockbicycle.com), Margaret Gibson, 435-229-6251, [margaret@rockbicycle.com](mailto:margaret@rockbicycle.com), Ryan Gurr, [info@spingeez.com](mailto:info@spingeez.com), [ride-southernutah.com](mailto:ride-southernutah.com)

**November 12, 2022 — Snake Hollow Skillz and Thrill Challenge.** St. George, UT, This 2nd annual fun event will have 6 age groups to choose from: 5 & Under, Under 8, 8-12-year-old, 13-17-year-old, 18-29 and 30 and older. Each age group, except for 5 & Under, can choose to participate in one of two events (can participate in both for an additional fee): Pump Track or Skillz Competition., Mike Swartz, 435-627-4579, [sgcity.org/skillzandthrillchallenge/](mailto:sgcity.org/skillzandthrillchallenge/)

**Regional Road Touring and Gran Fondos**

**ID, WY, MT, NV, AZ, NM, CO, MT, OR, WA, CA and Beyond**

**August 13-14, 2022 — Bike MS: Wyoming's Bighorn Country Classic.** Bike MS, Sheridan, WY, Enjoy the beautiful views of the Bighorn Mountains and get a taste of new and old as you wind through a modern college campus and historic towns of the old west. Like Buffalo and Story, on this two-day ride. This Bike MS Experience offers route options ranging from 26 to 100 miles over two days and is friendly to all abilities with rest stops every 10-12 miles. Lodging, meals, and entertainment based out of Sheridan College (1 Whitney Way) in Sheridan., Alexis Johnson, 303-698-5403, [alexis.brodley@nms.org](mailto:alexis.brodley@nms.org), Mary Keathley, 303-698-8810, 855-372-1331, [mery.keathley@nms.org](mailto:mery.keathley@nms.org), Britanny Rondello, 425-647-6846, [britanny.rondello@nms.org](mailto:britanny.rondello@nms.org), [bikems.org](mailto:bikems.org)

**August 13, 2022 — Stoneyall Century Bicycle Ride.** La Veta, CO, 19th Annual. This out-and-back ride offers cyclists stunning beauty and small-town vibes. Colorado's scenic Highway of Legends (State Hwy 12) between La Veta and Seundo is the backdrop for 25, 50- and 102-mile routes, featuring up to 8000-feet of climbing., Kent Hay, [info@spcycling.org](mailto:info@spcycling.org), [spcycling.org](mailto:spcycling.org)

**August 13, 2022 — Four Peaks Gran Fondo.** Pocatello, ID, One Day, 82 miles, Four Peaks: 7800ft total elevation gain. Climb the 4 peaks of the Portneuf Valley: Crystal, Scout Mountain, Pebble Creek, Buckskin. The hill climb portions are timed with timing chips. Downhill portions are not timed. Cumulative climb times will be combined to determine rank. Ride 1-4 peaks as you wish, Jeff Tingey, 208-232-8996, [jf.tingey.13@gmail.com](mailto:jf.tingey.13@gmail.com), Katie, 208-851-0009, [info@4pg.com](mailto:info@4pg.com), [4PG.com](mailto:4PG.com)

**August 20, 2022 — HeART of Idaho Century Ride.** Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees cover entry, t-shirts, fully stocked rest stops, and post ride BBQ. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Margaret Wimborne, 208-317-7716, [edfoundation@sd91.org](mailto:edfoundation@sd91.org), [raceentry.com/heart-of-idaho-century-ride/race-information](mailto:raceentry.com/heart-of-idaho-century-ride/race-information)

**August 20, 2022 — The Triple Bypass.** Evergreen, CO, The legendary Triple Bypass is 110 miles with 10,000' of climbing and travels over 3 beautiful mountain passes from Evergreen to Vail, CO. 64 and 110 mile options, Sunday Gran Fondo and the infamous Double Triple Bypass, 240 miles!, Jennifer Barbour, 303-503-4616, [jen@teamevergreen.org](mailto:jen@teamevergreen.org), Kim Nordquist, 303-249-6168, [kim@teamevergreen.org](mailto:kim@teamevergreen.org), [triplebypass.org](http://triplebypass.org)

**August 20, 2022 — Bridger Canyon Century.** Bozeman, MT, This challenging 102 mile paved loop starts in Bozeman and goes to Wilsall,

Clyde Park, Livingston, and returns to Bozeman. It includes some hills (4700 feet of climbing), stunning scenery, and likely afternoon winds. Some refreshments will be provided on the course, but riders should plan to self-support or purchase their preferred refreshments in Clyde Park and/or Livingston. Meet before the ride at Story Mill Community Park on Bridger Drive (in Bozeman) for pre-ride snacks and coffee. Be ready to begin the ride at 8:00. Bring 2 water bottles and tools for the ride. Gallatin Valley Bike Club, [gvcbike@gmail.com](mailto:gvcbike@gmail.com), [gallatinvalleybicyclistclub.org](mailto:gallatinvalleybicyclistclub.org)

**August 21-27, 2022 — Yellowstone National Park Bike Tour.** Belgrade, MT, Multiple dates. Experience the world's first national park! 7-day tour includes 6 nights lodging/meals, guide service, entrance fees, daily lunch en route, and more!, John Humphries, 970-728-5891, [info@lzrheadcyclingguides.com](mailto:info@lzrheadcyclingguides.com), [lzarheadcyclingguides.com](mailto:lzarheadcyclingguides.com)

**August 27, 2022 — Venus de Miles.** Lyons, CO, Venus de Miles is for all skill levels and features courses to accommodate any active woman - whether this is your first athletic event or your hundredth. Rolling 32-mile course, a 64-mile metric century, and a 100-mile century course. All courses go through beautiful Boulder County. Fundraiser for Greenhouse Scholars., Greenhouse Scholars, 720-449-7444, [venus@greenhousescholars.org](mailto:venus@greenhousescholars.org), [venusdemiles.com](mailto:venusdemiles.com)

**August 27, 2022 — Enchanted Circle.** TENTATIVE, Outside Events Cycling Series, Red River, NM, The Enchanted Circle Bicycle Tour is a scenic, southwest cycling experience with rolling hills, fast descents and rewarding climbs. Choose between an 85-mile ride or the iconic 100-mile century along the Enchanted Circle Scenic Byway, this New Mexico course travels through some of the most spectacular peaks in New Mexico., Tracy Powers, [eventsupport@outsideinc.com](mailto:eventsupport@outsideinc.com), <

The all paved course offers both the experienced and recreational cyclist a rare opportunity to ride through competitive and challenging race routes... Melvin Juanico, 505-552-7861, [mjuanic@skycity.com](mailto:mjuanic@skycity.com), [tourdeacoma.com](http://tourdeacoma.com)

**September 17, 2022 — Tour de Vineyards.** Outside Events Cycling Series, Palsade, CO. Head to Palsade this fall and enjoy the vineyards, orchards and mesas of Colorado's Western Slope at the 26th annual Tour de Vineyards. Take the leisurely 23-mile route along the Palsade Fruit & Wine Byway, or opt for the 58-mile loop up and over Reeder Mesa... Tracy Powers, [eventsupport@outsideinc.com](mailto:eventsupport@outsideinc.com), [outsideonline.com](http://outsideonline.com)

**September 17-18, 2022 — Bike MS: Waves to Wine.** Bike MS, San Francisco, CA. Join us as we venture from the heart of San Francisco riding across the famous Golden Gate Bridge and overnight in the middle of beautiful wine country... Take your pick from numerous one-day routes with fully supported rest stops along with a community of riders dedicated to changing the world for people with MS one pedal stroke at a time, Renata Sahagian, 619-693-8128, [Renata.Sahagian@nms.org](mailto:Renata.Sahagian@nms.org), John Schilder, 415-439-0402, [john.schilder@nms.org](mailto:john.schilder@nms.org), [wvstwine.org](http://wvstwine.org)

**September 18, 2022 — GFNY Santa Fe.** Gran Fondo New York, Santa Fe, NM. The roads of GFNY Santa Fe will take riders through the spectacular and diverse terrain of the southwest. Both routes start in downtown Santa Fe, 81 and 55 mile courses, Michael McCalla, [mike@bikelifehikebike.com](mailto:mike@bikelifehikebike.com), [nfoffmail.com\\_gfnyfsantafe.com](http://nfoffmail.com_gfnyfsantafe.com)

**September 24, 2022 — Tri-States Gran Fondo.** Mesquite, NV. 112 miles, 7,500ft of climbing, three States - Nevada, Arizona, Utah, all in one spectacular day of cycling. Fully supported / Chip Timed., Deborah Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [tristatesgranfondo.com](http://tristatesgranfondo.com), [planetultra.com](http://planetultra.com)

**September 24, 2022 — Mountains to the Desert Bike Ride.** Telluride, CO. 17th Annual, Ride from the beautiful mountains of Telluride to the incredible desert landscape of Gateway, CO for the Just for Kids Foundation! Choose your distance (72 miles, 101 miles, 104 miles or 132 miles) and pass through golden aspens and brilliant red canyon walls to our destination at Gateway Canyons Resort., Courtney , 949-412-4058, [director@justforkidsfoundation.org](mailto:director@justforkidsfoundation.org), [justforkidsfoundation.org](http://justforkidsfoundation.org)

**September 24-25, 2022 — Bike MS: Cycle the Silver Valley.** Bike MS, Coeur d'Alene, ID. Spot moose and bears high up in the rural mountains of Northern Idaho during this Bike MS experience offering route options ranging from 22 to 106 miles over two days. The routes are friendly to all abilities with rest stops every 8-12 miles. Lodging, meals, and entertainment based out of Silver Mountain Resort (610 Bunker Ave) in Kellogg, Brittany Rondello, 425-647-6846, [brittany\\_rondello@nms.org](mailto:brittany_rondello@nms.org), Lily King, 206-515-4572, [lily.king@nms.org](mailto:lily.king@nms.org), [bikems.org](http://bikems.org)

**September 24, 2022 — Coldwell Banker Denver Century Ride.** Denver, CO. Cycle the City - Discover urban cycling in Denver within a safe, fun & enjoyable experience. 100, 85, and 25 mile courses for every ability. Roll through Downtown Denver, through the burbs, up Lookout Mountain and down the Hogback. Supporting cycling advocacy through ride beneficiary Bicycle Colorado, Start: Shops at Northfield, Bruce Erley, 303-469-7500, [info@denvercenturide.com](mailto:info@denvercenturide.com), [denvercenturide.com](http://denvercenturide.com), [denvercenturide.com](http://denvercenturide.com)

**September 25-October 1, 2022 — OATBRAN.** Lake Tahoe, NV. 31st annual One Awesome Tour Lake Ride Across Nevada! Following the Legendary Pony Express Trail on U.S. Hwy. 50, 5 days of riding, 420 miles from Lake Tahoe to Great Basin National Park. Fully supported motel style tour... limited to 50 participants., Curtis Fong, 800-556-2704, 775-771-3246, [tgft@bikethestest.com](mailto:tgft@bikethestest.com), [bikethestest.com](http://bikethestest.com)

**September 25, 2022 — Tour of the Rio Grande Bicycle Century.** Albuquerque, NM. The flat-test tour in New Mexico taking riders from near the Albuquerque International Sunport south to Bernardo and back! Route distances are 39, 62, 78 and 100 miles. This ride is great for first time or beginning season riders. For experienced riders it's an opportunity to crush existing personal best century times! The tour runs parallel with the Rio Grande exposing riders to the more relaxed side of New Mexican life and the beautiful landscape., Michael Wieleck, 330-518-4708, [met@metalthbrand.com](mailto:met@metalthbrand.com), [touroftheriogrande.com](http://touroftheriogrande.com)

**October 1, 2022 — Mt. Taylor Challenge.** Grants, NM. Road + Dirt = Fun!! The 67 mile distance includes two dirt sectors, 17.5 mile dirt sector that is rolling and 22.5 miles with lots of climbing. 46 mile ride has one dirt sector, 22.5 miles, along with most of the climbing. 7:00 am start for both distances. FOUR aid stations. Beautiful scenery. Ride for fun, ride for time; all riders welcome! Proceeds from this event will go to Duke City Wheelmen. Start/finish for both distances is at the Junkyard Brewery, 1634 Route 66, Grants, NM, where there will be a post-event BBQ., Jennifer Buntz , 505-306-1443, [dukcitywheelmen@gmail.com](mailto:dukcitywheelmen@gmail.com), [dukcitywheelmen.org](http://dukcitywheelmen.org)

**October 8, 2022 — Park to Park Pedal Extreme Nevada 100.** Caliente, NV. Road bike ride starting and ending at Kershaw-Ryan State Park. Cyclists visit the towns of Caliente and Pioche, and three other state parks: Cathedral Gorge, Echo Canyon, and Spring Valley. 3 rides available: 100, 60 and 40 mile options. There is a Dutch oven dinner at the end. Dawn Andone, 775-728-8101, [cathedralgorgevc@cturnonell.com](mailto:cathedralgorgevc@cturnonell.com), [parktoparkpedal.com](http://parktoparkpedal.com), [lincalincountynevada.com/exploring/biking/park-to-park-pedal/](http://lincalincountynevada.com/exploring/biking/park-to-park-pedal/)

**October 8, 2022 — Gila Monster Gran Fondo.** Silver City, NM. With three distances to choose from, everyone can find their challenge. Gran Fondo 115 miles, Gough Park, Silver City 8:00am. Medio Fondo 78 miles, Gough Park, Silver City 8:00am. Nano Fondo 40 miles, Camp Thunderbird, HWY 35 10:00 am. Jack Brennan, 575-590-2612, [brn5231@comcast.net](mailto:brn5231@comcast.net), [tourofthegila.com](http://tourofthegila.com)

**October 8-9, 2022 — Bike MS: Arizona.** Bike MS, Fort McDowell, AZ. Cycle through the beautiful Arizona desert and join a community of riders dedicated to changing the world for people with MS along a ride. Whether you pedal through the stunning McDowell Mountain Park loop, up into the off-road mountain bike loop, or onto the road routes that will take you into Fountain Hills and beyond — the Arizona desert will surround you with beautiful sunrises, sunsets, cañon and majestic southwestern scenery, Renata Sahagian, 619-693-8128, [Renata.Sahagian@nms.org](mailto:Renata.Sahagian@nms.org), Tanya Marks, 602-753-7550, [tanya.marks@nms.org](mailto:tanya.marks@nms.org), [bikemsarizona.org](http://bikemsarizona.org)

**October 14-16, 2022 — Sal-orado Bike Rally Event.** Sun Lakes, AZ. One focus of the events is the restoration, preservation and conservation of the Salton Sea and the Colorado River with its' wildlife that uses it, another focus is the Humanitarian Aid for the people of this world as well for events 1 and 2. For event 3, the focus is on our National Forests and State Parks along with Humanitarian Aid. For event 4, the focus is on our Military Service Members - People in Uniform and Humanitarian Aid, Timothy Wachholz, [timothywachholz3@gmail.com](mailto:timothywachholz3@gmail.com)

**October 15, 2022 — Solvang Autumn Double Century and Double Metric Century.** Solvang, CA. 200 miles or 200 kilometers in Southern CA's most scenic and popular cycling region. A perfect first time double century, 100 mile option too., Deborah Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [planetultra.com](http://planetultra.com)

**October 15-16, 2022 — Bike MS: Bay to Bay.** Bike MS, Irvine, CA. Join a community of riders dedicated to changing the world for people living with MS one mile at a time. This is an extraordinary cycling adventure taking you along the coast of Orange and San Diego counties. Start your day 1, ride in Irvine, ride along the coast to the Road Apple Race Trails before finishing at San Juan College in Farmington, NM, Neil Hannum, 970-759-2126, [azccadventures01@gmail.com](mailto:azccadventures01@gmail.com), William Farmer, 505-402-3959, [er330@gmail.com](mailto:er330@gmail.com), [2wheelventures.wixsite.com/website](http://2wheelventures.wixsite.com/website)

**October 22, 2022 — Durango-Farmington Bike Tour.** Durango, CO. The ride starts in Durango, CO at Cundiff Park, where the BMX Track is. You travel south through the Animas Valley until reaching New Mexico. You will then travel the Gas Roads through beautiful Kiffen Canyon on your way to the Road Apple Race Trails before finishing at San Juan College in Farmington, NM, Neil Hannum, 970-759-2126, [azccadventures01@gmail.com](mailto:azccadventures01@gmail.com), William Farmer, 505-402-3959, [er330@gmail.com](mailto:er330@gmail.com), [2wheelventures.wixsite.com/website](http://2wheelventures.wixsite.com/website)

**October 23, 2022 — Day of the Tread.** Albuquerque, NM. The 13th Annual Day of the Tread features a 9 mile family ride, trial runner family ride, a 12 mile ride on the Rail Runner, along with 26, 50, 64, and 100 mile routes with Tandem options on the 26, 50, 64, and 100 mile routes. Participants will receive free admission to Oktoberfest set to happen at Albuquerque's Civic Plaza., Joanne Griffin, 505-261-4444, [jgriffin@sunny505.com](mailto:jgriffin@sunny505.com), [dayofthetread.com](http://dayofthetread.com)

**November 5, 2022 — Gran Fondo Las Vegas.** Las Vegas, NV. Las Vegas to Lovell Canyon (via Red Rock Scenic Drive) and back. 100 miles - 8000 of climbing. A Gran Fondo is a long distance, timed cycling event that welcomes competitive, amateur and recreational cyclists of all abilities. Fully supported. Chip Timed., Deborah Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [planetultra.com](http://planetultra.com), [granfondotriples.com](http://granfondotriples.com), [planetultra.com](http://planetultra.com)

**November 5-6, 2022 — Sal-orado Bike Rally Event.** Parker, AZ. One focus of the events is the restoration, preservation and conservation of the Salton Sea and the Colorado River with its' wildlife that uses it, another focus is the Humanitarian Aid for the people of this world as well for events 1 and 2. For event 3, the focus is on our National Forests and State Parks along with Humanitarian Aid. For event 4, the focus is on our Military Service Members - People in Uniform and Humanitarian Aid, Timothy Wachholz, [timothywachholz3@gmail.com](mailto:timothywachholz3@gmail.com)

**November 12, 2022 — Ride the Point.** Point Loma, California. The Point Loma Rotary Club is hosting the 8th Annual Jim Krause Memorial Charity Cycling Ride the Point for pancreatic cancer research. The ride starts and ends at Liberty Station. Ride the Point has three distances to accommodate different levels of cycling experience. The 6 mile Family Fun Ride is a relatively flat course on bike paths along beautiful San Diego Bay and is perfect for cruisers, beginning riders, challenged athletes, and families. The 25 and Metric Century are road rides with exclusive routes and challenging climbs around scenic San Diego., Richard Stakeful, 619-794-9051, [director@ridethepoint.org](mailto:director@ridethepoint.org), [ridethepoint.org](http://ridethepoint.org)

**November 19, 2022 — Death Valley Century.** Death Valley, CA. 50 and 100 mile options. Entry includes chip timing, fully stocked checkpoints along the route with water and a great selection of food and snacks; roving SAG support; tech tee and finish line award. Start at The Ranch at Furnace Creek Resort., Deborah Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [planetultra.com](http://planetultra.com)

**November 19, 2022 — El Tour de Tucson.** Tucson, AZ. Charity, community, health and wellness are what Perimeter Bicycling and El Tour are all about. They all go hand-in-hand when it comes to building awareness for a bike ride that has been part of the Tucson community for nearly four decades., El Tour de Tucson , 520-745-2033, [info@elourdeltucson.org](mailto:info@elourdeltucson.org), [elourdeltucson.org/](http://elourdeltucson.org/), [el-four-de-mesa/](http://el-four-de-mesa/)

**August 13, 2022 — Wild Ride Mountain Triathlon (USAT American Tour Points).** Wild Rockies Series, McCall, ID. Ponderosa State Park at Payette Lake, 3/4-mile swim, a 18.5-mile mountain bike and a 6.2-mile trail run, mass start at 9 am in the Park. This year Wild Ride will contain a kids' Off-Road Triathlon and an inaugural duathlon category. The finish line festivities begin at noon, along with racer feed and music., Yaadi Spangenberg, [yaadi@wildrockiesracing.com](mailto:yaadi@wildrockiesracing.com), [wildrockiesracing.com](http://wildrockiesracing.com), [webscorer.com](http://webscorer.com)

**August 20, 2022 — East Canyon Triathlon.** TriUtah Points Series, Morgan City, UT. 9th Annual. This race boasts stunning scenery, a fast, technical bike course, and hometown hospitality like no other; with both Sprint and Olympic distance races to choose from, 2-transition point-to-point race. Begins at the beautiful East Canyon Reservoir. The Sprint bike is downhill and fast (please stay safe and in control at all times.) The Olympic bike course has two short but challenging hills followed by a fast descent into Morgan City. Both distances offer a cool, scenic run along the Weber River and local neighborhoods., Dan Aamodt, 385-228-3454 , [race@triutah.com](mailto:race@triutah.com), [triutah.com](http://triutah.com)

**August 21, 2022 — XTERRA Lake Tahoe.** XTERRA America, Incline Village, NV. XTERRA, Sprint, and Duathlon. Course Distance: Full Course: 7x 750 meter swim laps with a 50 meter beach run, 22 mile bike, 6 mile run. Bike Tunnel Creek, and then onto the Flume Trail, which overlooks Lake Tahoe to the Tahoe Rim Trail. Both the Short and Long course complete the 22 mile bike, approximately 4000 feet of climbing. The trail running course is relatively flat, fast and scenic., Todd Jackson, 530-546-1019, [todd@bigblueadventure.com](mailto:todd@bigblueadventure.com), Kiley McIntroy, [kiley@bigblueadventure.com](mailto:kiley@bigblueadventure.com), [bigblueadventure.com/event/xterra-lake-tahoe/](http://bigblueadventure.com/event/xterra-lake-tahoe/), [xtetraplanet.com](http://xtetraplanet.com)

**August 21, 2022 — Outdoor Divas Triathlon.** Longmont, CO. Union Reservoir, Sprint, women only triathlon, Lance Panigutti, 303-408-1195, [lance@withoutlimits.com](mailto:lance@withoutlimits.com), [withoutlimits.com](http://withoutlimits.com)

**August 27-28, 2022 — Lake Tahoe Triathlon.** Tahoe, CA. Offers a truly beautiful and challenging experience. Half Triathlon, 70.3, Olympic Triathlon, Sprint Triathlon, Duathlon, Aquabike, Todd Jackson, 530-546-1019, [todd@bigblueadventure.com](mailto:todd@bigblueadventure.com), Kiley McIntroy, [kiley@bigblueadventure.com](mailto:kiley@bigblueadventure.com), [bigblueadventure.com](http://bigblueadventure.com)

**August 27-28, 2022 — Boulder Sunset Triathlon.** Boulder, CO. Summer may be coming to an end, but our tri season is still heating up! Join us at the Boulder Reservoir for the 13th Annual Boulder Sunset Triathlon, a local favorite. Includes olympic, sprint, duathlon, Aquabike, 10k, and 5k., Craig Towler, 318-518-7303, [info@bbsctri.com](mailto:info@bbsctri.com), Michelle Lund, [michelle@bbsctri.com](mailto:michelle@bbsctri.com), [bbsctri.com/bouldersunset/](http://bbsctri.com/bouldersunset/)

**September 5, 2022 — Murray Youth and Family Triathlon.** Murray, UT. A youth and novice triathlon for ages 5-85. Distances follow USAT recommendations for each age group. Novice adults compete at the same distance as 11+ age groups. Please see Murray City Recreation, call 801-264-2614, Jo Garuccio, 801-566-9727, 801-557-6844, [jo@gagegroupssports.com](mailto:jo@gagegroupssports.com), [mcreg.com](http://mcreg.com), [murray.utah.gov](http://murray.utah.gov)

**September 5, 2022 — South Davis Labor Day Triathlon.** South Davis Racing Series, Bountiful, UT. Now a virtual race! Start at 8:00 am, Swim 350 yds; Bike 12.02 mi; Run 5k, relay; Split the Sprint between 23 racers. Novice: Swim 150 yds; Bike 2.5 mi; Run 1.5 mi. Novices start at: 8:45am. Location: South Davis Recreation Center; 550 N 200 W, John Miller, 801-298-6220, [john@southdavisrecreation.com](mailto:john@southdavisrecreation.com), Cindy Hunt, 801-298-6220, [cindy@southdavisrecreation.com](mailto:cindy@southdavisrecreation.com), [southdavisrecreation.com](http://southdavisrecreation.com), [southdavisraces.com](http://southdavisraces.com)

**September 9-10, 2022 — The Purgatory 4 Adventure Relay.** Trinidad, CO. Trail run (approx. 6 miles), Paddling (approx. 3 miles), Biking (approx. 15 miles on rugged dirt roads), Shooting Course (shotgun), Jared Chatterley, 719-680-4078, [Jared.Chatterley@trinidad.co.gov](mailto:Jared.Chatterley@trinidad.co.gov), [purg4.com](http://purg4.com)

**September 10, 2022 — Binenman Triathlon.** TriUtah Points Series, Syracuse, UT. 5th Annual. This event not only boasts a spectator friendly swim, a bike course you've only dreamt of and a fast/flat run, but this year it's also the home of the first ever Olympic Course Utah State Triathlon Championship. Sprint, Olympic, and Long Courses, Dan Aamodt, 385-228-3454 , [race@triutah.com](mailto:race@triutah.com), [triutah.com](http://triutah.com)

**September 10, 2022 — Harvest Moon Triathlon.** Boulder, CO. Long course, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, [lance@withoutlimits.com](mailto:lance@withoutlimits.com), [withoutlimits.com](http://withoutlimits.com)

**September 11, 2022 — Ironman 70.3 Santa Cruz.** Santa Cruz, CA. 70.3 mile course, [boulder70.3@ironman.com](mailto:boulder70.3@ironman.com), [ironman.com](http://ironman.com)

**September 17, 2022 — Kokopelli Triathlon.** BSSC Triathlon Series, Hurricane, UT. This family-friendly event at Sand Hollow Reservoir has something for everyone! Featuring a Sprint, Olympic, Duathlon, Aquabike, 10k and 5k distances., Craig Towler, 318-518-7303, [info@bbsctri.com](mailto:info@bbsctri.com), Michelle Lund, [michelle@bbsctri.com](mailto:michelle@bbsctri.com), [bbsctri.com/kokopelli/](http://bbsctri.com/kokopelli/)

**September 17-18, 2022 — Desert's Edge Triathlon Festival; Dirt Tri & Road Tri.** Fruita, CO. The Desert's Edge Tri event brings you a fun day of racing at Highline Lake State Park and will be a fitting end to Colorado's triathlon season. With Sprint, Olympic, and Off-Road category options there's a variety distances and triathlon styles to choose from., Cassidy Veach, 970-248-1364, [cassidy@grandjunctionsports.org](mailto:cassidy@grandjunctionsports.org), Grand Junction Sports , 970-248-1378, [info@grandjunctionsports.org](mailto:info@grandjunctionsports.org), [grandjunctionsports.org/deserts-edge-triathlon](http://grandjunctionsports.org/deserts-edge-triathlon)

**September 17, 2022 — Bear Lake Brawl Triathlon.** St. Charles, ID. This race is a great course. Bluest water in Utah and Idaho. This is often called the Caribbean of the Rockies. In 2019 the course will go around the lake again for the Half and Full. This course is primarily flat with rolling hills. The East side of the lake road just had a resurfacing in 2018 so it should be the fastest for this race., Joe Coles, 801-335-4940, [joec@onhillevents.com](mailto:joec@onhillevents.com), [bearlakebrawl.com](http://bearlakebrawl.com), [onhillevents.com](http://onhillevents.com)

**September 17, 2022 — Tahoe Adventure Challenge.** Truckee, CA. A multi-sport event in which teams and individuals participate and compete in kayaking or stand up paddling, mountain biking, trail running, and navigation. Designed such that participating teams will complete in an 8 hour maximum time format. Teams travel on land and lake to gather as many checkpoints as possible and finish within the 8 hour time limit., Todd Jackson, 530-546-1019, [todd@bigblueadventure.com](mailto:todd@bigblueadventure.com), Kiley McIntroy, [kiley@bigblueadventure.com](mailto:kiley@bigblueadventure.com), [bigblueadventure.com](http://bigblueadventure.com), [greatfallrace.com](http://greatfallrace.com)

**September 17, 2022 — Range 2 River Relay.** Salt Lake City, UT. The Range 2 River Relay is an active transportation team race to explore the Salt Lake Valley's waterways from pristine headwaters to buried creeks and channelized canal to meandering river. Competitors will bike, boat, and run from the Wasatch Mountains to the Jordan River, showcasing opportunities to connect communities and ecosystems between the two. Bike: 3.6 miles; starting at City Creek Canyon Trailhead ending at Gadsby Trailhead; Boat: 3.3 miles; starting at Gadsby Trailhead ending at Northwest Trailhead; Run: 3.4 miles; starting at Northwest Trailhead ending at Gadsby Trailhead., Brian Toneri, 585-703-8582, [brian@sevencanyonstrust.org](mailto:brian@sevencanyonstrust.org), [sevencanyonstrust.org/events/relay](http://sevencanyonstrust.org/events/relay)

**September 24-25, 2022 — The Toughman Half Long Course Triathlon Championships.** Stony Point, NY. Long course tri - 1.2 mile swim, 56 mile bike, and 13.1 mile run. Part of the Toughman Series., [racefit.com](http://racefit.com), [toughmantri.com](http://toughmantri.com)

**September 24, 2022 — Oktoberfest Triathlon.** Longmont, CO. Union Reservoir, Sprint, Lance Panigutti, 303-408-1195, [lance@withoutlimits.com](mailto:lance@withoutlimits.com), [withoutlimits.com](http://withoutlimits.com)

**October 1, 2022 — Las Vegas Triathlon.** BBSC Double Down Series, Boulder City, NV. The one and only Long course triathlon, Duathlon and Aquabike is happening at Lake Mead, featuring iconic views of the lake that cannot be experienced anywhere else. Featuring a Half, Olympic, Sprint, Duathlon, Aquabike, and 10k, 5k, Boulder Beach, Lake Mead., Craig Towler, 318-518-7303, [info@bbsctri.com](mailto:info@bbsctri.com), Michelle Lund, [michelle@bbsctri.com](mailto:michelle@bbsctri.com), [bbsctri.com/lasvegas/](http://bbsctri.com/lasvegas/)

**October 1, 2022 — Nevada Senior Games Triathlon.** Las Vegas, NV. The Las Vegas Triathlon sprint race is Nevada's qualifying event for the 2023 National Senior Games. AG awards, bragging rights. For athletes ages 50+, Bonnie Parrish-Kell, 702-373-5293 , [nvsgrtr@slowpokedivas.com](mailto:nvsgrtr@slowpokedivas.com), [NevadaSeniorGames.com](http://NevadaSeniorGames.com)

**October 1, 2022 — Ghost Town Triathlon.** Salt Lake City, UT. Sprint triathlon, Duathlon, and Aquabike, Perry Hacker, 801-613-2116, [contact@ustrisports.com](mailto:contact@ustrisports.com), [ustrisports.com](http://ustrisports.com)

**October 8, 2022 — Huntsman World Senior Games Triathlon.** St. George, UT. Triathlon. Must be 50 years or older. 450 Meter Outdoor Swim, 20K Bike, 5K Run. It's the best little triathlon in the world., Kyle Case, 800-562-1268, 435-674-0550, [hwsa@seniorgames.net](mailto:hwsa@seniorgames.net), [seniorgames.net](http://seniorgames.net)

**October 22, 2022 — Southern Utah Triathlon.** Hurricane, UT. Sprint and Olympic. Held at Quail Creek Reservoir. Temps are ideal for triathlons with water temps in the high 60's to low 70's and air temps in the 70's. This venue is truly beautiful with mesas and buttes all around. Enjoy the red rock landscape of Southern Utah., Joe Coles, 801-335-4940, [joec@onhillevents.com](mailto:joec@onhillevents.com), [southernutahtriathlon.com](http://southernutahtriathlon.com), [onhillevents.com](http://onhillevents.com)

**October 22, 2022 — Pumpkinman Triathlon.** BBSC Double Down Series, Boulder City, NV. This point-to-point race starts at Lake Mead and finishes at Wilbur Square in Boulder City. This race will once again host the Rocky Mountain Collegiate Conference, with an Olympic wave start for all college athletes., Craig Towler, 318-518-7303, [info@bbsctri.com](mailto:info@bbsctri.com), Michelle Lund, [michelle@bbsctri.com](mailto:michelle@bbsctri.com), [bbsctri.com/pumpkinman/](http://bbsctri.com/pumpkinman/)

**October 23, 2022 — Ironman California.** Sacramento, CA. 2.4-mile swim, 112-mile bike course, 26.2 mile run, [boulder70.3@ironman.com](mailto:boulder70.3@ironman.com), [ironman.com](http://ironman.com)

**October 28-29, 2022 — Ironman 70.3 St. George World Championship.** St. George, UT. Start: Sand Hollow Reservoir. Bike through Snow Canyon State Park, Finish Downtown St. George, Ironman , 303-444-4316, [stgeorge70.3@ironman.com](mailto:stgeorge70.3@ironman.com), Kevin Lewis, 435-986-6615, [Kevin@visitsi-gorge.com](mailto:Kevin@visitsi-gorge.com), [ironmanstgeorge.com](http://ironmanstgeorge.com)

**August 30-October 11, 2022 — P-Town Cross Series.** P-Town Cross Series, Provo, UT. Schedule: Tuesdays. Locations TB&K Kids Race - 5:15pm Women, HS, Juniors, C - 5:30pm A, B - 6:10pm Pm Raffle immediately following each race., Jason Lux, [farmer.lux@gmail.com](mailto:farmer.lux@gmail.com), [ptowncross.com](http://ptowncross.com), [facebook.com/ptowncross](https://www.facebook.com/ptowncross)

**August 31-September 28, 2022 — Back 2 Basics Cyclocross Series.** Golden, CO. Wednesdays: A mid-week cyclocross race series designed to promote cross racing to the new rider and to challenge the experienced racer. Course change each week and we try to increase the technical and physical challenges each week

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

**September 17-December 3, 2022 — Shimano Cyclo X Cyclocross Series.** Boulder, CO. September 17- Harlow Platts October 8 - Interlocken October 15 - Louisville October 29 - Broomfield Industrial Park November 12 - Westminster City Park December 3 - Longmont, Lance Panigutti, 303-408-1195, [lance@withoutlimits.com](mailto:lance@withoutlimits.com), [withoutlimits.com/cyclo-x-series](http://withoutlimits.com/cyclo-x-series)

**September 21-November 16, 2022 — Missoula Wednesday Night CX Series.** Missoula, MT. Wednesdays, Shaun Radley, 406-219-1318, [montanacyclocross@gmail.com](mailto:montanacyclocross@gmail.com), [montanacyclocross.com/events/montana-cyclocross/](http://montanacyclocross.com/events/montana-cyclocross/)

**September 24-December 3, 2022 — Utah Cyclocross Series.** Utah Cyclocross Series, Various, UT. Utah's weekend cyclocross series., TJ Stone, 801-916-5769, [utahcx@gmail.com](mailto:utahcx@gmail.com), [utahcx.net](http://utahcx.net)

## Cyclocross

**September 17-October 23, 2022 — Skills and Thrills Cyclocross.** Missoula, MT. Clinic and practice race, Shaun Radley, 406-219-1318, [montanacyclocross@gmail.com](mailto:montanacyclocross@gmail.com), [montanacyclocross.com](http://montanacyclocross.com)

**September 24, 2022 — UTCX #01 - Ogden Cyclocross Park.** Utah Cyclocross Series, Ogden, UT, 2599 A Ave Ogden, UT 84011, TJ Stone, 801-916-5769, [utahcx@gmail.com](mailto:utahcx@gmail.com), [utahcx.net](http://utahcx.net)

**October 8, 2022 — UTCX #02 - Nicholls Park.** Utah Cyclocross Series, Fruit Heights, UT, Nicholls Park 1105 Nicholls Rd, Fruit Heights UT 84037, TJ Stone, 801-916-5769, [utahcx@gmail.com](mailto:utahcx@gmail.com), [utahcx.net](http://utahcx.net)

**October 15, 2022 — UTCX #03 - Weber County Fairgrounds.** Utah Cyclocross Series, Ogden, UT, Weber County Exhibit Hall 1000 N 1200 W St, Ogden, UT 84404, TJ Stone, 801-916-5769, [utahcx@gmail.com](mailto:utahcx@gmail.com), [utahcx.net](http://utahcx.net)

**October 22, 2022 — The Cube Cyclocross.** Rexburg, ID. A fun, high-quality, small town cyclocross event. Held at Rexburg Nature Park, Kids' Race

**BICYCLE POETRY****Cyclerata**By **Gayda Jean Collins**

Go wildly amid the smog and traffic and remember what joy there may be in cycling. As far as possible without undue surrender, be on good terms with all drivers.

Use your lungs loudly and clearly; and yield to others, -- even to the rude and obnoxious; they, too, have more horsepower.

Avoid reckless and aggressive drivers; -- they are menaces to your life. If you compare yourself and your vehicle to motorists and automobiles, you may become arrogant and proud; for always cars will be inferior to bicycles.

Enjoy your commuting as well as your centuries. Keep in your own lane, however narrow; it is a real possession in the changing, treacherous world of traffic.

Exercise caution on all your rides; for the road is full of idiots. But let not this blind you to what virtue there is; many bicyclists aspire to new PRs and bicyclist's lives are full of heroism.

Be yourself. Especially do not get hit by a car. Neither be too cynical about motorists; for in the face of all paths and trails, they are as perennial as the grass.

Yield quickly to the horsepower of the auto, begrudgingly surrendering your right-of-way as necessary.

Nurture enthusiasm to sustain yourself mid-season. But do not distress yourself with too many miles. Many bonkings are born of fatigue and dehydration.

Beyond a wholesome discipline, be gentle with yourself. Yours is a legitimate vehicle, no less than the cars and trucks; you have a right to be here.

Whether or not it is clear to you, the motorist will get his and you'll get yours. Therefore be at peace with the bicycle gods, whatever you conceive them to be.

And whatever your route and mood, in the dynamic confusion of traffic, keep safety in your mind. With all its idiots, pollution, and broken glass, it is still an open road.

Be cheerful. Strive to ride.

Gayda Jean Collins is a cyclist in Las Vegas, NV. This is her parody of Desiderata.

**WOMEN IN CYCLING****An Interview with Gravel and MTB Racer Isabel King**

Isabel King. Photo by Scott Tribby

By **Anthony J. Nocella, Ph.D.**

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

Isabel King: I fell into cycling a bit serendipitously. I was a soccer player growing up and played D1 through college. After working on the trading floor in New York City for 4 years I decided to move back to California for business school. In the summer between quitting my job and starting my MBA I signed up for a triathlon. I fell in love with bikes and haven't stopped riding since (hilariously, this was only 4 years ago so I still feel new).

I was living in San Francisco the summer before starting at UCLA Anderson. Evelyn Stevens had just retired from pro racing and was looking to get back into finance. Lucky for me, our paths perfectly crossed at this intersection. She took me on some of my first training rides and introduced me to her former coach. Her story inspired me, because she also discovered bikes later (we were both 26) and had such a successful career. Besides her obvious achievements on the bike, what I try to emulate most about Evi is her charisma and influence on

the cycling community as a whole. Every time you mention her name someone has their own story about a time they rode together or something kind she did.

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

IK: Haha, it's pretty short! I qualified to compete as a pro triathlete in my 4th 70.3 Ironman race. The plan after finishing business school was to try competing full time as a pro triathlete, but 2020 had other plans. In 2020 I used Strava as my competitive outlet and took over 1,000 QOMs (mostly in the Los Angeles area, but also in San Francisco, Yosemite, and Tahoe).

In 2021 I jumped headfirst into the gravel race scene. I finished 8th at Unbound Gravel (my gravel first race ever, yikes), 6th at Crusher in the Tushar, 4th at BWR San Diego and 7th at Leadboat (Leadville 100 MTB followed by SBT GRVL Black the next day).

AN: As a competitive cyclist can you tell me how your personal life or family life is shaped to support your racing and training?

IK: In 2018 my dad was diagnosed with brain cancer. Even when he unknowingly had a baseball size tumor in his brain, he was the fittest person I knew. Among everything else, brain cancer took away his ability to ride a bike. Every time I get on my bike, I remember to be thankful for the opportunity. This elective suffering we participate in can be taken away at any moment. I ride for my dad and for those who can't.

My mom is my support system and inspiration. Growing up my mom was one of the only female hedge fund managers. She showed my sisters and I that you can do whatever you set your mind to. It doesn't matter whether the odds are stacked against you or it's not what society dictates you're supposed to do, if it's what you want to do, go for it. Her support allowed me to jump off the traditional post-MBA career path and go after a dream I didn't know I had until I started riding. My mom comes to every race



Isabel King. Photo by Dominique Powers

she can and the hug at the finish line will always be better than any trophy or prize money.

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

IK: I love it. Being out there with other strong women is so much fun. Beating up on the boys will never get old.

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

IK: The cycling community is incredibly intimidating. Even as someone who's spent most of their life in male dominated environments (sports, the trading floor, business school and now cycling), I was nervous at first to show up to group rides or ask silly questions. As the sport grows, we need to make sure people realize that, at some point, it was everyone's first time. Everyone has fallen over trying to clip out at a stop sign. Everyone has bonked so badly they have to limp home. Slowly breaking down the stigma and elitist culture will help make the cycling world better and more inclusive.

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

IK: I strive to be a good example to anyone who's looking to get into the sport; wave to others, say hi to someone you don't know, inspire people to beat their personal bests. There are a lot of rules in cycling, but there isn't a rule book. Don't be afraid to ask questions. And don't be afraid to beat up on the boys. All the cool kids are doing it.

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

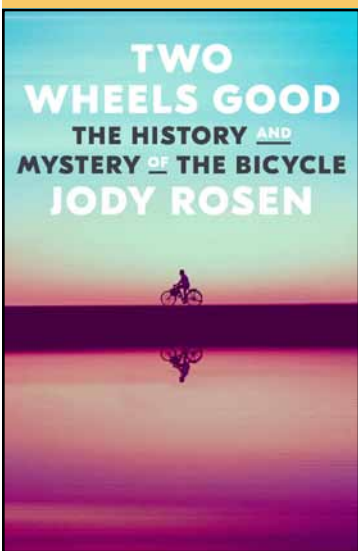
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## BOOK REVIEWS

## Two Wheels Good Tells the History of the Bicycle



By Don Scheese

The more passionate an author is about their subject, the more readable the book. Make no mistake: Jody Rosen is passionate about the bicycle. In this wide-ranging, far-reaching social history, he traces the invention and evolution of the muscle-powered wheeled machine, from its first iteration in 1817 with the appearance of the *Laufmaschine*, or *draisine*, created by Karl von Drais, in Germany, to exercise or stationary bicycles aboard the International Space Station. A former bike messenger and currently free-lance writer, Rosen gifts us bicycle freaks a fascinating take on what the French called the “velocipede.”

How many bicycles exist in the world today? How much more efficient is it to travel by bike as opposed to walking? Which country in the world has the greatest number of bicycles? What effect did the 1989 Tiananmen Square protests in China have on bicycle use in that country? How did the Covid-19 pandemic affect the production, purchasing, and usage of bicycles worldwide? Why did certain bicycle manufacturers stop the sale of bicycles to police departments after the Black Lives Matter protests following the killing of George Floyd? Answers to all these questions, and many more, are provided in *Two Wheels Good*.

Granted, some of the history of the bicycle Rosen chronicles is familiar territory to aficionados (see David Herlihy’s exhaustive, and exhausting, tome *Bicycle: The History*, 2004). For example, it is common knowledge of American history how much the bicycle contributed to the rise of the women’s movement and the so-called “New Woman” in the late 1800s.

The author quotes the now-famous proclamation by Susan B. Anthony: “Bicycling...has done more to emancipate women than anything else in the world.” But Rosen explores this historical trend much deeper. In a chapter entitled “Bicycle Mania,” he provides an entire catalogue of snippets from turn-of-the-century periodicals, many of which deal with rising divorce rates allegedly caused by women neglecting their matronly duties because of their obsession with riding a bicycle. Don’t believe me? Here is one sample from an 1899 Akron Daily Democrat article:

“Chris Heller has filed a petition in Common Pleas Court asking for a divorce from Lena Heller. He alleges gross neglect. To substantiate this, he says that she refused and neglected to keep house or prepare meals. He says his wife is a victim of the bicycle craze and that she spends nearly all her time riding her wheel in company with people who were strangers to propriety.”

Where there is a bicycle, there has always been a backlash. When bicycle riding reached its first zenith in the late 1800s after the invention of the “safety bicycle” (two wheels the same size, driven by pedals and a chain drivetrain, ridden on rubber tires), this newfangled artifact was decried by the horse industry, which feared—rightly so—that it would soon eliminate the need for equestrian-powered vehicles. (Ironically, some of the nicknames for the bicycle upon its appearance were “the Silent Steed” and “the hobby horse.”) Even before that, many commentators expressed outrage over the high speed and reckless antics of the “Dandy Chargers,” riders on earlier versions of the velocipede piloted by members of the upper class, the few who could afford such an expensive machine. And today, of course, animosity towards cyclists and cycling infrastructure such as dedicated bike lanes may be at an all-time high, as exemplified by the “bicycle hater” P.J. O’Rourke, with whose vitriolic words the author actually opens his book: “Mankind has invested more than four million years of evolution in the attempt to avoid physical exertion. Now a group of backward-thinking atavists mounted on foot-powered pairs of Hula-Hoops would have us pumping our legs, gritting our teeth, and searing our lungs as though we were being chased across the Pleistocene savanna by saber-toothed tigers.”

Like any good bicycle ride, this book takes us to new and unex-

pected places. Personally, I really liked the edginess of some of the topics addressed. Maybe I’m naïve and lead a sheltered existence, but I had no idea there was such a thing as “cycle-sexuality.” In a titillating chapter entitled “Put Some Fun Between Your Legs,” Rosen takes up the topic of the erotica of bicycle obsession: Internet porn featuring (you guessed it) people having sex on, and with, bicycles. And did you know about the World Naked Bike Ride, held in cities across the globe, a countercultural event whose purpose, according to the founders, is to “declare our confidence in the beauty and individuality of our bodies”? Then there is (in)famous author Henry Miller’s love affair with a French racing bike, as recounted in his memoir *My Bike and Other Friends*. So enamored is he of his two-wheeler that he lovingly cleans and caresses it each day, causing his mother to fret over whether he might take it to bed with him.

Or consider the chapter “Beast of Burden” in which Rosen, worldly traveler that he is, spends time in Dhaka, the capital of Bangladesh, where he befriends a rickshaw driver whose name is Badshah. Dhaka is one of the most densely populated, polluted, and impoverished cities in the world. It is also considered to be the rickshaw capital of the world, a teeming metropolis where there are relatively few roads and sidewalks are taken up by vendor stalls and curbside shanties. Now in his fifties, Badshah has been a rickshaw driver for over a decade. He was born in a rural part of the country, then forced to move to the city for economic opportunity. As a rickshawallah he makes a relatively decent living (for Bangladesh), earning about five dollars a day, working from ten in the morning till eight at night, hauling passengers around the teeming megalopolis, which only grows larger as rural residents, displaced by famine and natural disasters, are (like Badshah) forced to migrate to urban areas.

Then there is the chapter “Bicycle Graveyards.” In cities across the world—Paris, Amsterdam, London—where there are bodies of water, there are discarded bicycles, inundated and thus invisible until rivers and lakes and canals are periodically drained. This seemingly inexplicable phenomenon has only increased with the proliferation of bike-share companies providing rental bikes to residents and visitors in urban areas—Citi-Bike, Nice

Ride, Bikeshare, etc., etc.—resulting in new forms of vandalism springing up. Why not toss a bike you just rented in a body of water, just for the hell of it? Resignedly, Rosen writes: “A bicycle is a durable good, but it’s also a disposable one: it’s easy to get rid of, if you don’t mind being a little antisocial about it.”

“Everything is political,” the truism goes. The bicycle is no exception. Its manufacture is tied to colonialism: where do we think, if we think at all, that the rubber, steel, and plastic parts of the bike come from? From former and present colonies of First World countries like Belgium, England, France, and the United States. Political protests in recent years, like at Tiananmen Square and at Black Lives Matter gatherings across America, are intimately associated with bikes and bike riders; government military tanks crushed hundreds if not thousands of bicycles in quashing the rebellion in China, and BLM supporters often rode their bicycles to scenes of protest while police used their bikes as blockades and offensive weapons. It should come as no surprise that Black and Latino bicyclists in low-income neighborhoods are the racial groups most often stopped and cited by authorities for minor infractions like riding on the sidewalk. And during the height of the Covid-19 epidemic, when social distancing became the norm and restaurants were forced to close down, hazard a guess as to who made possible the take-out craze: Deliveristas, bike delivery workers paid low wages risking their own lives while supplying food for the masses.

Some might accuse Rosen of political correctness here, of taking an invention seemingly as innocuous as the bicycle and injecting the topic with a healthy dose of “woke” politics, but like any good writer he sheds light on his subject in ways the reader perhaps never before considered.

Finally, there is the chapter “Personal History.” Throughout the book Rosen provides a New Journalistic first-person take on various topics. Here he goes full-on autobiographical—refreshingly so. Who as a cyclist has not thought about their ur-moment, their very first ride on a bicycle? Who has not recounted their own history of bicycles and bicycling through the years? Reading this chapter, I recalled my very first bike—a recycled and repaired klunker my father rescued for me from the local dump. Then,

instead of the Stingray I longed for, my parents bought me a 10-speed, an English Huffy, quite popular in the 1960s and ‘70s. My first real bike, purchased during my college years, was a Peugeot PX-10, with a classic white Reynolds 531 frame, triple chainring, and Simplex derail-leurs. I rode this beauty down the mean streets of Philadelphia, sans helmet, dodging malicious taxi and SEPTA bus drivers, avoiding treacherous trolley car tracks, constantly vigilant over the terrifying prospect of getting doored by some blithely unaware motorist or car passenger. A few years later, after a cycling hiatus, came several mountain bikes, provided by the U.S. Forest Service, while on fire patrol in the Idaho mountains. Then followed my cycling renaissance, during the height of the Lance Armstrong years, when every middle-aged male in Lycra (MAMIL) bought and rode obsessively an expensive carbon framed machine. Rosen’s own cyclo-history is equally interesting, especially his account of bike messenger years in Boston, and he concludes this chapter with touching tales of teaching his own kids to ride their bikes.

Just to be clear on what this book is not about. It is not a history of cycling as a sport—no Tour de France accounts here. Nor is it a history of mountain biking (though there is an engaging chapter featuring the daredevil stunt-cyclist Danny MacAskill). There are plenty of good reads about those subjects elsewhere. What this is, is a thoroughly engaging, idiosyncratic and personal, history of the world’s greatest invention.

Enjoy the ride.

**Two Wheels Good: The History and Mystery of the Bicycle.** By Jody Rosen. New York: Crown, 2022. 396 pp. \$28.99

Don Scheese is an avid cyclist and retired professor of American Studies who once taught, among other things, courses on Lance Armstrong and Sport in American Culture.

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