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# CYCLING WEST

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## 2020 EVENT CALENDARS INSIDE!

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# UTAH BIKE MONTH

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# CYCLING WEST

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**Cover Photo: Spring is perfect for flower blooms. Sedona summer will wilt you. Geoff Rawling bikepacking on the Coconino Loop.**

**Photo by Patrick Walsh**

## BIKE MONTH

# *May is Still Bike Month!*

**Bike to Work Day will be September 22, 2020. In Bike Month, you can still take part by joining the National Bike Challenge, nationalbikechallenge.org. Here, riders participate in Bike to Work Day 2019. Photo by Dave Iltis**

**By Dave Iltis**

In most years, Cycling West celebrates National Bike Month by publishing an extensive calendar of events like bike to work day, scavanger hunts, alley cats, and the Ride of Silence. Because of the COVID-19 pandemic, most events are cancelled, so we are not publishing the calendar this year.

That doesn't mean we aren't celebrating!

Ride your bike to work if you aren't working from home, on errands, or just for fun!

The following from the League of American Bicyclists lets you know how to celebrate wherever you are:

Bicycling makes life better. It makes us healthier and it makes us happier, two things that are always good for us and that are even more important in 2020. That's why the League of American Bicyclists is so very excited to celebrate National Bike Month in May.

First celebrated in 1956, National Bike Month centers on biking to work and riding with a friend to a local coffee shop to get them back on a bike. In 2020, we're doing National Bike Month a little differently. This May, the League encourages everyone to get on a bike, go for a ride, and share the joy online together.

For the 31 days in May, #BikesUnite us. Whether you're riding for fun, fitness or with family, or taking essential trips to work or shop, you are part of a movement for safer streets, connected communities, a healthier planet, and happier people.

Share photos of your solo or family rides on social media using #BikesUnite and share the joy biking brings you. By sharing your "reason to ride" on social media and encouraging friends and family across the country to go by bike, we can experience the joy of biking together even as we shelter at home apart.

Here's how to take part in National Bike Month this year:

•Go for a ride - solo! Take a photo and share it on social media and show the world that #BikesUnite
•Take a picture of yourself and your bike
•Challenge your friends to a photo contest - who can take the best photo of their bike leaning next to a tree?
•Make a scavenger hunt in your community and help people discover local sights
•Take a selfie in front of your favorite small businesses to show support.
•Join the National Bike Challenge to log your miles and see how united people are across the country by biking: http://nationalbikechallenge.org/
•If you have the ability, consider supporting your local bicycle advocacy organization and Bicycle Friendly Businesses in your community - find them on the League's map.

National Bike Month is a celebration of the benefits of biking. Biking is good for the planet, it's good for businesses in your community, and it's good for you. Bonus: the bike is a "happiness machine" that brings joy to even the shortest trips. Biking together is our favorite way to celebrate this amazing machine and the communities it has helped us build, and with #BikesUnite we will show that bikes unite us even while we're apart, so that we may get through the most difficult situations.

In addition to being National Bike Month and the start of the National Bike Challenge, May is Mental Health Month. The benefits of exercising for physical health have been promoted for decades, and it's increasingly recognized that physical activity benefits mental health, as well. Our well-being, physically and mentally, is in focus right now. We don't talk often enough about the mental health benefits of biking, including reducing stress and anxiety, and improving happiness, mental focus, and sleep.

You don't have to put on Lycra or bike up a mountain to get these effects. Short and regular physical activity will go a long way to a cumulative effect on your health. This May, we're not only encouraging people to bike because it is fun, but also because it feels good and is good for you. Tune up the bike in your garage or keep pedaling in the drops, but whatever you do: bike!

For more on Bike Month, visit bikeleague.org


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## SPEAKING OF SPOKES

# No Cars, Better Cycling

By David Ward

I thank the stars for Covid-19. With people staying home and with little commuting for work, errands or otherwise, the roadways have been nearly abandoned. Conditions could hardly be better for a confirmed roadie like me.

I am jesting, of course. I recognize the seriousness of the Covid-19 virus, the many thousands of deaths it has caused and the toll it has taken in so many other ways. And while thankfully it appears its spread is being slowly curbed and contained, it has not finished its run and its ultimate cost in lives, health and economic difficulty and ruin is yet to be completely felt and determined.

For myself, I was in the middle of an excellent ski season, spending many days on the slopes with friends and family, and a weekly ski day trying to keep up with my 4 year old granddaughter. Thankfully, we had just finished a ski vacation for which I had gathered my children and grandchildren from several states, when Covid-19 changed all that, causing the sudden closure of all ski resorts.

When the ski season ends, my heart and legs turn to cycling. It was no different this year, except the turning happened around the middle of March rather than the middle of May. But as I ventured out with my bike on the roadways, there was a noticeable difference: No cars. Or at least nearly no cars.

Leaving my home in Emigration Canyon, cars were no longer speeding around me to get somewhere important. On Wasatch Boulevard, I rarely had a vehicle zipping past me. The streets of Salt Lake County had never been so cyclist friendly. It was like riding on a quiet Sunday morning every time I went out to spin the pedals.

I was riding with my brother, Nick, in the middle of a usually busy weekday last week. We had ridden through a quiet University of Utah campus, down a nearly car-less 11th Avenue, around Memory Grove and the State Capital, and then back up 2nd Avenue. While pedaling up 2nd Avenue, Nick, who hadn't ridden this road much, commented on what a nice street it was to bike on. While agreeing, I reminded him that on a normal day there would be quite a lot of traffic on this road.

I guess one of the silver linings of the pandemic shut-down is that exercise is not only not proscribed, but it is recognized as a good way to maintain our physical well-being as well as our emotional and mental well-being. And cycling is one of the best exercises as cyclists normally group in numbers less than 10, and naturally social distance, or more accurately physical distance, the recommended 6 feet or more. How's that for doing what is best during this pandemic?

Consistent with the guidelines, I either rode alone or just with Nick. And we kept our distance from others. Of course, at our age, others are usually passing us, with distances between us and them closing and opening quickly, especially when we are headed uphill. Also, I have always been careful to do my nose-blowing and expectorating from the back of the group, but have been extra careful these days. I have not worn a mask while riding, which I have seen a few others do, but then that has never been recommended.

As government began to take steps to shut-down society to fight the virus, I began to worry about the longer term economic impact the shut-down would have. And I never realized the shut-down would go as far as it did. I fear the damage to the economy is going to be extensive and more long-lasting than the virus itself. But I am encouraged at how steps are being taken to re-open the economy and reboot businesses. Already, we are starting to slowly move back to a more normal lifestyle.

And that is good. It is what we hope and pray for. But I will miss the quiet streets and the sparse traffic. I will miss having every ride be like a quiet Sunday morning ride.

## CYCLING EVENTS

# Huntsman Ride Goes Virtual!

***VIRTUAL Huntsman SportsFest: Virtual means wherever you are, whatever you want to do, and raising funds for cancer research.***

We hope that you and your families are staying safe and healthy amid the current COVID-19 pandemic. We are excited to let you know that the Huntsman SportsFest Run and Ride is moving to a virtual event for 2020, and we are asking you to join us. We have reimagined the event so that it is accessible to everyone, from anywhere. Although we can't come together physically on June 20, we can make a difference through an exciting virtual fundraising experience dedicated to raising funds for cancer research.

Registration for the Virtual Huntsman SportsFest has been decreased to $25, and kids in the Virtual Huntsman Run are only $12. Registration is open now. Participants will receive a personal fundraising page, incentives for fundraising, an event t-shirt, and the knowledge that you are raising funds that accelerate cancer research at Huntsman Cancer Institute (HCI). Your support is needed now more than ever. Even amid the COVID-19 pandemic, the work at HCI goes forward. Our patients and caregivers continue the fight against cancer on the front lines. Each day we help hundreds of patients whose course of treatment cannot be delayed. HCI's researchers are finding new and innovative ways to continue research efforts that save lives.

We invite you to think big! "Virtual" can mean anything: any distance, any location, and any activity that is safe and fun for you/your family. Maybe a 10K trail run becomes a pickleball contest with your family. Maybe the 140-miles you were planning to ride with friends, turns into a solo ride that you video document at stops along the way for friends and family to see on social media.

To register, go to www.huntsmansportsfestival.com

We are sure you have questions about this change. Please check out our FAQ page for answers to the many questions you may have. As always, you can contact us at events@huntsmanfoundation.org for additional information

Whether you choose to ride, run, walk, hold a family bingo tournament, or another activity, by committing to join us on June 20, you are making a difference. We hope to "see" you on June 20. One hundred percent of all donated dollars will fund cancer research at HCI. Our mission to eradicate cancer from the face of the earth continues and we are grateful for your support.

Thank you,
Jen Murano
Director of Events
Susan Sheehan
President and COO
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ROAD RIDING

# Five Great Intermountain Century Rides

Rim view of Snow Canyon from the Arizona ride. Photo by David Collins

By David Collins

***Ride 100 Miles or More in One Day - Entry Points in Utah. Rides Include Some Miles in Border State(s).***

*(This article is the third part of a series, to see the first two, check out the 2019 March and July issues.)*

Utah and her neighbor states are blessed with iconic geography and interesting diversions. Although these rides include stunning scenery, they often feature hidden gems and forgotten highways and byways – a cyclist's dream – filled with unforgettable imagery, points of historical interest and quirky pit-stops.

Extended shoulder seasons are usually the best time of year to ride most of these routes, but depending on your skills and equipment, you might be able to ride nearly year-round. Be weather aware, riding conditions can swiftly change.

Excursions and explorations are part of the fun of unsupported bicycle touring at your own pace. Mileage estimates are approximate and may vary depending on your tracking system and whims of the ride. Be sure to tell someone your plans and allow them to track your location using a smartphone or other device.

Solo or unsupported distance cycling often presents potentially dangerous situations related to terrain, weather, equipment, traffic, navigation and mental awareness. Even experienced cyclists must plan carefully and use wise judgment to successfully mitigate inherent risks of the sport or terminate a ride before it turns injurious or deadly. If you are new to the sport, or have never ridden a bicycle 100 miles in a single day, learn the ropes with a seasoned buddy or local riding club before giving one of these routes a go.

Make sure to check maps, plan your route and check local road conditions before you go. As with any ride, be aware of your surroundings and of roadway traffic.

Time to fill water bottles, stuff gear bags, click in and start pedaling Utah's great border century rides.

A scene from the Nevada ride. Photo by David Collins

## Arizona Mountains to Desert; Utah and Arizona (with a dash of Nevada at the end)

**Route:** Enterprise, UT; Veyo, UT; St. George, UT; Snow Canyon State Park, UT; Ivins ,UT, Shivwits, UT; Littlefield, AZ, Mesquite, NV. Begin in Enterprise, south on 18 through Veyo to St. George, west on W. Snow Canyon Parkway and north on Snow Canyon Drive to its terminus (through Snow Canyon State Park). Return the same way out of the park and ride through Ivins and turn West on W. Highway 91, South on Old Highway 91 through Littlefield AZ to Mesquite NV.

**Terrain:** Mountain passes, rural farmlands, remote Native American lands, long steady climbs and descents, small towns and villages.

**What to See:** Just south of Enterprise you'll see signs for the Mountain Meadows Massacre memorial site, be sure to take a few minutes to walk the short path up to the overlook and read about the 1857 tragedy; the rim of Snow Canyon, turn west at the road sign and take the short gravel road to the overlook; a stunning detour through Snow Canyon (including a memorable 1,000 ft. four mile climb); a show stopping curtain of red mountains, best viewed in the Shivwits Paiute Indian Reservation by turning around often during the long climb toward Arizona border; miles of Joshua trees and desert sagebrush throughout much of the long descent into Littlefield, Beaver Dam Mountains; dry wash beds of various creeks and rivers; Virgin River bottoms.

**Selfies and Photo Ops:** Mountain Meadows Massacre overlook; Snow Canyon from the rim and through the valley; Veyo Pies storefront; historic pioneer buildings and museum in Santa Clara (a brief detour you may want to explore if you are into regional history); Bulldog Pass sign; long road pointed northward toward the wall of red mountains in the Shivwits Paiute Indian Reservation; Scenic Joshua Tree Byway sign with miles of Joshua trees in the background; Beaver Dam Wash National Conservation Area; Virgin River bottoms overlook just outside of Mesquite.

**Wildlife:** Birds of prey, California condors, Mexican spotted owls, mountain lions, mule deer, fox, coyotes, badgers, porcupines, snakes, jackrabbits, raccoons, lizards, desert tortoise.

**Best Post-Ride Eats:** Check into CasaBlanca Resort and Casino, clean up and pay a visit to Katherine's of CasaBlanca (will reopen May 15, 2020). USDA Dry Aged Prime beef from Stockyards in Chicago awaits, along with Florida stone crab flown in from the keys (when in season). Get things started with fresh Oysters Rockefeller. For the steak, get the strip. Wrap things up with Bananas Foster and a long night's sleep in your nicely chilled room, a luxury after so many miles in the sun.

**Still Have Legs, Lungs and Sunlight?** Just past Shivwits, turn north on Gunlock Road and ride to Veyo and back (29 miles). A fabulous ride through sometimes lush farmland, past Gunlock reservoir and a lovely climb from the river bottoms up to another rural shelf and into Veyo. Be sure to stop by Veyo Pies again (surely you dropped in the first time through Veyo) and eat some of their world famous pie, I recommend the strawberry rhubarb. Pie and barbeque in a tiny roadside joint? The proprietors must have a spot or two of cycling in their souls.

**Note:** This ride begins in moderate mountain terrain and finishes in the desertscapes of northeastern Arizona, with and a handful of miles in Nevada. Pay careful attention to weather forecasts and be properly armed with sufficient hydration and nutrition. Also, be aware of flashfloods – water levels on local roadways can sometimes rise to dangerous levels in minutes of even seconds.

## Nevada Go West! Utah and Nevada

**Route:** Snowville, UT to

**A scene from the Nevada ride. Photo by David Collins**

Montello, NV (one way). From Snowville, take N 18575 N (a gravel frontage road) west for a couple of miles until it joins the paved Highway 30. Ride west on Highway 30 until you reach Montello. 106 miles

**Terrain:** Periodic patchwork of sage brush, grassland and cultivated farmland, rivers, creeks, expansive valleys lined by plateaus, risers, and alpine mountains.

**What to See:** Long stretches of road through valleys you'll want to return to with a cinematographer to try and capture the essence of the place; open cattle ranges; alpine peaks on the horizon; northwest finger of the Great Salt Lake (including salt flats and watershed boundaries); skyline view of Antelope Island from the rarely seen or photographed west side; Pilot Peak (often snowcapped through much of the summer).

**Selfies and Photo Ops:** Next Services 102 miles sign; black metal silhouette of wolf howling on top of mountain butte; 27 Ranch gate; Coldwater Ranch gate; Welcome to Park Valley and nearby Park Valley Cemetery gate; Montello Rd. sign (a faded little wooden sign about a mile or two before town; Leenaz She Cave and bottle garden; several road-to-infinity backdrops along the way; old west façade whitewashed building with distinctive MONTELLO NV letters above the door.

**Wildlife:** Antelope, rabbits, coons, deer and elk, snakes and lizards, birds of prey, waterfowl, and buzzards.

**Best Post-Ride Eats:** Montello is charming but tiny and the kitchen in the bar never seems to be open, but there is one reliable food option: the Montello Gas and Grocery, serving soda pop, hot coffee, cold beer and snacks. Get some beef jerky, Frosted Flakes, cold milk and a loaf of white bread and mustard so you can wrap a few sticks of jerky dabbed with mustard to go with Tony the Tiger's treat. Or, tough out 50 more miles to Wendover, Nevada where you'll find all the casino food you can handle. If you do this ride in reverse and land in Snowville, there is a much better choice for dinner. Step into the Ranch House Diner, find your way back to a booth by the antique saddles, next to the fireplace and underneath the trophy elk head with a unique starboard antler. Then dive into The Trail Boss (a 16 oz rib eye - "hand cut, marinated and never frozen"). For a smaller serving try their Rattle Steak Sandwich and fixins - a tasty supper.

**Still have Legs, Lungs and Sunlight?** Fuel up and turn your wheels towards Wendover, about 50 miles down the road on the Utah border. After a nosh at one of the fern bars, check into a small-town casino, store your bike, take a hot shower and try your luck at the roulette wheel.

**Notes:**

This is a remote ride and cellular service is weak or nonexistent during the last 20-30 miles until you reach Montello. In addition to your normal tools and supplies, be sure to plan ahead by taking sufficient food and hydration since there are no refueling stops along the way.

Also, believe it or not, Montello has accommodations. The Pilot Motel features about a dozen clean rooms with AC and Free TV. Rooms can be booked through Montello Gas and Grocery. Call ahead though, you can't check in past 7:00 PM on weekdays or 5:00 PM on weekends (hours may change based on whims of the proprietor). Why not stay overnight and turn your century ride into a back-to-backer by returning to Snowville the next day?

## Colorado Dinosaur Drive; Utah and Colorado

**Route:** Roosevelt UT; Vernal UT; Jensen UT; Dinosaur, CO; Rangely, CO. (with a detour through Dinosaur National Monument UT). From Roosevelt, east on Highway 191 to Vernal, east on Highway 40 to Jensen, north on S 9500 E to Quarry Entrance Road which takes you into Dinosaur National Monument (UT), take the seven-mile road in the park and return the way you came - back to Jensen. Continue east on Highway 40 to Dinosaur, CO, then south on Dinosaur Diamond Prehistoric Highway to Rangely CO. 101 miles.

**Terrain:** Low-grade risers and intermittent flats with arroyo undulations sprinkled throughout.

**What to see:** Rivers (Uintah, Green, Yampa, Rio Blanco); distant mountains (Uintas, Blue Mountain); Dinosaur National Monument north of Jensen. The seven-mile ride in the park is worth the effort and nominal entry fee and includes stunning views of dramatic cliffs, the Green River and easily accessible ancient Native American petroglyphs and pictographs; big western sky country; Rangely Auto Museum (seasonal hours); Chevron oil country including a few outbuildings littered across the empty valley between Dinosaur and Rangely, active oil pumps, drilling and wells; Rocky Mountain Cannabis store in Dinosaur (if that's your thing).

**Selfies and Photo Ops:** Welcome to Roosevelt – Energy Hub of Utah sign on the east side of town; Musket Shot Springs overlook (between Jensen and the Colorado border); Split Mountain and ancient Native American petroglyphs and pictographs in Dinosaur National Monument; the giant dinosaur in the front yard of the town hall in Dinosaur; Rocky Mountain Cannabis sign in Dinosaur; several out buildings and abandoned structures throughout (think ghost town), Rangely School District bald eagle mural on the north side of the building; and Rio Blanco river crossings.

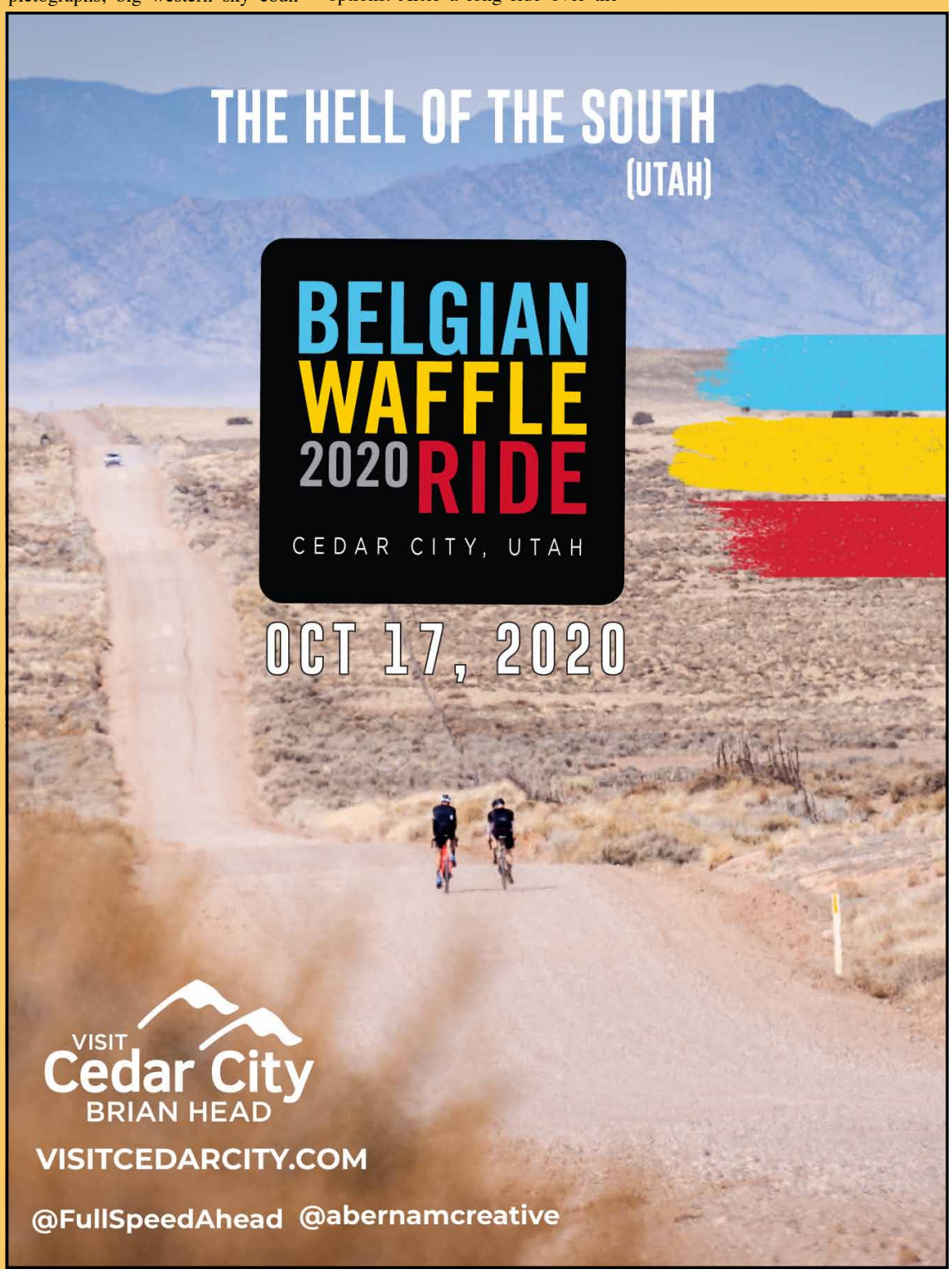
**Wildlife:** Bald eagles and other birds of prey, buzzards, ducks, geese, pelicans, elk, deer, fox, coyotes, trophy fish, black bears, mountain lions, badgers, porcupines, snakes, jackrabbits, raccoons, mountain goats, pica and other little grounders.

**Best Post-Ride Eats:** For such a small village, Rangely offers a surprising selection of eating options. After a long ride over the border though, it's hard to beat the T-Bone Steak Ranchero at El Agave Mexican Restaurant. Ask them to add a few jumbo prawns to go with your hot tortillas, rice and beans that come with the steak and wash it all down with a cold drink from their full-service bar.

**Still have Legs, Lungs and Sunlight?** Turn north on Highway 191 in Vernal to Steinaker State Park where you can cool off in pristine blue waters and enjoy more sandstone and desert landscapes. (about 15 miles there and back).

**Notes:** The Welcome to Rangely sign brags: Way Outside of Ordinary. It's true, it doesn't take long to realize the ride continually evolves into a uniquely rugged and remote region after you leave Jensen. Bring extra hydration, sun protection and mechanical equipment. Also, consider scheduling your ride to overlap the annual multi-day Northern Ute 4th of July Pow Wow activities (east of Roosevelt at Fort Duchesne) where you'll find folks from more than 15 states and Canada celebrating Native American cultures with dance, music, food and contests.

**Continued on page 8**

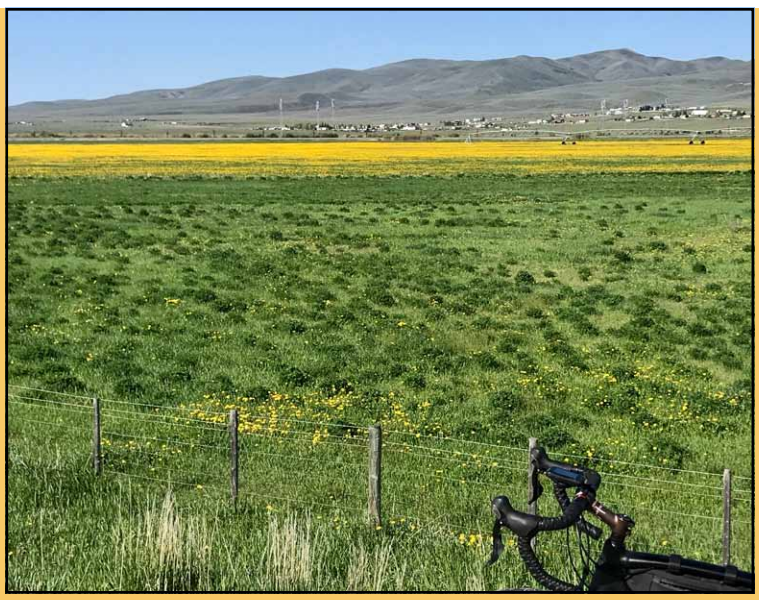


Intermountain Centuries - Continued from page 7

## Idaho
## Plymouth to Pocatello; Utah and Idaho

**Route:** Plymouth UT; Malad City, ID; through southern Arbon Valley, ID; Pocatello ID. Begin in Plymouth, west on 20800 North Road, pass under Interstate 15, immediate north on Frontage Road, over the UT/ID state line, north on S. Old Highway 191 which turns into S. Main Street in Malad City. West on Idaho Highway 37/38 (which turns into W 2000 S). After riding over the mountain pass and descending into the next valley, turn north on N Arbon Valley Road which becomes Buist Road and then Arbon Valley Highway. Turn east on Mink Creek Road and ride through the mountain pass and into southern Pocatello – finally, north on Bannock Highway into Pocatello. Sound complicated? It's really not. Take a look at a map and you'll see it's an easier route than it may seem from this description. 103 miles.

**Terrain:** Extended flats and long, low grade climbs through two mountain passes.



The vast Cokeville National Wildlife refuge from the Wyoming ride. Photo by David Collins

**What to See:** Rural farmlands; sagebrush foothills; mountain passes sometimes loaded with curious wildlife, historic pioneer landmarks and townships, open rangelands, memorable Arbon Valley (from their town website: "The Best Place on Earth"), you might be as surprised as I was to roll through such a picturesque valley that doesn't seem to have been discovered yet by the hoi polloi. Stretches of winding roads through camping country (and ATV, snowmobiling and hunting and fishing country); historic section of old Pocatello and Idaho State University.

**Selfies and Photo Ops:** Welcome to Plymouth sign (with historic July 4th rodeo copy); faded Rope Trailers horse trailers mural on defunct building façade in downtown Malad City; road to infinity looking back into Malad City from the rising climb out of town on the west side of the valley; too many spots to mention in Arbon Valley but don't miss the ghost town like outbuilding that's barely standing in a drunken lean (on the east side of the road before the Mink Creek turn – can't miss it); original art deco-ish Chief Theatre sign from 1938 in old Pocatello; the Idaho State University Greek pillars on Red Hill (a Pocatello landmark and I.S.U. icon).

**Wildlife:** Birds of prey, elk, deer, fox, coyotes, mountain lions, badgers, porcupines, snakes, jackrabbits, raccoons, mink, beavers and ranch dogs (well, they aren't really wild but they seem to run extra free on parts of this route and are often keen to enthusiastically chase cyclists in anger – so be sure to brush up on your stray dog technique before you go).

**Best Post-Ride Eats:** A gas station? Although Pocatello is a city of more than 50,000 people, with all the food options you might expect, Cafe Tuscano is located in a gas station and is "pumping out" wonderful post ride bistro fare. Amazing Italian dishes with fresh ingredients and an impressive wine collection (go figure, there's a terrific Indian restaurant in Logan, Utah built into a gas station too – maybe it's an idea that's catching on?). Start with the charcuterie board of meats and cheeses and move right into a well-prepared pan-seared striped sea bass plate with tasty sundried tomato and spinach risotto and roasted portabellas and a pimento green olive tapenade that would make a phone book taste good. Hard to believe such a food stop would be cyclist friendly – but they are indeed.

**Still Have Legs, Lungs and Sunlight?** Head north out of town on Highway 91 through Chubbuck and into Fort Hall, a township in the Native American reservation of the Shoshone-Bannock Tribes. Be sure to get one of the savory bison burgers at the gas station by the casino (24 miles there and back).

**Note:** This ride could be titled "Cowboy's and Indian's" since the route passes through pioneer and Native American points of interest. Look for historic landmark signs along the way.

## Wyoming
## The Big Bear Lake Loop; Utah and Wyoming (with a healthy clip of miles in Idaho)

**Route:** Garden City, UT; Cokeville, WY; Montpelier, ID; Paris, ID; Fish Haven, ID; Garden City, UT (one-way loop). Begin in Garden City, south on Highway 30, north on WY Highway 89, north on WY Highway 30 to Montpelier ID. Take south Highway 89 in Montpelier all the way back to Garden City, UT. 112 Miles

**Terrain:** Rural flats, two medium mountain passes, lakeside shorelines and historic settlements and villages.

**What to See:** Distant vistas and repeating mountain ranges layered on the horizon; rural farm towns; ranchlands; barns and out buildings; Bear Lake, a turquoise blue marble plopped down in the middle of a memorable valley, surrounded by alpine mountains; Cokeville National Wildlife Refuge; The Bank of Montpelier, the last standing bank verified to have been robbed by Butch Cassidy; Paris Tabernacle, a Romanesque Revival style red sandstone church built in the late 19th century by early settlers; national historic trails (Oregon Trail and California Trail); site of Pegleg Smith's Trading Post; old McCauley's Road, a section of current Highway 30.

**Selfies and Photo Ops:** Scenic miles along the western and southern shorelines of Bear Lake; Welcome to Cokeville sign on the southern end of town; the vast Cokeville National Wildlife Refuge; Pine Creek Ski Resort sign; entrances and exits of two remote mountain passes; Oregon and California Auto Tour Route signs; Paris Tabernacle, Butch Cassidy Museum in Montpelier; wetlands and ponds; Welcome to Paris sign.

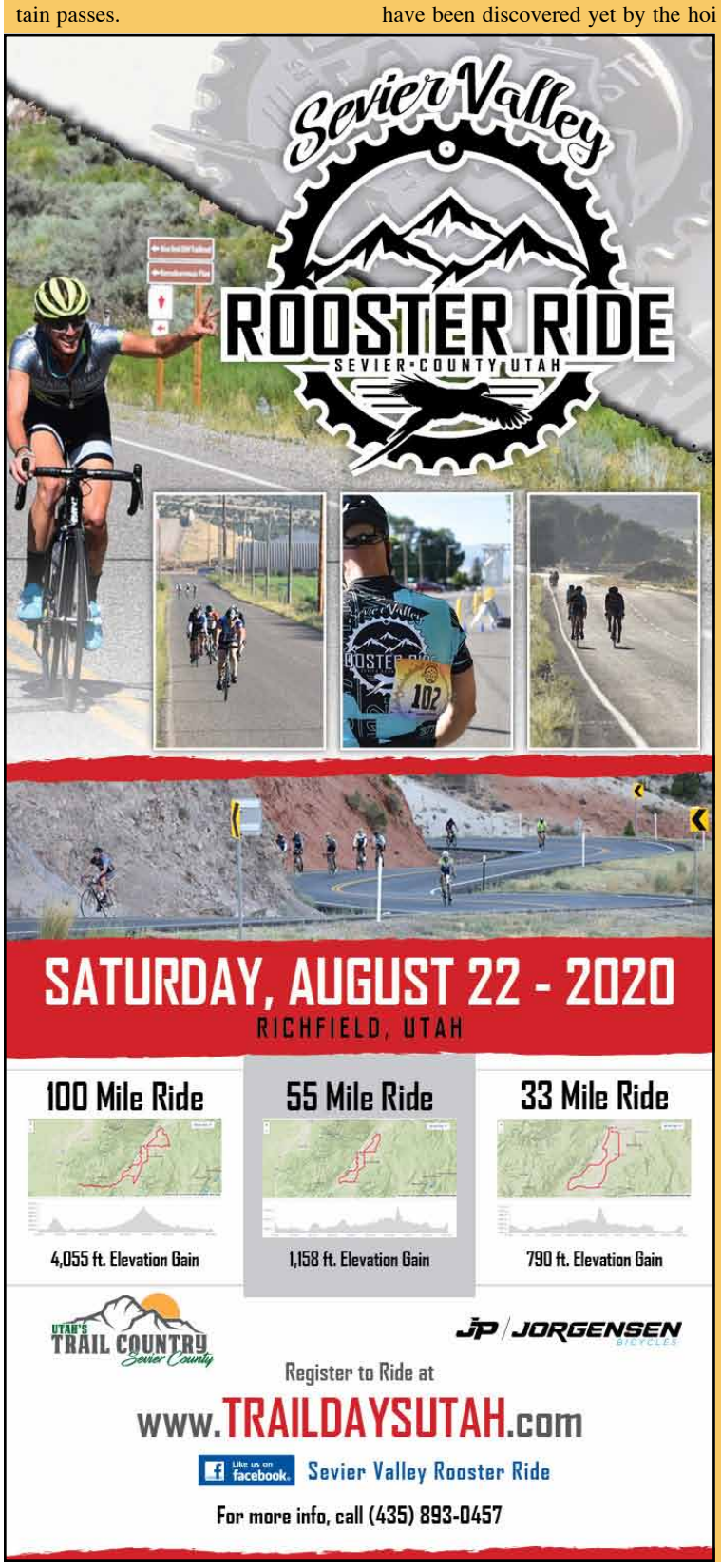
**Wildlife:** Elk, deer, birds of prey (eagles, owls, hawks, Northern Harriers), Black Terns, Yellow-headed Blackbirds, White-faced Ibis, Black-necked Stilts, buzzards, fox, coyotes, beaver, trophy fish, black bears, badgers, jackrabbits, raccoons and other little grounders.

**Best Post-Ride Eats:** Cody's Gastro Garage in Garden City. A converted mechanic's garage (complete with a couple of hot rods on lifts inside the restaurant). Open year round and a great place to tuck into two or three pounds of wings. Be sure to get the raspberry chipotle sauce for the wings – the area is famous for mountain raspberry farms. BTW: the barbeque chicken quesadillas are the best I know of in Utah. You can't believe the flavoring dance steps and innovative tortilla treatments they perform on the classic dish.

**Still Have Legs, Lungs and Sunlight?** It's a bit of a stretch (and may require another day of riding) but it's worth noting - you can turn north at the northern apex of the loop and be in Jackson Hole, WY in another 100 miles or so. Also, this ride is called the Big Bear Lake Loop; if you prefer a 50ish mile ride instead, hug the lake's shoreline all the way around for the Little Bear Lake Loop.

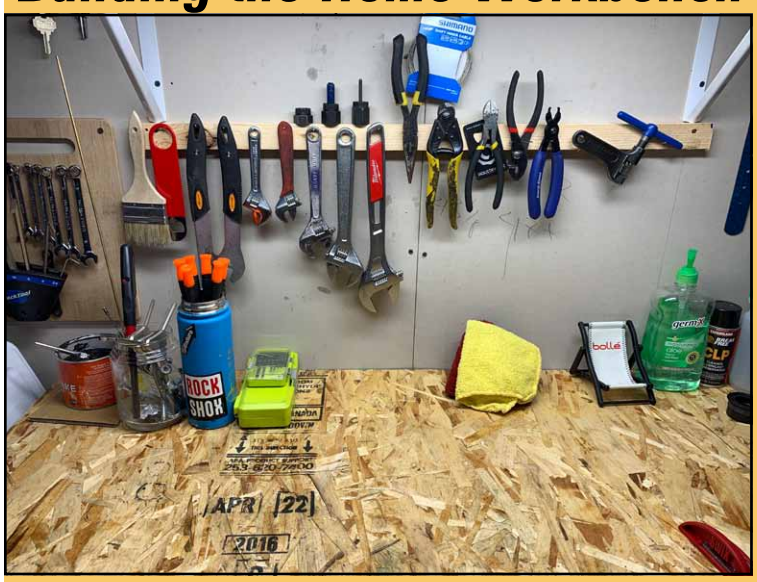
**Note:** Some roads are closed during winter months and cell coverage may be spotty throughout the ride.

David Collins is a cycling enthusiast and amateur randonneur. Follow him on Instagram @rockypumpkin



## MECHANIC'S CORNER

# Building the Home Workbench




**Keeping a clean workbench isn't just about presentation, it really helps you to make sure everything made it back on your bike! Photo by Eric Ramirez**

By Eric Ramirez

If you're like I am, you might literally be going crazy if you are subject to the self-isolation provisions to reduce the spread of the COVID-19 novel coronavirus. Some people are riding their bikes; either inside or solo outside. Others are not. Regardless, for me, part of the whole experience is spending time with the machine that brings us so much joy. I enjoy working with my hands; thus, working on bikes is nearly as therapeutic as riding them.

**It Is Not Only About the Tools**

Sometimes, I'll go out to the garage and just pull something off the bike. Handle it. Clean it. Get really familiar with it. The more time you spend with your bike, the more you realize it will eventually need replacement parts. Spare parts are just as important as tools; sometimes even more so.

Tools are essentially just paperweights if the repair actually calls for replacement. For example, worn cassettes generally cannot be repaired.

Building a home workshop assumes two things:

1. You actually know how to use the tools on your workbench; and

2. You have the spare parts you need to make those tools useful.

Don't worry about trying to replicate your local shop's repair area. Not everyone is going to have a liter of Shimano Mineral Oil on the shelf or an assortment of every possible disc brake pad and chain on the market. It's your home workshop, so keep it simple. Make sure you have the most important spare parts on hand to keep your bike on the road (or trail).

**Organization - What Do You Need?**

Don't rush off to your local bike shop and buy all the tires that fit your bike. Most of the time you'll replace one or two tires a season. It will be helpful for you to have a spare chain and master-links, a couple of tubes, tire sealant, and maybe some cables and housing for your derailleur or dropper post.

Another thing to keep in mind: some of this stuff does not necessarily need to be new.

To save a ride, you often just need a part that isn't completely worn out. Grips or pedals, for example. Or tires. In an effort to reduce waste, see if you can use something that you already have.

Keep your spare parts organized. The first step is to round up all your spare tubes, deflate and roll them, and bind them with a rubber band. I still have 26" tubes kicking around; I know this because they're all organized. Do the same with tires. Get a bin or box for them. Clunky, big and awkward, tires have no place on a workbench. Better stash them underneath. Chains, brake pads, cables, and such, go well on the wall or in a drawer.

As you organize, look at your bike and make note of replacement parts you may need. This will vary widely between a home mechanic's skillset and their bike. Getting ahead of required parts before the season really kicks off will save countless rides. So, go buy a spare tire and a chain; maybe add some grips or bar-tape. If you're a little more confident in your skills, add brake pads, cables, and housing.

**The Pay-off**

Have you ever attempted back-to-back rides, only to be thwarted by a torn sidewall and a 3 hour wait for a tire change at the shop? Or an evening ride Friday night with smoked brake pads and an early Saturday ride? If you had a spare tire and extra brake pads on hand, a stop at the house and you're riding anew.

Having the spare parts you need at home is perfectly prudent, and for me as a mechanic, it's requisite. However, it's even more critical when getting ready to hit the road for a bike trip. Being stocked at home makes packing for a trip way easier and immeasurably quicker.

With social-distancing protocols and limited access to businesses—bike shops are considered essential services here in Utah, but that's not true nationwide—our whole approach to riding and getting our bikes working really does call for us to have more of a grasp on how our bikes actually work, and how to address the most common problems. Knowing that you can replace your tire, your chain, or that rancid smelling bar-tape without needing to leave your garage could really be helpful.

Don't forget to support your local bike shop. They'll be there for you when you really screw something up – or really want to avoid screwing something up. They should also have the spare parts you need, so that you can stock your home workshop as well.

**Essential Parts to Have on Hand**

1. Tire(s)
2. Chain
3. 2 spare master-links
4. Tire sealant
5. Brake pads (disc or otherwise)
6. Bar-tape or Grips
7. Back-up pedals (plastic platforms $10)

Eric has about 20 years experience working on bikes, starting in Park City. Today he's a head technician at a shop.

## Study: Do eBikers Drink Less?

A study in Holland found no differences in the severity of injuries of conventional and electronic bike users when taken to two trauma centers. As you might expect, ebikers tended to be older (average age about 67) than conventional bike riders (about 45). The study looked only at users aged 16 and up, including 78 electronic and 91 conventional bicyclists.

But conventional bikers were twice as likely to have used alcohol. It certainly appeared to be a problem, since 40 percent of the former group had been drinking. See Bicycle-related Injuries in the Emergency Department: a Comparison between E-bikes and Conventional Bicycles: a Prospective Observational Study at https://www.ncbi.nlm.nih.gov/pubmed/32306122.

*-Charles Pekow*

## Ebikes on Federal Land?

Federal land agencies are taking public comment on implementing a directive to allow ebikes on federal land. Under proposed rules issued by the Fish and Wildlife Service (FWS), National Park Service (NPS) and Bureau of Land Management (BLM) in April, low-powered ebikes would get treated as regular bicycles and allowed to travel on paths where motor vehicles generally are prohibited. The Interior Department last August directed its agencies to accommodate ebikes. The proposed regulations would apply to Class 1, 2 and 3 ebikes that assist human power.

Comment periods last till early June 2020. See https://www.govinfo.gov/content/pkg/FR-2020-04-07/xml/FR-2020-04-07.xml#seqnum19418 (FWS); https://www.govinfo.gov/content/pkg/FR-2020-04-08/html/2020-07163.htm (NPS); and https://www.govinfo.gov/content/pkg/FR-2020-04-10/html/2020-07099.htm (BLM).

*-Charles Pekow*

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NUTRITION

# The Cyclist's Grocery List

At the supermarket, shop for healthful ingredients based on foods from the 5 food groups: fruits, vegetables, whole grains, lean proteins, and low-fat or fat-free dairy foods. Photo by Breanne Nalder-Harward

By Breanne Nalder-Harward, MS, RDN

Let's face it, the current status of our world is forcing us to cook at home every day. This is not a bad thing! Most of us normally have the goal of eating out less and eating more healthily at home, so no better time than now. As cyclists/athletes, we actually have more time to train and therefore more opportunity to fuel our bodies properly.

But do you know what to get at the store to keep your fridge and pantry stocked with the right goodies?

No matter how you shop — in the store or online — the basics of healthful eating remain the same. Use the tips below to maximize your purchases so that your cooking can trim fat, sodium, and added sugars while increasing flavor and nutrient content. Here we go!

At the supermarket, shop for healthful ingredients based on foods from the 5 food groups: fruits, vegetables, whole grains, lean proteins, and low-fat or fat-free dairy foods. Use the tips below to maximize nutrition and trim saturated fat, sodium, and added sugars in the aisles. The main tip to start is shop in color, and shop the perimeter of the grocery store first so you fill your cart with fresh foods before hitting the aisles and being tempted by processed foods.

**Fruits and Vegetables**

• Choose multiple colors of fresh produce to get a variety of nutrients.

• Tip: Produce is perishable, so don't buy more than you need for the week.

• Tip: When buying fresh produce, fruits and vegetables that are in season tend to sell at lower prices.

• Pick up time savers such as prewashed lettuce and greens and precut fruits and vegetables.

• Stock up on frozen, canned, jarred, and dried options. Choose plain frozen vegetables and reduced-sodium or no-added-salt versions of canned vegetables. Look for unsweetened canned and jarred fruits, or types packed in their own juice or water. Choose dried fruits without added sugars.

**Grain-Based Foods**

• Choose mostly whole-grain versions of foods like bread, cereal, rice, and pasta. Examples are 100% whole-wheat bread, oatmeal, shredded wheat, brown rice, and whole-wheat spaghetti.

• Enjoy "ancient grains" like quinoa, amaranth, and millet. These examples are whole grains, too.

• Tip: Save time with quick-cook grains like quinoa or rice

**Dairy (or not!)**

• Select low-fat and fat-free versions of milk, yogurt, and cheese. Or better yet, the plant-based milk alternatives will eliminate cholesterol entirely.

• Compare added sugar on labels and choose those with lower amounts or the label "unsweetened."

• Almond, oat, cashew, soy, coconut, etc. milk alternatives are all great choices Change it up and try different milks with your smoothies, cereals, even baked goods!

**Protein Foods**

• Choose lean meats — look for cuts with "loin" or "round" in the name to minimize saturated fat.

• Buy skinless poultry or remove the skin before or after cooking.

• Choose fatty fish such salmon, Atlantic or Pacific mackerel, tuna, and sardines for their heart-healthy omega-3 fatty acids. Find them fresh, frozen, canned, or in pouches. Opt for "wild caught" brands.

• Try plant proteins like nuts and seeds, peanut butter, almond butter, beans (kidney, black, pinto, garbanzo, and more), peas and lentils.

• Buy economical bags of dry beans to make from scratch. For convenience, stock up on reduced-sodium canned beans, or rinse regular beans under cold water to reduce sodium.

• Experiment with soy proteins like edamame (green soybeans), tofu (soybean cake), and tempeh (fermented soybean cake that may also contain grains).

**Oils and Spreads**

• For cooking and baking, choose a liquid vegetable oil like olive, canola, corn, cottonseed safflower, soybean, or sunflower oil. Oils contain less saturated fat than solid fats like butter and lard.

• For spreads, buy soft tub, liquid, or spray margarines for less saturated fat than butter or stick margarine. Look for products with no trans fat by checking the Nutrition Facts label and in the ingredients for words like "partially hydrogenated."

**Strategic Shopping Tips**

• Staying organized is a key to saving time and money when you grocery shop. Try these tips:

• Create a "master" list of frequently purchased items. That way, you can quickly check off what you need on your next shopping trip.

• Don't overbuy. Check your fridge, freezer, and pantry for items already on hand.

• Make a shopping list. Put it on paper or use a meal-planning app on your smartphone that generates a shopping list based on your chosen recipes and other items you add. Many supermarkets offer apps that let you make lists and clip electronic coupons.

• Be efficient at the store. Organize your list according to your store's layout to avoid backtracking. Stick with the items on your list to avoid costly "impulse" purchases. Shop at less busy times, usually early in the morning or later in the evening.

• Shop smart online. Review your past orders (usually available under your account information) to jog your memory for items you need. Stick to your list and resist the impulse to add unneeded items to your online cart.

When your pantry is well stocked, a nutritious and tasty meal or snack is just minutes away. Get suggestions for what to stock and learn about 10 popular pantry staples below.

**The Scoop on 10 Popular Pantry Staples**

1. Oats. Oats provide iron and B vitamins, and contain soluble fiber, which may help lower blood cholesterol. Oatmeal makes a satisfying breakfast, but also enjoy oats in smoothies, cookies, pancakes, and homemade granola and snack bars.
2. Whole-grain ready-to-eat cereals. Choose a cereal that lists a whole grain as the first ingredient. Compare the Nutrition Facts label on different brands to find options with at least 3 grams of dietary fiber and the fewest grams of added sugars per serving. Enjoy whole-grain cereal for a quick breakfast or snack or add to homemade trail mix.
3. Whole grains. Nutty-tasting brown rice is a whole-grain food that offers dietary fiber, protein, and B vitamins. Use it as a side dish and in salads, soups, and stuffing. Use other whole grains, such as quinoa, millet, and amaranth, in most recipes that call for rice.
4. Whole-grain pasta. Look for options made from whole wheat, brown rice, quinoa, or other whole grains. Whole-grain pasta is usually higher in dietary fiber and protein than enriched pasta. Stock a variety of shapes to use as an entrée with your favorite sauce, or as an ingredient in soups, casseroles, and cold salads.
5. Beans and lentils. Dried and canned beans and lentils provide dietary fiber, protein, and B vitamins. Stock a variety such as black, pinto, kidney, and white beans, and brown, green, and red lentils. Add them to salads, soups, chili, salsa, casseroles, and pasta.
6. Tuna, salmon, and sardines (cans or pouches). Packed with protein and heart-healthy omega-3 fats, use tuna, salmon, and sardines in salads, sandwich fillings, and casseroles, or for a snack on crackers.
7. Canned tomatoes. Tasty canned tomatoes add vitamin C and the antioxidant lycopene to a variety of dishes. Use whole or crushed tomatoes for sauces and soups. Choose diced tomatoes for bruschetta, salsa, or guacamole.
8. Stocks and broths (unsalted or low sodium). Stocks and broths add flavor to soups, stir-fries, sauces, stuffings, rice, pasta, and more.
9. Mustard. Mustard, such as Dijon or spicy brown mustard, adds creaminess and zesty flavor to salad dressings, sauces, marinades, and dips. It's also great in chicken, beef, pork, and seafood dishes.
10. Cooking oils. Keep a variety of oils for different purposes. For instance, use a fruity olive oil in salad dressings and neutral-flavored canola oil in baked goods. Drizzle toasted sesame oil onto stir-fried vegetables.

**Stocking a Healthy Pantry**

Check out the list of suggested pantry stables below and add your own favorites. Read labels to see if items should be refrigerated after opening.

• Beans, peas, and lentils (dry or reduced-sodium canned)
• Peanut butter, nut butters
• Pasta sauce (reduced sodium)
• Cans or pouches of seafood (such as tuna, salmon, and sardines)
• Canned fruit (water or packed in 100% juice)
• Canned vegetables (reduced sodium or no added salt)
• Canned soup (reduced sodium)
• Canned tomato products (such as whole, diced, and crushed; reduced sodium or no added salt)
• Jars of roasted red peppers, artichoke hearts, and olives
• Dried fruit (without added sugar)
• Whole-grain, hot, and ready-to-eat cereals (such as oatmeal, shredded wheat, and whole-wheat flakes)
• Whole grains (such as brown rice, barley, bulgur, farro, quinoa, buckwheat, amaranth, millet, and sorghum)
• Whole-grain pasta (such as spaghetti, rigatoni, and shells)
• Whole-grain crackers
• Popcorn (kernels or "light" microwave)

Take the next step and make your grocery list based on a meal plan specific to your needs and goals. For help determining your macro- and micro- nutrient needs, contact me to schedule an appointment.

Breanne Nalder Harward, MS, RDN, earned a BS in Biology and Sociology from Westminster College and went on to receive a Master of Science degree in Nutrition and Sports Dietetics from the University of Utah. She is licensed as a Registered Dietitian Nutritionist (RDN) and is the nutrition coach at PLAN7 Endurance Coaching and Utah Sports and Wellness. You can find more info on her at plan7coaching.com and utahsportsandwellness.com or follow her on social media @breezysaycheezy.

RIDER PROFILE

# Meeting Up with Orange Seal Cyclist Hannah Finchamp

**Hannah Finchamp is a professional mountain bike racer with the Orange Seal Off-Road Team. Photo by Anthony Nocella II.**

By Anthony J. Nocella II, Ph.D.

It was with great excitement and pleasure that I got to interview an outstanding professional mountain biker residing in Salt Lake City, Utah. I started following Hannah Finchamp's Instagram about four years ago when she was with Clif. The first week I moved to Salt Lake City, about two years ago, I was riding up Millcreek Canyon and saw whom I thought was Hannah Finchamp pass me doing sprints.

As soon as I got home I sent Hannah a message saying, "Did I see you on Millcreek today?" She replied, "Yes that was me."

I have to admit I was starstruck. Hannah rocks as a cyclist and is a great person too, crushing it on her mountain bike with laughter, smiles, and intensity. Her Instagram shows her having a lot of fun and her always smiling, but do not be fooled! She is out to win and with her new Orange Seal team, nothing is holding her back.

I met up with Hannah at Hangar 15 Bicycles to ask her a few questions.

Anthony Nocella: Hannah to start, I got to ask how did you get involved in mountain biking? Was it through a high school team or local bike shop?

Hannah Finchamp: I started my career in sport at 9 years old in the sport of a triathlon. At a small running race, I saw a booth advertising for triathlon and was enamored by the idea of the challenge. I competed in the sport of triathlon from 9-19 years old and raced in draft legal ITU style races, non-drafting, and even XTERRA Off-Road events.

At the age of 16 I won the XTERRA amateur World Champion title for all ages and shortly after was recruited onto the CLIF Pro Team. A couple of years later, CLIF asked me to make the transition to the sport of mountain biking.

As a part of 'training' for triathlon while in high school, I had competed in NICA events. I was competing for my collegiate cycling team as well, so I went ahead and took the leap.

I am now starting my 5th year as a professional mountain biker and am entering my first season representing the Orange Seal Off-Road team. Along with Orange Seal, I am also sponsored by Trek, Sram, Maxxis, Osprey, Gu, and Voler.

AN: We are blessed to live right next to the amazingly beautiful natural Wasatch Mountains, with so many canyons and trails. What are a few of your favorite places to ride and why?

HF: I absolutely love living in Utah and I really believe that it is the best place I could be to accomplish my goals and dreams in the sport of mountain biking. My favorite long ride during the summer is to start up Millcreek Canyon, drop down into Canyons, ride back up Armstrong and Pinecone over the top of the Crest and finish down Pipeline back into town.

Of course, I also love going to Deer Valley and working on my technical skills by riding the lifts!

AN: You are a certified athletic trainer with degrees from Lindenwood University. What are the top training exercises you do beyond cycling?

HF: I have two bachelor degrees from Lindenwood University. One is in Exercise Science and the other is in Athletic Training (which is a health care profession). I am a certified athletic trainer and I have a great passion for balanced and pain-free exercise.

Additionally, I have my own coaching business (www.hannahfinchamp.com/coaching). My coaching philosophy is centered around evidence-based practice and exercise physiology. I seek to use scientific knowledge to cater to the uniqueness of human performance.

I complete a lot of very specific strength and plyometric training in the gym in addition to spending many hours on the bike.

Whether or not you are a competitive athlete, I highly recommend taking time to do a little extra core work (to prevent back pain), completing some weight bearing exercises (to strengthen bones), and working on hip and glute strength to protect your knees and back.

AN: There are more and more conversations being had about our diet and cycling. A lot of athletes are moving to healthier and more plant-based foods. How have you seen your diet change over the years?

HF: Diet can be a tricky question because it is very different for each and every individual. There is no one size fits all formula. For me, I have found that the best way to optimize my performance through diet is by thinking as food as the fuel that gets me through so many hard workouts. It is amazing the amount of food that your body needs in order to complete these physical tasks, so I am often thinking ahead to what demands I will be placing on my body and giving it the energy it needs to accomplish those missions.

AN: In the last ten years, I have really seen bicycle companies marketing more to women, and bike shops having a larger selection of products for women. As an athlete with a strong social media precense, in your opinion what are some recent victories for women cyclists and what would you like to see changed to bring about gender equity?

HF: I am lucky enough to live in a time in sport where many other women have pioneered a way in the industry ahead of me. Women have taken leaps and bounds in the sport, earning equal pay and prize money.

That said, there is always more work to be done. The women's field is more competitive than it has ever been before and I believe that that alone will continue to garner the respect that we continue to strive for.

I want to be viewed as a successful athlete and not only a 'female' athlete.

AN: My final question: What is the best part of being a professional cyclist on the Orange Seal Team and was there any particular races you're looking forward to?

HF: The Orange Seal Off-Road Team has provided me with an incredible amount of opportunity and I am really excited that the team not only share my same goals and aspirations in sport, but also carries my same values in life. I am very proud to represent a company that puts so much focus on loving others.

This year, I will have the opportunity to represent the team at a wide variety of events including Pro XCT UCI events, World Cups, Epic Rides, Leadville, and even some gravel races.

**Hannah Finchamp's bike specs:**

Trek Supercaliber 29 (Size Small)
RockShox Sid Ultimate Fork
Sram Level Ultimate Brakes
Sram XX1 Axs ETap Drivetrain
Sram XX1 Quarq Powermeter
Bontrager XXX Carbon Bar and Seatpost
Bontrager XXX Carbon Wheels
Maxxis Aspen Tires 29 x 2.25
Orange Seal Sealant
ESI Grips
Instagram: @hannah_finchamp

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

BIKEPACKING

# Bikepacking the Coconino Loop (while thinking about the beach)

Patrick (left) and Geoff - ready to ride, starting at the Broken Arrow Trailhead in Sedona. The trailhead is shared by hikers, bikers, motorcycles, and ATVs. On the Coconino Loop. Photo by Patrick Walsh

By Patrick Walsh

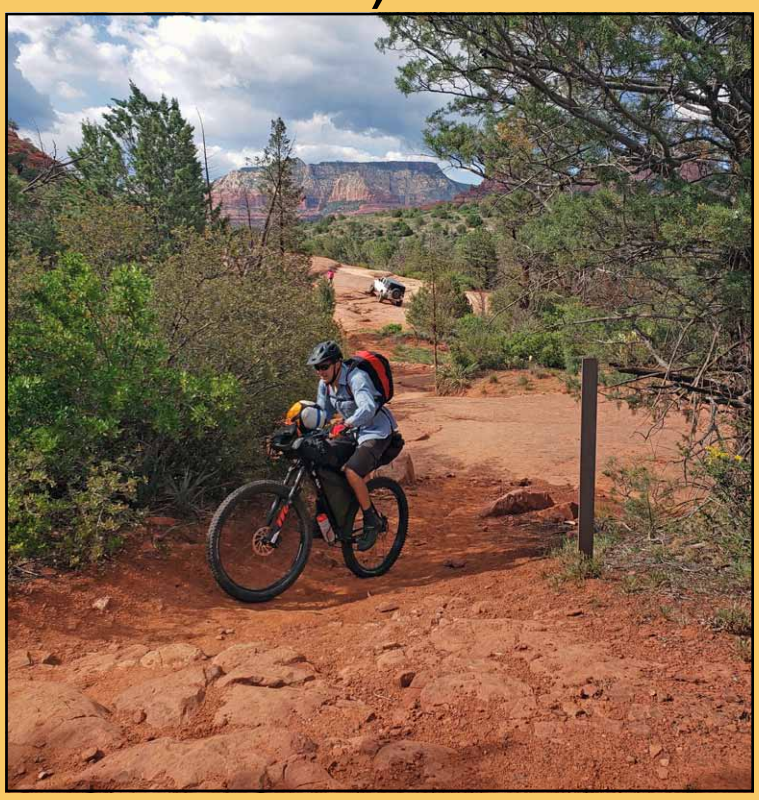
Remembering back to my first bike tour around 15 years ago, I had relationship issues and wanted to start the trip a month early… a week early… a day early… and then finally we were off. That ride took us toward the Grand Canyon along the Mogollon Rim on probably the heaviest and most overloaded bike I have ever ridden. It was before I really learned the beauty of "less is more". I did not make it to the Canyon due to an Achilles tendon strain, my first and only non-crash related bike injury; that is before this ride – the Coconino Loop, Arizona. I decided to cut it 16 miles short due to sharp knee pain that fortunately healed quickly afterward. I anticipated many bike tours in much the same way, yearning to escape work stress, escape relationship stress, escape…

The fact is, we (almost) always choose great routes with goals of reconnecting with an old friend, seeing new places, and riding some fun roads and trails. But, I have almost always planned each tour at least partly to get away. Planning this tour a few months in advance I was again longing for escape. With a week of mixed single track, dirt road, slick rock, and pavement, we would circle the mountain bike meccas of Flagstaff and Sedona. At planning time, I did not know of the oncoming life changes that resulted in divorce and then a new relationship – one that I did not want to escape. I did not know how this turbulence would impact my mentality and on the ride. All of a sudden, close proximity to civilization – something I would usually avoid – was a surprising bonus. I could text or talk in the evenings from camp; yes I really just wrote that about a bike tour. My recurring desire for life hiatus turned inside out, and if I am to be completely honest I was looking forward to the tour ending, really every day.

Twin Buttes and Two Nuns rock formations. Slick rock riding near Sedona is similar to Moab but the vegetation is more dense and lush. On the Coconino Loop. Photo by Patrick Walsh

Conversations with Geoff during the days touched on our careers, what went wrong with my marriage, memories of prior escape tours, and as always some route finding. The trip was fun, the riding was great, but my mixed feeling brought a little tension. Geoff once impatiently pushed me to get off a brief call when we had stopped to pick up beer at dusk, and I told him to go on to the next campsite. I don't think he even knew where the campsite was. Geoff put up with a more-distracted version of my usual distracted self. I considered writing this article as a semi-apology to Geoff. At least twice I overshot turns, Geoff patiently waiting for me to realize it and return, once waiting nearly an hour. Nonetheless, he has already talked about another tour, a longer tour. So I know our long friendship survived, and I took some lessons away that might help future tours. Perhaps like any relationship, reflecting on and communicating expectations can go a long way to making a good trip great.

Conversations in the evenings were not the normal banter and recollections from the day's ride. Some time after dinner I was on the phone with my new partner Jacquie, talking about how we missed each other, all of the little things we enjoy, and our evolving life plans together. As a side note - at the last minute before the ride started, I bookended the bike tour with a short beach getaway with her. On one memorable night, she and I talked about walking on the beach, and it very much made we want to escape our dry, cow pasture camp. I really did not know these things when I planned nor even when I departed for the tour, but the tensions grew pretty quickly over the first 2 days.



The first section interweaved with ATV routes. We were a little apprehensive about parking in the popular lot, but we happily returned to an intact vehicle. Geoff, on the Coconino Loop. Photo by Patrick Walsh

Templeton Trail is one of my favorite sections from the trip, capturing the feel of slick rock riding through healthy Ocotillo stands. On the Coconino Loop. Photo by Patrick Walsh

Bikepacking always has some degree of uncertainty – where will you find water and food? Will the trails be rideable? Weather, equipment, etc. Taking someone else's route adds a little more uncertainty, especially about their thinking or goals. Were they trying to have fun, cover certain distances and/or elevation gain, see specific features, embrace suffering and achieve enlightenment…? I added life turbulence and a new relationship, and I

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The riding is not overly technical. The surface is on small, rugged and remote jeep roads, it is downright fun!

Featured in Outside Magazine

LizardHeadCyclingGuides.com/Hayduke
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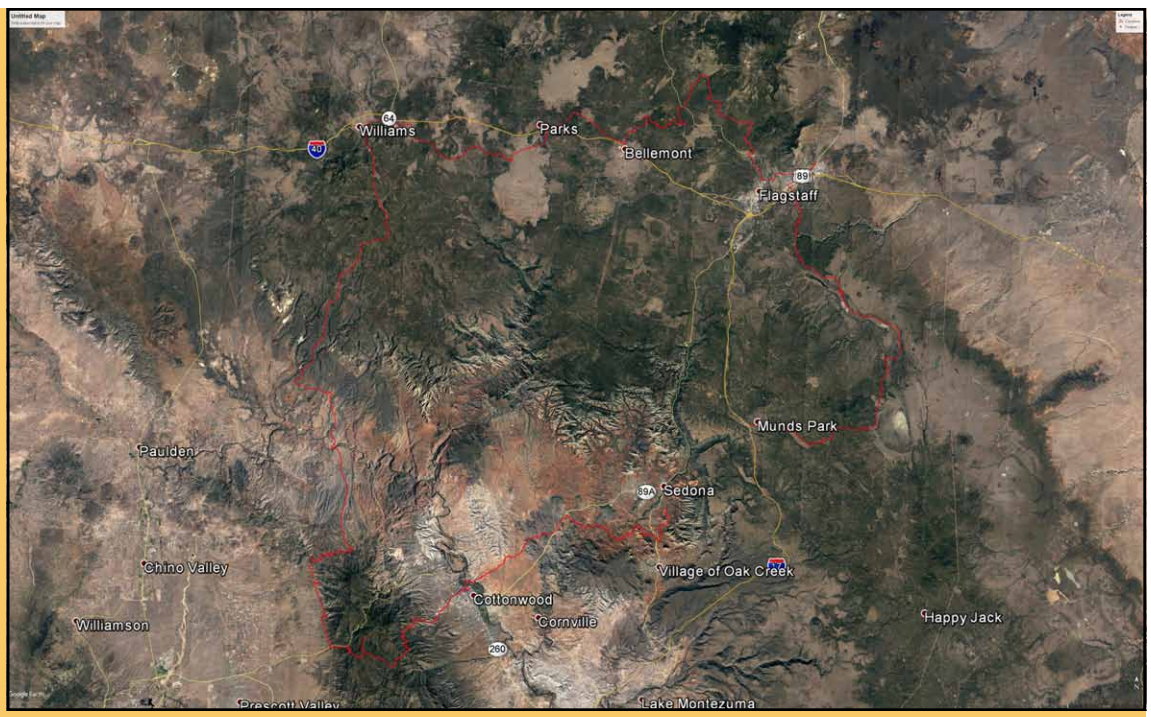
Riding in and out of slick rock canyons, with towering red rock views. On the Coconino Loop. Photo by Patrick Walsh

Wide, nicely graded roads between Williams and Parks, AZ. We enjoyed the pine forest and occasional views of Williams Peak above Flagstaff. On the Coconino Loop. Photo by Patrick Walsh

Walnut Canyon section was perhaps the most desolate of riding – not another person for a few hours. On the Coconino Loop. Photo by Patrick Walsh

was surprised to find a strong desire to the escape the tour. My companion Geoff was great as always, excellent ride quality, mostly perfect weather, and scenery that covered red slick rocks, alpine vistas, and extinct volcanoes. Really the tour had it all, save any real planning on my part. Without careful route review, we had embarked on the Coconino Loop, written up for bikepacking.com by Cass Gilbert. Bikepacking.com is a great resource with gear reviews, photos, route plans, everything you need to dream about riding and plan some adventure. The terrain held a little of everything from moderately technical trails, gravel roads, pavement, burgers and beer…always a must for me on these rides. There were a few places that the route felt like it was intended for a race with requisite per diem distance or elevation in mind. We skipped one of those sections and rode another, resulting in riding a loose, wandering motorcycle track. But really, the route is great, easy to find food and water, and close to civilization in case you want to call or text.

We elected to start from Sedona after ominous rainstorms muddied the high country around Flagstaff. This turned out to be perfect, putting the actual mountain bike highlights at the start and then near the finish of the ride. Not that the middle is not good, but the trails in and between Sedona and Flagstaff are what we came for. Sedona's sometimes technical slickrock contrasts with Flagstaff's hardpack, rocks, and roots. Within the first mile, any stress and aggravation from life, work, travel, bike repair, etc. melted away. Sedona trails on this route were moderate but still provided some challenges on loaded bikes. We chose campsites in the Coconino National Forest, usually with expansive views in mind but not always a flat spot for a tent. Water is scarce but manageable between some of the towns. One day we woke up to hot air balloons above. Another there were elk passing through camp. We chatted with a construction worker who was backpacking for his bucket list while eating at an historic former gas station. Portions of the ride were sublime, but my mind was back at home or on the beach. We talked in the evenings about vulnerability and commitment. I hoped that we would avoid implosion. We have, we are now engaged, and I am still working on convincing Jacquie that she might like to bikepack - or maybe set up a central camp and ride mountain loops to avoid carrying all that gear and water. Setting those expectations will be critical for success as with any tour. I had a lot going on, and I should have better warned Geoff. Maybe he already knew. He was certainly forgiving, and I appreciate it.




A map of the Coconino Bikepacking Loop. Map credit Google Maps

## If You Go:

**The Ride -** We rode a modified version of Cass Gilbert's Coconino Loop.
bikepacking.com/routes/bikepacking-coconino-loop/
The ride circumnavigates a large portion of the Coconino National Forest. Distributed camping is easy, and there are not many people around. We saw riders close to Flagstaff and Sedona, but more than 20 miles from those city centers felt relatively desolate.

**Route Description -** ~90% off pavement with grand vistas and moderately technical single track riding. Minimal pushing in a few spots. Lots of meditative graded gravel roads. Friendly locals. Easy navigation.

**Start and finish –** We chose Sedona's Broken Arrow Trailhead, which was perfect. Flagstaff or Williams would work fine. Cottonwood would work too, but you would start with a steep, uphill climb.

**Number of days –** 5. It could be done in more or less. There are some great more-technical rides in Flagstaff and Sedona if you spend an extra night in each place.

**Approximate mileage –** Our version worked out to 234 miles. Cass's is 250.

**Know before you go –** Weather can be really variable. Sedona can be very hot. Flagstaff can be snowing. They actually had heavy rain near the start of our ride and a few inches of snow the week after. Watch the weather, and you might plan the logistics just right.

**Food and Water -** The marked towns on the map all have food and water – Sedona, Cottonwood, Williams, and Flagstaff. There are both groceries and restaurants in each. There are a few water crossings and lakes for additional water filtering; and we rode along a few lakes. High county between towns might have snow to melt in spring.

**Terrain –** We rode a little bit of everything. Almost every day had at least 1 big climb. The climb out of Cottonwood was particulary long, and we did it on a hot day. Sedona was wonderful with grippy slickrock and a few small drops. The western side of the loop was mostly nicely graded wide gravel roads with a memorable descent into the Verde River Valley before a long climb toward Williams. Flagstaff area has narrow single track through pine forest as well as some graded gravel roads. There are really no bad parts. Great ride with views

**Bikes –** We both rode hardtail mountain bikes with bikepacking gear but with pretty different setups. Geoff rode a Surly Krampus, and Patrick rode a Lynskey MT 29. Goeff had wider tires and an extra bag – more comfort and more weight. Both reasonable choices, but the lighter weight Lynskey was definitely easier to lift over 2 or 3 locked gates we (legally) had to cross.

# BICYCLE SHOP DIRECTORY

## Southern Utah

### *Brian Head/Cedar City*

**Brian Head Resort Mountain Bike Park**
329 S. Hwy 143
P.O. Box 190008
Brian Head, UT 84719
435-677-2035
brianhead.com

**Cedar Cycle**
38 E. 200 S.
Cedar City, UT 84720
(435) 586-5210
cedarcycle.com

**Family Bicycle Outfitters**
1184 S. Sage Drive Suite C
Cedar City, UT 84720
435-867-4336
familybicycleoutfitters.com

### *Hurricane*

**Over the Edge Sports**
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Hurricane, UT 84737
(435) 635-5455
overtheedge.bike

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(next to Moab Brewery)
Moab , UT 84532
(435) 259-4688
(888) 677-4688
chilebikes.com

**Bike Fiend**
69 E. Center Street
Moab, UT 84532
435-315-0002
moabbikefiend.com

**Moab Cyclery**
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Moab, UT 84532
(435) 259-7423
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**Poison Spider Bicycles**
497 North Main
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(435) 259-BIKE
(800) 635-1792
poisonspiderbicycles.com

**Rim Cyclery**
94 W. 100 North
Moab, UT 84532
(435) 259-5333
rimcyclery.com

### *Monticello*

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Monticello, UT 84535
(435) 590-2741
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Price, UT 84501
(435) 637-2453
altitudecycle.com

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St. George, UT 84770
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(888) 673-4492
bicyclesunlimited.com

**IBB Cyclery & Multisport**
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Ivins, UT 84738
435-319-0011
ibbcyclery.com

**Rapid Cycling**
705 N. Bluff Street
St. George, UT 84770
435-703-9880
rapidcyclingbikes.com

**Rapid Cycling**
446 S. Mall Drive, #3
St. George, UT 84790
435-703-9880
rapidcyclingbikes.com

**Red Rock Bicycle Co.**
446 W. 100 S.
(100 S. and Bluff)
St. George, UT 84770
(435) 674-3185
redrockbicycle.com

### *Springdale*

**Zion Cycles**
868 Zion Park Blvd.
P.O. Box 276
Springdale, UT 84767
(435) 772-0400
zioncycles.com

## Northern Utah

### *Logan*

**Al's Cyclery / Al's Sporting Goods**
1075 N Main Street, Suite 120
Logan, UT 84341
435-752-5151
als.com

**Joy Ride Bicycles**
131 E 1600 N
North Logan, UT 84341
(435) 753-7175
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**Sunrise Cyclery**
138 North 100 East
Logan, UT 84321
(435) 753-3294
sunrisecyclery.net

**Wimmer's Ultimate Bicycles**
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Logan, UT 84321
(435) 752-2326
wimmersbikeshop.com

### *Park City/Heber*

**Cole Sport**
1615 Park Avenue
Park City, UT 84060
(435) 649-4806
colesport.com

**Contender Bicycles**
1352 White Pine Canyon Road
Park City, UT 84060
435-214-7287
contenderbicycles.com

**Jans Mountain Outfitters**
1600 Park Avenue
P.O. Box 280
Park City, UT 84060
(435) 649-4949
jans.com

**Mountain Velo**
1612 W. Ute Blvd, Suite 115
Park City, UT 84098
(435) 575-8356
mountainvelo.com

**Park City Bike Demos**
1500 Kearns Blvd
Park City, UT 84060
435-659-3991
parkcitybikedemos.com

**Slim and Knobby's Bike Shop**
84 S Main
Heber, UT 84032
(435) 654-2282
slimandknobbys.com

**Stein Eriksen Sport**
At The Stein Eriksen Lodge 7700 Stein Way
(Mid-Mountain/Silver Lake)
Deer Valley, UT 84060
(435) 658-0680
steineriksen.com

**Silver Star Ski and Sport**
1825 Three Kings Drive
Park City, UT 84060
435-645-7827
silverstarskiandsport.com

**Storm Cycles**
1153 Center Drive, Suite G140
Park City, UT 84098
(435) 200-9120
stormcycles.net

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

### *Vernal*

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

## Wasatch Front

### WEBER COUNTY

### *Eden/Huntsville/Mountain Green*

**Diamond Peak Mountain Sports**
2429 N. Highway 158
Eden, UT 84310
(801) 745-0101
diamondpeak.biz

### *Ogden*

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

**2nd Track Sports**
1273 Canyon Road
Ogden, UT 84404
801-466-9880, ext. 2
2ndtracks.com

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

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

**Two Hoosiers Cyclery**
2374 Harrison Blvd.
Ogden, UT 84401
385-238-4973
twohoosierscyclery.com

### DAVIS COUNTY

**Biker's Edge**
232 N. Main Street
Kaysville, UT 84037
(801) 544-5300
bebikes.com

**Bingham Cyclery**
2317 North Main Street
Sunset, UT 84015
(801) 825-8632
binghamcyclery.com

**Bountiful Bicycle**
2482 S. Hwy 89
Bountiful, UT 84010
(801) 295-6711
bountifulbicycle.com

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

**Guthrie Bicycle**
420 W. 500 S.
Bountiful, UT 84010
(801) 683-0166
guthriebike.com

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

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

### SALT LAKE COUNTY

### *Central Valley*

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

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

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

**Summit Cyclery**
2540 Bengal Blvd, Ste 100
Holladay, UT 84121
801-613-9478
summitcyclery.com

### *Salt Lake City*

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

**BikeFitr**
1549 S 1100 E
Suite D
Salt Lake City, Ut 84105
801-930-0855
bikefitr.com

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

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

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

**Fishers Cyclery**
2175 South 900 East
Salt Lake City, UT 84106
(801) 466-3971
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**Gear Rush Consignment**
53 W Truman Ave.
South Salt Lake, UT 84115
385-202-7196
gearrush.com

**Go-Ride.com Mountain Bikes**
2066 S 2100 E
Salt Lake City, UT 84108
(801) 474-0081
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803 East 2100 South
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**Highlander Bike**
3333 S. Highland Drive
Salt Lake City, UT 84106
(801) 487-3508
highlanderbikeshop.com

**Hyland Cyclery**
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Salt Lake City, UT 84106
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hylandcyclery.com

**Jerks Bike Shop**
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Murray, UT 84107
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jerksbikeshop.com

**Level 9 Sports**
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Salt Lake City, UT 84101
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levelninesports.com

**Pedego Electric Bikes**
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Salt Lake City, UT 84111
801-341-2202
pedegoslc.com

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

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

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

**Saturday Cycles**
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Salt Lake City, UT 84103
(801) 935-4605
saturdaycycles.com

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Salt Lake City, UT 84115
(801) 328-BIKE
slcbikecollective.org

**2nd Track Sports**
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Salt Lake City, UT 84109
801-466-9880, ext. 1
2ndtracks.com

**Sports Den**
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(Foothill Village)
Salt Lake City, UT 84108
(801) 582-5611
SportsDen.com

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1555 So. 900 E.
Salt Lake City, UT 84105
(801) 638-0956
bikeguyslc.com

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

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(106th S.)
Sandy, UT 84094
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binghamcyclery.com

**Go-Ride.com Mountain Bikes**
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Draper, UT 84020
(801) 474-0082
go-ride.com

**Hangar 15 Bicycles**
762 E. 12300 South
Draper, UT 84020
(801) 576-8844
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**Hangar 15 Bicycles**
11445 S. Redwood Rd
S. Jordan, UT 84095
(801) 790-9999
hangar15bicycles.com

**Lake Town Bicycles**
1520 W. 9000 S., Unit E
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(801) 432-2995
laketownbicycles.net

**REI (Recreational Equipment Inc.)**
230 W. 10600 S.
Sandy, UT 84070
(801) 501-0850
rei.com/sandy

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

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

**Bike Peddler**
3600 Ashton Blvd Suite A
Lehi, Utah 84043
bikepeddlerutah.com

**Eddy's Bicycle Barn**
9449 N. Canyon Road
Cedar Hills, UT 84062
801-503-7872
eddysbicyclebarn.com

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

**Hangar 15 Bicycles**
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Highland/Lehi, UT 84043
(801) 901-6370
infinitecycles.com

**Pedego Electric Bikes**
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Lehi, UT 8411184043
801-405-7383
pedegoslc.com

**Timpanogos Cyclery**
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Pleasant Grove, UT 84062
(801)-796-7500
timpanogoscyclery.com

**Trek Bicycle Store of American Fork**
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American Fork, UT 84003
(801) 763-1222
trekAF.com

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

### *Payson*

**Nebo Peaks Cycles**
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Payson, UT 84651
(801) 465-8881
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Orem, UT 84097
385-375-2133
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187 West Center Street
Provo, UT 84601
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hangar15bicycles.com

**Hangar 15 Bicycles**
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Spanish Fork, UT 84660
(801) 504-6655
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**Level 9 Sports**
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Orem, UT 84057
801-466-9880, ext. 3
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(801) 222-9577
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**Racer's Cycle Service**
Mobile Bike Shop
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(801) 375-5873
racerscycle.net

**Society Cycles**
858 S. State St.
Orem, UT 84097
(801) 225-0076
societycycles.com

**Taylor's Bike Shop**
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Provo, UT 84604
(801) 377-8044
taylorsbikeshop.com

# ARIZONA

## *Cave Creek*

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

## *Flagstaff*

**Absolute Bikes**
202 East Route 66
Flagstaff, AZ 86001
928-779-5969
absolutebikes.net

## *Sedona*

**Absolute Bikes**
6101 Highway 179 Suite D
Village of Oak Creek
Sedona, AZ 86351
928-284-1242
absolutebikes.net

**Over the Edge Sports**
1695 W. Hwy 89A
Sedona, AZ 86336
928-282-1106
otesedona.com

# CALIFORNIA

**Tour of Nevada City Bicycle Shop**
457 Sacramento St.
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530-265-2187
tourofnevadacity.com

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1693 Mission Dr.
Solvang, CA 93463
805-688-6263
www.djsbikeshop.com

# COLORADO

## *Fruita*

**Colorado Backcountry Biker**
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Fruita, CO 81521
970-858-3917
backcountrybiker.com

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202 E Aspen Ave
Fruita, CO 81521
970-858-7220
otesports.com

# WYOMING

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

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

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

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

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

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

**Wilson Backcountry Sports**
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Wilson, WY 83014
307-733-5228
wilsonbackcountry.com

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

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

**Custom Cycles**
2515. N. Lander St.
Boise, ID 83703
208-559-6917
harloebikes@icloud.com
facebook.com/Custom-Cycles-1071105139568418

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

**George's Cycles**
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Boise, ID 83702
208-343-3782
georgescycles.com

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

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

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

**Ridgeline Bike & Ski**
10470 W. Overland Rd.
Boise, ID 83709
208-376-9240
ridgelinebikenski.com

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

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

## *Victor/Driggs*

**Fitzgeralds Bicycles**
20 Cedron Rd
Victor, ID 83455
208-787-2453
fitzgeralsbicycles.com

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

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

## *Idaho Falls*

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

**Dave's Bike Shop**
367 W Broadway St
Idaho Falls, ID 83402
208-529-6886
facebook.com/DavesBikeShopIdahoFalls

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

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

## *Pocatello*

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

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

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

## *Rexburg*

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

## *Twin Falls*

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

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

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

## *Salmon*

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

## *Sun Valley/Hailey/Ketchum*

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

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

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

**Sun Summit South**
418 South Main Street
Hailey, ID 83333
208-788-6006
crankandcarve.com

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

# NEVADA

## *Boulder City*

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

## *Las Vegas*

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

**Las Vegas Cyclery**
10575 Discovery Dr
Las Vegas, NV 89147
(702) 596-2953
lasvegascyclery.com

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## WESTERN STATES

# CALENDAR OF EVENTS

### Calendar Notes for Spring 2020

**Due to the ongoing COVID-19 coranavirus crisis, we have updated as many events as we can. Some are still deciding on whether or not to reschedule as of press time.**

**If you are an event promoter, please email any updates to calendar@cyclingutah.com.**

**If you are a participant, and your event has been postponed or rescheduled, please consider deferring your entry to the new date, or donating your entry to the event promoter so that their event will be back in the future. Event promoters must invest thousands of dollars before the day of the event, and many are hurting as a result of the global pandemic. Your support is needed.**

**Event promoters must invest thousands of dollars before the day of the event, and many are hurting as a result of the global pandemic.**

**Cycling West will endeavor to keep the calendar as current as possible. Please also check our online calendar here: http://www.cyclingutah.com/event-calendars/**

**Happy Cycling!**
**Dave Iltis**
**Editor and Publisher**

## Utah BMX

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

**Legacy BMX** — Farmington, UT, Indoor bmx racing at the Legacy Events center 151 South 1100 West, Farmington, UT., Practice Wednesday 6:00- 9:00; Race Saturday, May through September, Kevin , 801-698-1490, kevin@klikphoto.net, lrbmx.com, radcanyonbmx.com/Rad_Canyon_Legacy_Outdoor_Schedule_2014.pdf

## Advocacy

**Bike Utah** — UT, Utah's Statewide Advocacy Group. They work on education and other bike related advocacy., Crys Lee, 385-831-1515, crys@bikeutah.org, bikeutah.org

**Salt Lake City Mayor's Bicycle Advisory Committee (MBAC)** — Salt Lake City, UT, Meetings are the 3rd Monday of the month from 5-7 pm in the SLC Transportation Division Conference room., Salt Lake City Transportation , 801-535-6630, bikeslc@slcgov.com, bikeslc.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, 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, Rod Kramer, 801-393-2304, rod@weberpathways.org, weberpathways.org

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

**Mountain Trails Foundation** — Park City, UT, Park City's Trails Group, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, mountaintrails.org

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

**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, parleystrail.org

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

**Dixie Trails and Mountain Bike Advocacy** — St. George, UT, Cimarron Chacon, 970-759-3048, info@groraces.com, dmbta.org

**Southern Utah Bicycle Alliance** — St. George, UT, Southern Utah's road advocacy group., Craig Shanklin, 435-674-1742, southernutahbicycle@gmail.com, southernutahbicyclealliance.org

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

**Idaho Bike Walk Alliance** — Boise, ID, Idaho's Statewide bicycle advocacy organization, Cynthia Gibson, 208-345-1105, cynthia@idahowalkbike.org, idahowalkbike.org

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

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

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

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

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

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

**Teton Valley Trails and Pathways (TVTAP)** — Jackson, WY, Promotes trails and pathways in the Wydaho area of Wyoming and Idaho., Dan Verbeten, 208-201-1622, dan@tvtap.org, tvtap.org, tetonbikefest.org

**Bike Orem** — Orem, UT, The Orem Bicycle Coalition exists to cultivate a more bicycle friendly community in Orem so that more residents will be able and excited to ride in our community. We do this by encouraging bicycle safety, accessibility, inclusivity, and infrastructure to the community and its residents. Come join 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, bikeorem.weebly.com

## Events, Swaps,Lectures

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

**Beehive Bike Polo Club** — Salt Lake City, UT, Weekly hardcourt and grass bike polo. Tuesdays at 8pm, Saturday afternoons. Check out the Beehive Bike Polo Club on Facebook for location., Chuck Heaton, 801-688-7268, heatpolocompany@gmail.com, facebook.com/groups/1896314977249537/, beehivebikepolo.wordpress.com

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

**Kidical Mass** — Salt Lake City, UT, Group ride for families. This will be a monthly ride, the 1st Sunday of every month, at Liberty Park (south entrance) from 3pm- 5pm. All ages are welcome., Lee Chung, 865-850-3589, lee.chung@gmail.com, facebook.com/groups/109360246125277

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

### Calendar Guidelines:

**Listings are free on a space available basis and at our discretion.**
**Submit your event to:**
**calendar@cyclingutah.com**
**with date, name of event, website, phone number and contact person and other appropiate information.**
**Let us know about any corrections to existing listings!**

**May 9-10, 2020 — Cole Sport Bike Swap**, POSTPONED, Park City, UT, 9-5 Sat., 9-3 Sun. $20 fee if bike sells. Proceeds go to Mountain Trails Foundation. Drop bikes off at Cole Sport, 1615 Park Ave. on 5/8. Pick up is by 3 pm on 5/10., Scott Dudevoir, 435-649-4806, scottdudevoir@colesport.com, mountaintrails.org, colesport.com

**May 20, 2020 — Ride of Silence**, Utah Bike Month, Salt Lake City, UT, Due to the COVID-19 pandemic, and in solidarity with The Ride of Silence founder, riders are encouraged to participate in solo or household silent rides in memory of cyclists killed on public roadways., Chris Slauger, chris.shauger@gmail.com, rideofsilence.org, facebook.com/events/1101400300066668/

**May 20, 2020 — Ride of Silence**, Utah Bike Month, Provo, UT, Join the Provo chapter of the Worldwide Ride of Silence to ride to honor people who were killed or injured while biking this last year and last several years. We will begin at Dixon Middle School and go for a short, slow, silent ride with brief stops at the ghost bike memorials for Doug Crow and Mark Robinson, and return to Dixon Middle School where we will have light refreshments. Meet at 6:30. Dixon Middle School, 750 W 200 N. Ride begins at 7 pm sharp., Lucy Ordaz, 801-477-7048, lucyo@provo.edu, rideofsilence.org

**September 21-27, 2020 — National Bike to Work Week**, Utah Bike Month, Everywhere, UT, A week to climb out of the motor vehicle and onto your bike on your way to work., None , noemail@cyclingutah.com, bikeleague.org

**September 22, 2020 — World Car Free Day**, UT, Ride your bike and leave the car at home!, None , noemail@cyclingutah.com, worldcarfree.net

**September 22, 2020 — National Bike to Work Day**, Utah Bike Month, Everywhere, UT, A day to climb out of the motor vehicle and onto your bike on your way to work., None , noemail@cyclingutah.com, bikeleague.org

## Mountain Bike Tours and Festivals

**May 8-10, 2020 — BetterRide Trail Subtleties and Strategies MTB Camp**, Moab, UT, Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ilse Harms, admin@betterride.net, betterride.net

**May 14-20, 2020 — Kokopelli Guided Tour**, Loma, CO, Benefits Colorado Plateau Mountain Bike Trail Association, the original creators of the Kokopelli Trail. 4 day fully supported tour of the Kokopelli Trail from Loma, CO to Moab, UT., Tisha McCombs, 970-244-8877, coordinator@copmoba.org, Whit Smith, 303-475-2255, whitsmith1@mac.com, copmoba.org

**May 16, 2020 — Amazing Earthfest Kanab Trails Ride**, POSTPONED, Kanab, UT, 18-mile Arizona Trail ride celebrating 50th anniversary National Trails System Act. Meets 3/13 in Kanab, UT at 8:00 AM. 12th Amazing Earthfest., Rich Csenge, 435-644-3735, richcsenge@gmail.com, Susan Johnston, 435-644-8328, susankjvj@gmail.com, amazingearthfest.org

**June 5-7, 2020 — BetterRide E-MTB Camp**, Golden, CO, Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ilse Harms, admin@betterride.net, betterride.net

**June 6, 2020 — Weiser River Trail Ride**, Council, ID, A one day gravel mountain bike ride of either 28 or 48 miles on the Weiser River Trail, a rail conversion trail. Shuttles from Cambridge or Council. Snack stops., Craig Kjar, 208-571-7447, 208-253-4433, octobertrek@gmail.com, kotaho.com/annual-bikeride, weiserrivertrail.org

**June 14-September 7, 2020 — Crested Butte Singletrack MTB Tour**, Crested Butte, CO, Our Crested Butte tour offers immensely beautiful, challenging and remote terrain in the Elk Mountains of south-central Colorado. This tour is available in 3 to 6-day options that roll along the prime singletrack that CB is known for. You'll also enjoy the stellar campsites and the amazing swimming holes of the Elk Mountains., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, Lauren Lasky, 508-561-7580, lauren@lizardheadcycling.com, lizardheadcyclingguides.com

**June 19-21, 2020 — BetterRide MTB Camp**, Durango, CO, Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ilse Harms, admin@betterride.net, betterride.net

**June 19-21, 2020 — Outerbike**, Deer Valley, UT, An opportunity to ride next year's bikes and gear on world class trails. Participants get demos, shuttles, lunch & free beer - plus a great Saturday night party! , Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

**June 20, 2020 — Beaver Dam 49er Gravel Grinder**, Beaver Dam State Park, NV, Ride the Rim and see the park from a different perspective. Pedal down an old chaining road that runs along the Park's rim and winds you through Pinyon and juniper trees. Through the small town of Barclay where lunch is served at the one room schoolhouse. The course then swings around back to the main park road and down into Campground B where we end the ride with a BBQ. The course is subject to change based on weather conditions. 35 and 45 mile options., Dawn Andone, 775-728-8101, cathedralgorge_vc@lcturbonet.com, beaverdamgravelgrinder.com

**June 20, 2020 — Around the Rock Gravel Ride**, Jackson, WY, This is an annual ride of passage, leaving from Fitzgerald's Bicycles each year on the Solstice Weekend. We'll head clockwise around The Rock (The Grand Teton) on a 50/50 mix of gravel and pavement. 154 miles, 6000 feet of climbing and TOTALLY doable for the average fit rider. Whether you ride for speed or ride for the accomplishment it doesn't matter. The beers taste just as good after! This self-supported, 154-mile mixed-terrain cycling adventure is a RIDE OF PASSAGE and sure to challenge anyone who takes it on!, Fitzgerald's , 307-201-5453, info@fitzgeraldsbicycles.com, fitzgeraldsbicycles.com, ridewithgps.com/events/120834-around-the-rock-2020

**June 26-28, 2020 — BetterRide MTB Downhill-Enduro Camp**, Durango, CO, Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ilse Harms, admin@betterride.net, betterride.net

**June 27, 2020 — Black Hills Mountain Festival**, Rapid City, SD, Mountain Bike Race and Running events starting at 8AM at Founder's Park. The course consists of an approximate 8 mile loop. Also, a couple fun extra races, concerts, and vendors will be on site. , Kristy Lintz, 605-394-4168, 605-484-1724, specialevents@rcgov.org, Black Hills MTB Festival , blackhillsmountainfest@gmail.com, bhfattirefestival.com, rcparksandrec.org

**June 27-28, 2020 — VIDA MTB Series: Granby Ranch Bike Park**, VIDA MTB Series, Granby, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

**July 5-August 16, 2020 — Colorado Trail MTB Tour**, Montrose, CO, Our Colorado Trail Mountain Bike Tour takes you on an amaz-


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ing alpine journey through the singletrack of the San Juan Mountains, traversing from Monarch Pass to your final destination of Telluride. Available in either a camping or lodging format with up to 3-nights of lodging (3 of 5-nights total). , John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, Lauren Lasky, 508-561-7580, lauren@lizardheadcycling.com, lizardheadcyclingguides.com

**July 10-12, 2020 — BetterRide MTB Camp**, Winter Park-Fraser Mountain, CO, Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ilse Harms, admin@betterride.net, betterride.net

**July 11, 2020 — Wildflower Trailfest**, Snowbasin, UT, A non-competitive, women only mountain bike ride. All ages and levels welcome. Come join us for a day of fun on Powder Mountain!, Nick Bowsher, 801-610-9422, info@wildfloweroutdoor.com, wildfloweroutdoor.com

**July 11, 2020 — Wydaho 100 Gravel Ride**, Jackson, WY, From the foothills of the Teton Range, looking into the depths of Wilderness to the Big Hole Mountains, featuring some of the best gravel this Eastern Idaho has to offer, this route completes a 360-degree circumnavigation of Teton Valley! The road surface is predominately gravel and dirt ranging between steep mountain and rutted farm roads. Bring your gravel bike or any bike for that matter. Self-supported, Fitzgerald's , 307-201-5453, info@fitzgeraldsbicycles.com, fitzgeraldsbicycles.com

**July 17-19, 2020 — BetterRide Women's MTB Camp**, Winter Park-Fraser Mountain, CO, BetterRide's Women-Only Mountain Bike Camp, Clinic and Skills Coaching covers the same core skills as the co-ed camps in a supportive, non-judgemental atmosphere. Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ilse Harms, admin@betterride.net, betterride.net

**July 26-August 14, 2020 — Glacier National Park Bike Tour**, Whitefish, MT, 7/5-10; 7/12-17; 7/19-7/24; 7/26-31; 8/2-7; 8/9-14, 8/16-21, 8/23-28. Options for cyclists of all abilities. Ride the Going to the Sun Road! Big climbs and bonus mileage options available., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

**July 31-August 2, 2020 — BetterRide MTB Camp**, Park City, UT, Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ilse Harms, admin@betterride.net, betterride.net

**August 14-16, 2020 — Outerbike Summer in Crested Butte**, Crested Butte, CO, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos,shuttles, lunch, beer, and admission to parties and films, at Crested Butte Mountain Resort, Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

**August 15-16, 2020 — Trek Dirt Series Mountain Bike Camp**, Park City, UT, Women specific mountain bike coaching for beginner to advanced levels, focusing on skill development and exploring local trails. Suitable for cross country and downhill riders., Angela Campbell, 403-358-1144 (Canada), info@dirtseries.com, Emily Neuman, 604-484-6238, info@dirtseries.com, Elli Petersilie, elli@dirtseries.com, dirtseries.com

**August 15-16, 2020 — VIDA MTB Series: Snowmass Bike Park**, VIDA MTB Series Flagship Clinics, Snowmass Village, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

**August 29-October 10, 2020 — MTB The Maze Bike and Stargazing Trip**, Moab, UT, In partnership with Salt Lake City's Clark Planetarium. Bike by day, stargaze from the Maze Overlook in the heart of Canyonlands National Park. Rate a "Gold Tier" Dark Sky Park by the International Dark Sky Association. , Karen Johnson, 800-624-6323, karen.holidayriver@gmail.com, bikeraft.com

**September 5, 2020 — Nevada City Fat Tire Festival**, TENTATIVE, Nevada City, CA, Nevada City Fat Tire Festival promotes a healthy lifestyle and all inclusive experience for bicycle riders and outdoor enthusiasts. We have selected vendors that represent our goal with bicycle companies, bicycle components, local beer, personal training, injury prevention and recovery, bicycle repair, bicycle travel, bicycle camping and outdoor lifestyle. Part of an amazing weekend! We have joined the Rotary Century Ride, the Big Brothers and Big Sisters 20th Annual Gravel Grinder and the Nevada City Dirt Classic Cross Country Race series for a weekend of bicycling and family fun!, Nevada City Fat Tire Festival , 530-615-4462 , NCFatTireFestival@gmail.com, ncfattirefestival.com

**September 18-20, 2020 — Albuquerque MTB Festival**, Albuquerque, NM, 12 hour race, 2 hour race, and weekend long mtb festival, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com

**September 18-20, 2020 — Outerbike Tahoe**, South Lake Tahoe, CA, 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, in South Lake Tahoe, CA., Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

**September 19-20, 2020 — VIDA MTB Series: Beti Bike Bash**, VIDA MTB Series, Lakewood , CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

**September 25-26, 2020 — VIDA MTB Series: Glorieta**, VIDA MTB Series , Glorieta, NM, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

**October 2-4, 2020 — Outerbike Fall**, Moab, UT, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos,shuttles, lunch, beer, and admission to parties and films, 7000 N. Hwy 191 at Moab Brands Trailhead, Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

**October 2-4, 2020 — MECCA MTB Festival**, Green River, UT, 34th Annual, Held at the John Wesley Powell Museum in Green River, Utah. Registration begins Friday at 1:00 p.m. followed by a warm up ride, refreshments, games and a prize drawing. Saturday is full of all-day guided rides, ranging from beginner to advanced followed by a yummy dinner, games and more FUN. Finish up on Sunday with a guided (or on your own) scenic ride. Family friendly., Kim Player, 435-653-2440, meccabike01@gmail.com, biketheswell.org

**October 3-4, 2020 — Trek Dirt Series Mountain Bike Camp**, Fruita, CO, Women's Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail riding, for cross country and downhill riders. Skill instruction ranges from basic front wheel lifts and switchback turns to technical climbs, descents, drops, jumps and more., Angela Campbell, 403-358-1144 (Canada), info@dirtseries.com, Elli Petersilie, elli@dirtseries.com, dirtseries.com

**October 3-4, 2020 — 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., Craig Kjar, 208-571-7447, 208-253-4433, octobertrek@gmail.com, weiserrivertrail.org/octobertrek.html, kotaho.com/octobertrekinformation/

**October 9-11, 2020 — Hurricane Mountain Bike Festival**, Hurricane, UT, Ride with us on world-class singletrack at the foothills of Zion National Park. Join us for 3 days of bike festival shenanigans, awesome demo bike & gear, Expo with great food and shopping, bike shuttles, skills clinics, Zion Brewery beer garden, dinner, prizes and more!, DJ Morisette, 435-635-5455, humtbfestival@gmail.com, hurricanemtbfestival.com, otesports.com

**October 9-11, 2020 — BetterRide MTB Camp**, Moab, UT, Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ilse Harms, admin@betterride.net, betterride.net

**October 9-12, 2020 — MTB San Rafael Swell Tour**, San Rafael Swell, UT, Bike, Yoga & Stargazing. In partnership with Salt Lake City's Clark Planetarium. Bike, enjoy the most under the radar recreation area in Utah. "The Swell" offers world class mountain biking and dark skies for nighttime stargazing. Joined by a Yoga facilitator to stretch out all the kinks after a day in the saddle., Karen Johnson, 800-624-6323, karen.holidayriver@gmail.com, bikeraft.com

**October 10-11, 2020 — Trek Dirt Series Mountain Bike Camp**, Sedona, AZ, Women's Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail riding, for cross country and downhill riders. Skill instruction ranges from basic front wheel lifts and switchback turns to technical climbs, descents, drops, jumps and more., Angela Campbell, 403-358-1144 (Canada), info@dirtseries.com, Elli Petersilie, elli@dirtseries.com, dirtseries.com

**October 16-18, 2020 — BetterRide MTB Trail Subtleties and Strategy Camp**, Moab, UT, Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ilse Harms, admin@betterride.net, betterride.net

**October 29-November 1, 2020 — Moab Ho-Down Mountain Bike Festival & Film Fest**, Moab, UT, 15th Annual - Mountain bike festival with dual stage enduro race, group shuttle rides, bike films, townie tour with poker run, dirt jump comp and costume party! The festival is a fundraiser for local trails and the bike park!, Tracy Bentley, 435-259-4688, info@chilebikes.com, moabhodown.com, chilebikes.com

**November 20-21, 2020 — Tinker Classic**, Beatty, NV, MTB Race and Festival, 100k MTB Race and 60k Gravel Gran Fondo Rides +, Guided rides, demo bikes and industry vendors. Enjoy 60 + miles of Single track and many more miles or gravel roads and pavement. The weekend events will include a 3 day Bike Expo with demo's, festival rides on 60 + miles of single track, the 60 K Gravel Gran Fondo though Death Valley National Park and Rhyolite Ghost town, and the Main Event ! The 100K Tinker Classic Mountain Bike Race. Award Ceremony with fireworks at Spicer Ranch , Cimarron Chacon, 970-759-3048, info@groraces.com, tinkerclassic.com, GROpromotions.com

## Utah Weekly MTB Race Series

**April 4-August 1, 2020 — Weekly Race Series**, POSTPONED, WRS, Sundance, Wasatch County, UT, Wednesday nights, April-Aug. Venue alternates between Wasatch County sites and Sundance, 6:30 pm. Prompt start time. Pros/Experts 1hr race time, Sports 50mins, Beginners 30-40mins., Tyson Apostol, 435-200-3239 (Wasatch), 801-223-4849 (Sundance), races@euclidoutdoors.com, John Woodruff, 801-223-4044, 801-223-4849, johnw@sundance-utah.com , Josey Apostol, 435-200-3239 (Wasatch), 801-223-4849 (Sundance), races@weeklyraceseries.com, weeklyraceseries.com

**May 26-August 18, 2020 — Mid-Week Mountain Bike Race Series**, Wasatch Front, Wasatch Back, Salt Lake Valley, UT, Tuesday nights (mostly), starting April 28! Locations TBD. Fun, competitive mountain bike racing for all ages and abilities. Each XC race features a free kids' race! 8 XC races, 4 Mini Enduro races, 1 Women's Mini Enduro., Crys Lee, 385-831-1515, crys@bikeutah.org, Jackie Baker, 385-831-1515, jackie@bikeutah.org, midweekmtb.com

## Regional Weekly MTB Race Series

**June 10-24, 2020 — Missoula Wednesday Night Race League**, Western Montana Trail Series, Missoula, MT, Various courses. Wednesdays in June, Ben Horan, 312-502-5997, bfhoran@gmail.com, mtbmissoula.org

## Utah Mountain Bike and Gravel Racing

**May 16, 2020 — The Cactus Hugger ICUP**, Intermountain Cup, St. George, UT, XC race #2 in the series. Fast & fun new course at Desert Canyons Trail Complex, using combination of existing Secret Sauce and Pushing Tin trails, as well as dirt roads, and new connecting trails., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com, ridesouthernutah.com

**May 30-31, 2020 — Sundance Showdown Downhill and Super-D**, TENTATIVE, Go-Ride Gravity Series, Sundance Resort, UT, USAC sanctioned Super-D Saturday and Downhill Monday, Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

**June 6, 2020 — Volcano Fire Road 120k Gravel Grinder**, , Veyo, UT, Fun and challenging ravel race! 75 miles with 6200' climbing in the beautiful Pine Valley area north of St George. 56% dirt, 44% pavement. Solo or 2x relay. Famous Veyo Pie at the finish line!, Deborah Bowling, 818-889-2453, embassy@planetultra.com, gravelgrinder.com

**June 13, 2020 — Wasatch 50**, Intermountain Cup, Heber, UT, The Wasatch 50 (formerly Wasatch Back) course is a truly epic route through some of Utah's beautiful high country. This 21 mile loop (+/-) features roughly 1,700 feet of climbing per lap and tackles almost the entirety of the Coyote Loop trail starting and finishing at the UVU-Wasatch campus., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com

**June 20, 2020 — Three Peaks Classic ICUP**, Intermountain Cup, Cedar City, UT, Endurance XC, 25-50 miles. 1700' per lap. 7.8 miles and 500 feet of elevation per lap on dirt roads and the fun singletrack that laces its way through Juniper and Pinion trees., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountaincup.com, ridesouthernutah.com

**July 11, 2020 — The Crusher in the Tushar**, Beaver, UT, 70 grueling miles exploring Southern Utah's Tushar Mountains on a mix of dirt, gravel, and asphalt. Features 10,000+ of climbing traversing Utah's highest and most scenic roads. Join us for the original mixed-surface gravel and road classic!, Burke Swindlehurst, roadirt@msn.com, tusharcrusher.com

**July 18, 2020 — The Rage at Snowbird**, Intermountain Cup, Snowbird, UT, XC race. Snowbird has done a great job with some new trails and creating trails for real MTB racing with a great mix of fast flowy single track, service roads, and a few short technical sections to keep you on your toes. 5-25 miles, 570' elevation gain per lap. Beginning just above the Tram Plaza at Snowbird Center on the dirt road, this 5.1 mile course offers up approximately 570ft of climbing per lap. , Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

**July 18, 2020 — El Doce at Pow Mow**, Powder Mountain - Eden, UT, 12/6 Hour Mountain Bike Race at Powder Mountain, Utah. Solo, Duo and 3-4 Person Teams. 12 Mile lap, 1200' vertical per lap, 12 hours. Limited to 400 riders., Jenny Scothern, 801-399-1773, jenny@goalfoundation.com, Clairesse Miljour, 801-399-1773, claire@goalfoundation.com, eldoceut.com

**August 7-8, 2020 — Abajo (Blue Mountain) Enduro**, Monticello, UT, Two day, three stage race in the Abajo Mountains by Monticello Utah. Stage 1 starts Friday afternoon. A shuttle will be provided from the end of each stage to the start of the following course or to the parking area for the stage., Dustin Randall, 435-590-2741, info@roamutah.com, roamutah.com/abajoenduro

**August 8, 2020 — Powder Mountain ICUP**, Intermountain Cup, Powder Mountain, UT, 360° panoramic views all along the course, and promises fast and exciting riding with a starting elevation of 8,200 feet and a maximum elevation of approximately 8,900 feet. 7-mile lap of the network with approximately 1,400 feet of climbing starting from the Timberline Lodge., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com

**August 15-16, 2020 — Flyin' Brian Downhill and Dark Hollow Super D**, Go-Ride Gravity Series, Brian Head, UT, Practice opens on Friday, August 12 at noon. The downhill is on Saturday, August 13. Dark Hollow Super D is on Sunday, August 14. , Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

**August 15, 2020 — Cedar City Fire Road 100 Gravel Grinder**, Cedar City, UT, 100K or 60K options - with over 80% dirt! Chip timed. Prizes for top finishers., Deborah Bowling, 818-889-2453, embassy@planetultra.com, gravelgrinder.com

**September 5, 2020 — 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, snowchicken.jb@gmail.com, thepcpp.com

**September 5, 2020 — Sundance SunDuro**, Go-Ride Gravity Series, Sundance Resort, UT, USAC sanctioned Super-D Saturday and Downhill Monday, Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org

**September 13, 2020 — Tour des Suds**, Park City, UT, 7-mile mountain bike climb from City Park, to the top of Guardsman Pass with a 2,700ft elevation gain., Ginger Ries, 435-649-6839, ginger@mountaintrails.org, mountaintrails.org

**September 26, 2020 — Antelope Island 50K MTB Race**, Antelope Island, UT, 6th edition of Antelope 50k Mountain Bike Race will be held at White Rock Bay Trailhead, Antelope Island State Park. There will be 3 race distances: 50k, 25k, and 15k. This is an MTB race on double and single track with varying elevation and some technical stretches on the 50k and 25k distances. Start time 9:00 AM, Packet pickup 7:30 AM., Wynn Hall, 801-941-4255, wynnhall@gmail.com, Matt Hall, 801-648-4659, matt@enduraevents.com, enduraevents.com

**October 2-3, 2020 — Salty Lizard 100**, Wendover, UT, Only an hour and a half west of Salt Lake City, the Salty Lizard 100 showcases the best of Wendover's amazing gravel roads with views of towering peaks and the Bonneville Salt Flats. Circling the Silver Island Range, the 106-mile route gives riders of all abilities the chance to check off an early-season century, or to experience a well-supported day out in the desert with friends. , Robert Kennedy, stupidponyride@gmail.com, saltylizard100.com

**October 10-12, 2020 — Moab Rocks**, Moab, UT, Incorporates Moab's best classic and new routes and combines them into a 3-day masterpiece of cross-country and timed descents in a fully supported format, Kevin McDonald, 866-373-3376, info@transrockies.com, TransRockies.com

**October 12-13, 2020 — Huntsman World Senior Games Mountain Biking**, St. George, UT, Must be 50 years or older. Three events: hill climb, downhill, and cross country. Expert, Sport and Beginner Skill Divisions., Kyle Case, 800-562-1268, 435-674-0550, hwsg@seniorgames.net, seniorgames.net

**October 17, 2020 — 6 Hours of Frog Hollow**, Frog Hollow Endurance Series, Virgin, UT, New Date: 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs. Great introduction to endurance racing or a great trainer for bigger races. Categories from solo to 3 person, including single speed categories. , Cimarron Chacon, 970-759-3048, info@groraces.com, groraces.com, 6hoursinfroghollow.com

**October 31-November 1, 2020 — 25 Hours of Frog Hollow**, Frog Hollow Endurance Series, Hurricane, UT, Held Sat 10 am to Sun 10 am with the bonusdouble midnight lap due to the fallback time change. 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs. 11th Annual, Cimarron Chacon, 970-759-3048, info@groraces.com, 25hoursinfroghollow.com

**November 7, 2020 — Red Rock Desert Rampage ICUP**, Intermountain Cup, St. George, UT, The XC opener on the traditional Desert Rampage course, with approximately 6 mile lap at Green Valley., Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com, ridesouthernutah.com

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

**May 9, 2020 — Colorado Junior Cup**, POSTPONED, Bailey, CO, Colorado Junior Cup returns for its 3rd year on May 9, 2020 in Bailey, Colorado. Come on out all junior mountain bike racers!, Dave Muscianisi, 303-817-6523, dave@rattlerseries.com, rattlerracing.com

**May 16, 2020 — Rattlesnake Rally Gravel Grinder**, Wyoming Gravel Grinder Series, Casper, WY, 120, 60 37, 16 mile options, Explore the lesser known side of Central Wyoming on the historic Oregon Trail. Experience the wild and unforgiving west that has been nearly untouched since the first settlers passed through this area over 160 years ago., Adam Leiferman, 307-462-6038, leiferman.adam@gmail.com, wyominggravel.com, rattlesnakerally.weebly.com

**May 16, 2020 — Gem Grit Grinder**, Emmett, ID, Gravel Grinder, Gem Grit Grinder is an all-gravel bicycle race on county gravel roads. The race is open to everyone. Benefits the Emmett Valley Friendship Coalition and Food Bank, 21.4 and 44 mile options, Kelsey Spiegel, Kelsey.R.Richards@gmail.com, Nadine Carter, sqirleynut@gmail.com, Boise Velo Women , BoiseVeloWomen@gmail.com,

boisevelowomen.com, facebook.com/boisevelowomen

**May 22-24, 2020 — Iron Horse Bicycle Classic**, POSTPONED, Durango, CO, 49th Annual, Road Race and Tour from Durango to Silverton. Both are on Saturday 25th and are a 50 mile ride from Durango to Silverton. Take off with the train, traveling over two 10,000ft mountain passes enroute to the historical mining town of Silverton. Sunday 26th we have a Kids Race and Kids Village, Mountain Bike Race, Gravel Grinder,Cruiser Crit, BMX event and vendors., Gaige Sippy, 970-259-4621, director@ironhorsebicycleclassic.com, ironhorsebicycleclassic.com

**May 23, 2020 — City Creek Pocatello Pedalfest**, POSTPONED, Pocatello, ID, Cross Country Races. Beginner, Sport, Expert & Open Classes (12, 17, 27 miles). Awards, prizes, raffle, music, food & fun. $2000 cash prizes, $500 to fastest riders, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, pocatellopedalfest.com, twistedturtleracing.com

**May 24, 2020 — Helena Enduro**, Montana Enduro Series, Helena, MT, Montana Enduro Series , contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com, montanabicycleguild.org

**May 30, 2020 — Spirit Bear Classic**, Montana Off-Road Series (MORS), Kalispell, MT, XC race held at Herron Park, start 10 am, Sheli Thomas, thomasshelit@gmail.com, Matt Butterfield, mbutterfield@sportsmanskihaus.com, montanacycling.net

**June 5, 2020 — Mullet Cycling Classic**, Missoula, MT, Business in the front. Party in the back. There's no better way to kick off the racing season than to play to our strengths. That's why in 2020 we're starting things off with a two-rider relay race: one person goes up, the other person comes down., Ben Horan, 312-502-5997, bfhoran@gmail.com, mtbmissoula.org

**June 6-8, 2020 — MSLA PRO XCT at Marshall Mountain**, US Pro XCT, Western Montana Trail Series, Montana Off-Road Series (MORS), Missoula, MT, Steep, technical climbs and descents will alternate between single track, double track, and infrequent dirt road sections. The course features over 850ft of relief per lap; while it is not at extremely high altitude, multiple long, steep climbs per lap will test racers' fitness limits. Pro XCT plus UCI Juniors 17-18. Homesteader 6 hour on Saturday, Ben Horan, 312-502-5997, bfhoran@gmail.com, wmtrail.org, usacycling.org

**June 6, 2020 — The Dead Swede Gravel Grinder**, Wyoming Gravel Grinder Series, Sheridan, WY, 40 or 100 miles, Adam Leiferman, 307-462-6038, leiferman.adam@gmail.com, Sheridan Bicycle Company , 307-763-4481, , wyominggravel.com, thedeadswede.com

**June 6, 2020 — The Angry Horse Gravel Grinder**, Idaho Falls, ID, Come crush some gravel and Ride the Angry Horse. This fully supported ride offers three different routes. The Filly Run is a rolling 10 miles of all gravel fun, the Colt Run is 45 miles and 4200 vertical feet of climbing. Finally the Stud Run is 120 miles of epic suffering, rolling all the way down and around Blackfoot Reservoir and on through the Grays Lake National Wildlife Refuge, before turning up Horse Creek. Register at USACycling.com ALL of the proceeds will go to saving Wild Mustangs. Come out and ride the untamed., Brooke Jeffs, 208-528-0664, ridetheangryhorse@yahoo.com, cbibikes.com, ridetheangryhorse.com

**June 6-7, 2020 — Missoula XC**, Missoula, MT, solo, duo, quad, Ben Horan, 312-502-5997, bfhoran@gmail.com, mtbmissoula.org

**June 6, 2020 — Elephant Rock Sunrise to Sunset**, Roll Massif, Castle Rock, CO, 12 hour endurance race on a moderately technical off-road course. Register as an individual or form a team that loves to shred for a memorable day of racing, camaraderie and laughs., Tracy Powers, support@rollmassif.com, rollmassif.com

**June 12-14, 2020 — NW Cup Downhill Series - PRO GRT at Tamarack**, Northwest Cup Downhill Series, Donnelly , ID, Downhill race. Held at Tamarack Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories, PRO GRT too, Scott Tucker, 360-797-4288, scott@nwcup.com, nwcup.com

**June 13, 2020 — Fears, Tears and Beers Enduro**, Ely, NV, Enduro mountain bike event. Timed sections mostly downhill, combined time wins. Men's and women's events for all classes. Fun run, beginner, sport, and expert classes., Kent Robertson, 775-289-6042, 775-296-2162, krobeg@mwpower.net, Kyle Horvath, 775-289-3720, kyle.horvath@elynevada.net, elynevada.net/fears-tears-and-beers/

**June 13, 2020 — Knobby 9 to 5**, POSTPONED, Knobby Tire Series, McCall, ID, High speed rolling double-track. Tight, technical sagebrush single-track, water crossings, quick steep drops, nasty little granny gear climbs. Single speeders' dream., Alex Phipps, 208-841-4120, alex01phipps@gmail.com, knobbytireseries.com

**June 13-14, 2020 — 24 Hours in the Enchanted Forest**, N24, Albuquerque, NM, Everything that you want from a 24 Hour Race. We have an amazing course with epic single-track winding through meadows, pines and aspens. The Zuni Mountains outside of Gallup, NM are a great place to ride. We have an awesome venue in the ponderosa pines with plenty of space to hang out with friends and family and hang your hammock, great party atmosphere with vendors, movies, food, kids activities, and fun for everyone., Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com

**June 13, 2020 — Gowdy Grinder**, Cheyenne, WY, Cross country mountain bike race that takes place on the trails of Curt Gowdy State Park in southeastern Wyoming. The beginner races are on a course with a handful of short technical sections, but mostly smooth riding. The more advanced categories will find plenty of challenging riding typical of Curt Gowdy., Jodee Pring, 307-631-2980, WyoXMTB@gmail.com, wyohsmtbikeracing.com/fundraising-via-our-local-race-the-gowdy-grinder

**June 20, 2020 — Lake Tahoe Mountain Bike Race**, Tahoe City, CA, Race in the cross country race, 4 hour or 8 hour race as a solo or on a team of 2, 3 or 4 (teams of 3 and 4 apply to the 8hr race only). The course is approximately 12.8 miles. Fast lap times are around 50 minutes. Cross country race is two laps. The course is a mix of single track and fire-road. It is a fast and smooth course with few technical sections. The most laps wins. Approximately 1350 feet ascending and descending per lap., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com

**June 20, 2020 — The Bailey Hundo**, Palmer Lake, CO, 10th year for the race. The HUNDO is 100 miles with 10,000 vertical feet, the HUNDitO is 50 miles with 6,000 vertical feet, in the Buffalo Creek trail system – permitted by the USFS., Bob Campbell, 303.526.3000, bob@rkcampbell.com, baileyhundo.org

**June 20, 2020 — Ride Around the Rubies**, Lamoille, NV, Gravel Grinder! See the Ruby Mountains like you've never seen them before, on the summer solstice, June 20, 2020. This one-day bicycle ride or race begins and ends in scenic Lamoille, Nevada. Choice of a 36, 62 or full 117 mile loop on pavement, gravel and dirt roads. Ride it or race it!, Kerry Aguirre, 775-397-1922, kerry.aguirre@gmail.com, www.ridearoundtherubies.com

**June 21, 2020 — The Encierro Velo Gravel Grinder**, Colorado Gravel Grinder Championships, Monument, CO, Gravel grinder with 100 km and 50 km options Start/finish location is moved to Spring Valley Cemetery and adding Class 1 Ebike for 50K with later start time (no age or gender classes).Working head and tail light and helmet are required. Maps will be adequate for 50 km but GPS is preferred for 100 km option., Phil Schweizer, 877-743-3566, phil_koobisaddles@msn.com, coloradogravelgrinderchampionship.com/encierro-velo/the-race

**June 25-27, 2020 — G3 (Grand Gear Grind)**, Winter Park, CO, G3 hosts its second annual 3-day mountain bike stage race in Winter Park, Colorado on June 25-27, 2020. Use this race to qualify for mountain bike nationals., Dave Muscianisi, 303-817-6523, dave@rattlerseries.com, www.g3race.com

**June 26-28, 2020 — Carson City Off-Road**, Epic Rides Off-Road Series, Carson City, NV, At the Carson City Off-Road, riders of all skill levels will enjoy big climbs, long single-track descents and expansive views of Lake Tahoe, the Eastern Sierra Nevadas, and the historic Washoe Valley while being immersed in 3-days of mountain bike culture accented by free live music., Dave Castro, 520-623-1584, info@epicrides.com, Dave Castro, dcastro@epicrides.com, epicrides.com

**June 27, 2020 — Coal Country Gravel Grinder**, Wyoming Gravel Grinder Series, Gillette, WY, 25, 55, and 135 mile options with start times at 6 a.m. for 135 miles, 7 a.m. for 55 miles, and 8 a.m. for 25 mile option. For intermediate to experienced cyclists but doable for most. Cash purse. Festival with live music, street dancing, games, and a bike raffle. , Adam Leiferman, 307-462-6038, leiferman.adam@gmail.com, David Bauer, 307-660-1570, dbauer136@gmail.com, wyominggravel.com, energyaddicts.net

**July 7-12, 2020 — USA Cycling Mountain Bike National Championships**, POSTPONED, Winter Park, CO, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

**July 11, 2020 — Tahoe Trail 100**, Leadville Race Series, Northstar, CA, Ride 50K or 100K of rocky summits, breathtaking pine forests and beautiful Lake Tahoe views. 100K riders can qualify for the Leadville Trail 100 MTB, Josh Colley, 719-219-9357, youphoriacontact@gmail.com, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, tahoetrailmtb.com, youphoriaproductions.com

**July 11, 2020 — Enduro Pescado Whitefish Enduro**, Montana Enduro Series, Whitefish, MT, Montana Enduro Series , contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com

**July 11, 2020 — Brundage Mountain Cross Country**, Tentative date, Knobby Tire Series, McCall, ID, Cross country and endurance mtb race on Sunday, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, knobbytireseries.com

**July 11, 2020 — Joe Cosley Pancake Ride Gravel Grinder**, Whitefish, MT, The Uff da 184 rolls out to about 184 miles with 18k of climbing and descending. The route is a loop, with an aid station at about mile 40, 100, 150, and a convenience store at mile 60. The route rolls over mixed surfaces. 90% dirt and 10% chipseal/pavement. Roads are a combination of Forest Service, Montana Dept. of Resources, BLM and County. Dirt roads are improved and suitable for 2 wheel drive vehicles. Paved roads are, well paved. All roads are open to general vehicle traffic, Route: https://ridewithgps.com/routes/29517384, Brad Lamson, joe@pancakeride.com, pancakeride.com

**July 11, 2020 — Tahoe Trail**, Leadville Race Series, Northstar Village, CA, Leadville Qualifier. The Tahoe Trail 100 offers athletes a 2-loop, 50 kilometer course filled with beautiful views of Lake Tahoe. , Paul Anderson, 719-219-9364, panderson4@lifetimefitness.com, leadvilleraceseries.com

**July 12, 2020 — Silver Rush 50**, Leadville Race Series, Leadville, CO, At 10,000-12,500 feet above sea level, this challenging 50 mile out-and-back course takes racers through the historic mining district on Leadville's East side. This race is known for its long, lung-burning climbs and rocky, steep terrain. Solo or Tandem 50m. Leadville Trail 100 Qualifier., Paul Anderson, 719-219-9364, panderson4@lifetimefitness.com, leadvilleraceseries.com

**July 12, 2020 — Eagle Enduro**, Revolution Enduro Series, Eagle, CO, This venue for the series will be a big one day backcountry race venturing up into the high country with both technical and high speed courses!, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

**July 17-19, 2020 — NW Cup Downhill Series**, Northwest Cup Downhill Series, Kellogg, ID, Downhill race. Held at Silver Mountain Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories, Scott Tucker, 360-797-4288, scott@nwcup.com, nwcup.com

**July 24-25, 2020 — Big Mountain Enduro**, Big Mountain Enduro Series, Winter Park, CO, BME Stop #1: The BME returns to Winter Park again in 2020. Taking place on July 25th (24th for Sport categories), this ever-popular event will blend high altitude racing mixed with rugged terrain and big descents. , Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

**July 25, 2020 — Butte 100 Races**, Butte, MT, Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options, and a Sorini 25 mile option. 13th Annual, Stephanie Sorini, 406-490-7632, stephaniesorini@butte100.com, butte100.com

**July 25, 2020 — Galena Grinder 4.0**, tentative, Knobby Tire Series, Galena Lodge, ID, XC/Marathon, 22.5 mile loop with 50% single track, start/finish at 7,000 feet with total gain of 3200 in one loop, open category (for racers who choose not to purchase a license) held for the marathon, which is 22.5 mile loops., Alex Phipps, 208-841-4120, alex01phipps@gmail.com, knobbytireseries.com

**July 25, 2020 — Up the Creek (UTC) Cascade Gravel Grinder**, Cascade, ID, Cyclists will enjoy some of Idaho's beautiful back country. We will offer two routes; 1) a 60-mile route that will include a race feature until mile marker 45 and 2) a 40-mile route that features a scenic loop through Round Valley. Most of these routes will be on dirt roads thus the gravel grinder name. We are also adding a race feature for the longer route, please go to the website, Mary , 513-382-3938, info@4summitchallenge.com, 4summitchallenge.com

**July 25-26, 2020 — 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, Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, go-ride.com, utahdh.org

**July 25, 2020 — Lone Peak's Revenge Big Sky Enduro**, Montana Enduro Series, Big Sky, MT, Montana Enduro Series , contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com, montanabicycleguild.org

**July 25, 2020 — The Rift Gravel Race Iceland**, Hvolsvöllur, Iceland, The Rift is a 200 km (125 miles) off-road bike race through the dark lava fields in the highlands of Iceland. It traverses the continental rift between North America and Eurasia - a rift that grows one inch every year. The growth is evident with vast lava fields all around creating a surreal landscape. A landscape that is remote, rugged and unpredictable!, The Rift , 011-354-626-3332, info@therift.bike, https://www.therift.bike

**July 30-August 2, 2020 — Downieville Classic**, Lost Sierra Triple Crown, Downieville, CA, All mountain, cross country, and downhill races, Live music, premium beer, food vendors and anall-weekend mainstreet industry expo top off the event, mountain bike festival, Kurt Stockton, ks@sierratrails.org, downievilleclassic.com

**July 31-August 2, 2020 — Leadville Stage Race**, Leadville Race Series, Leadville, CO, 100M (100 miles over three days), Team Option. Experience the legendary Leadville Trail 100 course over three days. Push the pace to see what you're made of, or use the stages to prepare or qualify for the Leadville Trail 100 in August. This is one amazing party, with daily stage prizes, raffles, unmatched swag, food, beer and live music. , Paul Anderson, 719-219-9364, panderson4@lifetimefitness.com, leadvilleraceseries.com

**August 1, 2020 — Pierre's Hole MTB Race**, National Ultra Endurance Series, Alta, WY, 12th Annual! Staging begins at the Grand Targhee Resort, ample lodging and amenities available. 100 consists of 33-mile loop, each lap features approx. 4,000 ft climbing on single and double-track trails. The race course is on an IMBA Epic trails at Grand Targhee. Total elevation for the 100 mile race is approx. 13,000 ft. 100 mile (3 laps), 100km (2 laps), 50km (1 lap) events. The 100 mile race is part of the NUE Series and the 100 k is a new NUE marathon series race., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com/pierres-hole-50-100-mountain-bike-race/

**August 1, 2020 — Breck Bash** , RME, Breckenridge, CO, 4 distance options. This year we offer a revised course and shortened version of the Ultra, covering two amazing loops of high country bliss. So saddle up and get ready to get a fresh take on a kickass network of backcountry trails and roads that will delight and challenge., Thane Wright, 970-401-1422, tanoricardo@yahoo.com, rockymountainendurance.com

**August 2, 2020 — Race Montana Triathlon**, Great Falls, MT, Sprint and Olympic Distance solo and team triathlon. Adult and youth events available. Beginner adults can sign up for "Try A Tri" Triathlon (100-meter swim, 3-mile bike, and 1-mile walk/run)., Ron Ray, 406-761-2222, info@racemt.com, racemt.com/event/race-montana-triathlon, racemttri.com

**August 7-9, 2020 — Steamboat Stinger**, Mountain Town Challenge Series, Steamboat Springs, CO, Beginning at 8:00am at the Howelsen Hill Ski Area in the heart of Steamboat Springs. The course takes a 50 mile singletrack detour into the beautiful backcountry of Routt County with a total of roughly 3,500ft elevation gain before returning to the transition/finish area. Solo and duo team options available, Nate Bird, 866-464-6639, nate@honeystinger.com, Jordan Edwards, 866-464-6639, steamboatstinger@honeystinger.com, honeystinger.com/steamboatstinger.html

**August 8, 2020 — Tamarack Twister**, TENTATIVE, Knobby Tire Series, Donnelly, ID, Cross country and enduro race on Sunday at a beautiful venue. Cross County race, Fast and flowy, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, knobbytireseries.com

**August 8-9, 2020 — Steamboat Springs Enduro**, Revolution Enduro Series, Steamboat Springs, CO, Saturday racing will start with a shuttle ride to access new never raced trails for 3-4 Stages in the back country. Sunday August 19, will be three Stages with lift and pedal transfers at the Steamboat Bike Park and Forest Service trail system, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

**August 8, 2020 — Winter Park Sunrise to Sunset**, Roll Massif, Winter Park, CO, 12-hour relay format, the section of trails used in Sunrise to Sunset are just above town, making access and relaxation between laps super easy. Winter Park Sunrise to Sunset will be held in conjunction with Crooked Gravel., Tracy Powers, support@rollmassif.com, rollmassif.com

**August 8, 2020 — Crooked Gravel**, Roll Massif, Winter Park, CO, 65- and 93-mile routes get right down to business, taking riders from downtown Winter Park onto remote gravel roads and up into the mountains. Held in conjunction with Winter Park Sunrise to Sunset, Tracy Powers, support@rollmassif.com, rollmassif.com

**August 9, 2020 — Tamarack Enduro**, TENTATIVE, Wild Rockies Series, Donelly, ID, 5 min Super D Enduro-- XC on fast, flowing single track route and wooden bridges. On the 10 mile lap XC and run course, you'll find deep woods, single track and wide-open fire road. Qualifier for USA Cycling Mountain Bike National Championships., Alex Phipps, 208-841-4120, alex01phipps@gmail.com, twistedturtleracing.com

**August 9, 2020 — Oak Flats MTB Race**, New Mexico Off Road Series, Albequerque, NM, fast and flowy course, Jan Bear, 505-670-4665, janbea@gmail.com, Par , 505-730-2615, parmenides.orpinel@gmail.com, nmors.org, oakflatsmtb.com

**August 15, 2020 — 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@lifetimefitness.com, leadvilleraceseries.com

**August 15-16, 2020 — 12 and 24 Hours of Flathead**, Kalispell, MT, A non-profit race to provide awareness and adaptive equipment to individuals living with paralysis and other life altering disabilities. Race features both bicycle and hand cycle courses. Held in Herron Park., Tia Celentano, 406-261-1769, info@24hoursofflathead.org, 24hoursofflathead.org, facebook.com/24HoursOfFlathead

**August 15, 2020 — Wente 8-Hour MTB**, Willits, CA, The funnest 8-hour mountain bike race you'll ever do. 3 days of venue access including a private lake for swimming and boating. 8 Miles, 1,745' of climbing and bermy-berms for days. NOTE: Wente is on a private boy scout reservation. It is closed to the public on all days of the year except during race weekend. No trespassing!, Bike Monkey , 707-560-1122, info@bikemonkey.net, racewente.com

**August 16, 2020 — SBT GRVL Gravel Grinder**, Steamboat Springs, CO, 6:30 am on Yampa Street. Three distances: 37/100/141 miles with 2000/6000/9000 feet of climbing, respectively. Mixed surface with the majority on hard packed gravel roads, Amy Charity, 970-215-4045, info@sbtgrvl.com,

**August 22, 2020 — 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!, Rita Naylor, 406-475-3085, rbnmontana@gmail.com, york38special.org

**August 22-23, 2020 — Big Mountain Enduro**, Big Mountain Enduro Series, Big Sky, MT, BME Stop #2: 3 to 4 stages per day and upwards of 7,500 feet of descending, most of which will be lift accessed, but with some pedal transitions equalling roughly 3,000 feet of climbing over both days. Steep and technical., Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

**August 23, 2020 — Three-Quarter Minus Cykeltur Gravel Grinder**, Sandpoint, ID, Syringa Cyclery , 208-610-9990, syringacyclery@gmail.com,

**August 29, 2020 — The Pony Xpress Gravel 160**, Colorado Gravel Grinder Championships, Trinidad, CO, 160 km and 80 km options. Held on gravel roads northwest of Trinidad, CO. Working head and tail light and helmet are required. Maps will be adequate for 70 km but GPS is preferred for 160 km option. 6th Annual, ride through the picturesque Spanish Peaks. This event will also include an electric bicycle class with a start time 30 minutes after the event begins., Phil Schweizer, 877-743-3566, phil_koobisaddles@msn.com, coloradogravelgrinderchampionship.com/pony-xpress/the-race

**August 29, 2020 — Big Sky Biggie**, Big Sky, MT, 30 and 50 Mile races on Saturday. 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, Short-Track event on August 23, the Friday night before offering a family-friendly venue and fun race for children and adults., Natalie Osborne, 907-223-0858, natalie@bigskybiggie.com, bigskybiggie.com

**August 29, 2020 — Rendezvous Enduro**, Montana Enduro Series, Teton Village, WY, Montana Enduro Series , contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com, montanabicycleguild.org

**August 29, 2020 — La Tierra Torture Mountain Bike Race**, New Mexico Off Road Series, Santa Fe, NM, fast and flowy course, Jan Bear, 505-670-4665, janbea@gmail.com, nmors.org, core-crew.com

**August 29, 2020 — Lake City Alpine 50**, Lake City, CO, This lung-busting race will take you by the iconic Lake San Cristobal before climbing through the alpine tundra to the two of the highest passes in Colorado: Cinnamon Pass (12,640 feet) and Engineer Pass (12,800) feet. The race will feature over 7,500 feet of climbing through some of the most incredible sections of the San Juan Mountains. This is a USA Cycling sanctioned event. benefit the Town of Lake City and the Lake Fork Valley Conservancy., Michael Fleishman, mike@lakecityalpine50.com, lakecityalpine50.com

**August 29, 2020 — Royal Gorge Six and Twelve Hour MTB Races**, Cañon City, CO, Six and Twelve Hour MTB Races, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com

**August 30, 2020 — Scratchgravels XC Cup**, Montana Off-Road Series (MORS), Helena, MT, The course is approximately a 5.8 mile loop, comprised of 70% double-track and 30% single-track. Demo bikes after the race., Joe Hamilton, j_hamilton@bresnan.net, Jason Steichen, jason.steichen@gmail.com, Sheli Thomas, thomasshelit@gmail.com, montanacyclinglab.org/sgxc/, montanacycling.net

**September 3-6, 2020 — Rebecca's Private Idaho Gravel Grinder and Festival**, Ketchum, ID, Lifestyle, mountain bike and outdoor festival staged in beautiful Sun Valley, Idaho over Labor Day Weekend. The cornerstone of the two-day event is a 100-mile Gravel Grinder (or 50-mile option) mountain bike race & ride in the scenic Pioneer Mountains of Central Idaho, with renown mountain bike champion and endurance athlete Rebecca Rusch. The weekend activities are centered around giving back to Rebecca's favorite local, national and global cycling charities. Join the "Queen of Pain" on this beautiful route that ends in a great down-home party with food, festivities, music, and libations., Colleen Quindlen, 254-541-9661, colleen@rebeccarusch.com, rebeccasprivateidaho.com

**September 5, 2020 — Truckee Dirt Fondo**, Truckee, CA, Competitive off-road bicycle race featuring the incredible dirt and gravel roads in the Tahoe National Forest, best suited for a gravel/cross bike or a hard-tail MTB. 3 course options: 65.1 mi (Long), 58.1 mi (Medium) and 26.2 (Rollout - non timed) + Family Fun Route (4.6 mi). Benefits the Truckee-based non-profit Adventure Risk Challenge., Bike Monkey , 707-560-1122, info@bikemonkey.net, truckeedirtfondo.com, www.adventureriskchallenge.org

**September 5, 2020 — Wild Horse Gravel**, Roll Massif, De Beque, CO, Our Wild West gravel goes deep into the backcountry, taking in

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the full gamut of conditions: smooth, rugged, rutty, rocky, sandy, steep. 45-mile loop. Ride once or twice., Tracy Powers, support@rollmassif.com, rollmassif.com

**September 6, 2020 — Signal Peak Challenge MTB Race**, New Mexico Off Road Series, Silver City, NM, 12, 25, and 31 mile races, Jan Bear, 505-670-4665, janbea@gmail.com, Martyn Pearson, 575-654-3966, martynpearson56@gmail.com, signalpeakchallenge.com, nmors.org

**September 6, 2020 — Nevada City Dirt Classic Cross Country Race**, TENTATIVE, California Dirt Mountain Bike Series, Nevada City, CA, Race 4 of the California Dirt Mountain Bike Series, Duane Strawser, 530.263.3388, 530.265.2187, oldproracer@gmail.com, ncfattirefestival.com

**September 6, 2020 — Powderhorn Enduro**, Revolution Enduro Series, Powderhorn, CO, one day, lift service race, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

**September 12-13, 2020 — Big Mountain Enduro**, Big Mountain Enduro Series, Santa Fe, NM, BME Stop #3: A two-day backcountry race entailing upwards of 6'000 feet of long rocky descents., Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

**September 13, 2020 — Battle of the Gravel**, Good Dirt Ride, Savery, WY, The Battle of the Gravel will host 3 distances a 21, 68 and 91 miles. 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 teamafricarising.org, Kimberly Coats, 307-383-7778, 530-744-8773, teamrwandacycling@gmail.com, battleofthegravel.com

**September 19, 2020 — 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, barnburnermtb.com, leadvilleraceseries.com

**September 19, 2020 — Fire on the Rim Mountain Bike Race**, Pine, AZ, 15, 30, and 45 mile mtb races near Payson, AZ, Janet Brandt, info@fireontherim.com, fireontherim.com

**September 19, 2020 — 12 Hours of Penitence**, Penitente Canyon, San Luis Valley, CO, A 12-hour endurance mountain bike race with a course so entertaining, you'll be asking yourself, "Can I do one more lap?", Jerry Duran, 719-480-3885, 12hoursofpenitence@gmail.com, 12hoursofpenitence.com

**September 19, 2020 — Gunni Grinder** , Gunnison, CO, Two course options. Single loop-format. 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 therefore will include signage to help prevent riders from getting off course., Joel Grimmett, 512-751-8940, Joel@racerevolutions.com, thegunnigrinder.com

**September 20, 2020 — Yeti Beti Bike Bash p/b Stan's No Tubes**, Beti Bike Bash, Lakewood, CO, Women's only mountain bike race and festival including: Little Bellas Girls Camp and VIDA MTB Series Clinic. All ages and abilities welcome., Amy Thomas, 720-878-7363, betibikebash@gmail.com, Sarah Rowley, 503-805-0043, sarah@mountaingrownmarketing.com, betibikebash.com

**September 24-27, 2020 — Mountains to Meadows**, Grinduro, Quincy, CA, 62 miles of pavement, gravel, and singletrack with a TON of climbing and twisty descents. Most of the ride is casual, there are four timed sections that are designed to cater to specific strengths. Grinduro racers and spectators are treated tothree days of camping, live music (including a late-night DJ), beer, awesome food, and campfires., Kurt Stockton, ks@sierratrails.org, grinduro.com

**September 26, 2020 — Chino Grinder p/b Lauf**, Chino Valley, AZ, Endurance Cycling Event- Gravel road cycling adventure with 150, 115, 62, 44 and 25 mile options., AZ Gravel Rides , 480-452-9767, AzGravelRides@gmail.com, azgravelrides.com, chinogrinder.azgravelrides.com

**September 27, 2020 — Horny Toad Hustle MTB Race**, New Mexico Off Road Series, Las Cruces, NM, Jan Bear, 505-670-4665, janbea@gmail.com, Dave Halliburton, 575-312-5991, gotdirtnm@gmail.com, hornytoadhustle.com, nmors.org

**October 3, 2020 — 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, Dave Castro, dcastro@epicrides.com, epicrides.com

**October 3, 2020 — 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 then on the ground! Course terrain also includes short climbs, flats, sandy arroyos and sharp corners. , Jan Bear, 505-670-4665, janbea@gmail.com, Leslie Mueller, 505-599-1184, lmueller@fmtn.org, fmtn.org/277/Road-Apple-Rally, nmors.org

**October 4, 2020 — Great Trail Race**, Truckee, CA, Ride or Run between Truckee and Tahoe City. The Great Trail Race follows roughly the same route as The Great Ski Race between Truckee and Tahoe City with one major difference: You choose to run or bike one of two course options, Elite or Classic. The Elite division course adds in more technically challenging terrain., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, greattrailrace.com

**October 10-11, 2020 — Big Mountain Enduro**, Big Mountain Enduro Series, Angel Fire, NM, BME Stop #4: a two-day race entailing upwards of 12'000 feet of long technical descents throughout the weekend. Racers can expect 3 to 4 stages per day on some of the most legit trails in the country., Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

**October 10, 2020 — Co2uT - Desert Gravel**, Fruita, CO, The Co2uT chemical equation can be broken down as follows: Co=Colorado, 2=to, uT=Utah. This kick-ass gravel race will take you from Colorado to Utah...and back. Designed by a long-time western-slope local, each route offers mind-blowing, gravel-loving terrain, quad-busting hills, breathtaking views, wildlife cameos, epic adventure and of course, FUN., Jennifer Barbour, 303-503-4616, execdir@teamevergreen.org, Kim Nordquist, 303-249-6168, director@bicyclerace.com, desertgravel.com, teamevergreen.org

**October 16-18, 2020 — USA Cycling Collegiate Mountain Bike National Championships**, Durango, CO, Collegiate National Championships and Montana High School Championships, Chuck Hodge, 719-434-4200, chodge@usacycling.org, Chad Sperry, chad@gorge.net, Ben Horan, 312-502-5997, bfhoran@gmail.com, usacycling.org

**October 17-18, 2020 — 12 Hours in the Wild West**, Ruidoso, NM, 6 hour and 12 hour race, held at Grindstone Lake Trail system, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com

**October 31, 2020 — Prescott 6er**, Prescott, AZ, 6 hour and 12 hour mountain bike race on a 9 mile loop with solo, duo, junior, masters and singlespeed categories, Breanna Bissell, 480-734-0558, info@mangledmomentum.com, prescott6er.com

**November 14, 2020 — USA Cycling Marathon MTB National Championships**, Palo Duro Canyon, TX, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

**November 21, 2020 — Prickly Pedal MTB Race**, Peoria, AZ, Get in a heart-pumping, rip-roaring ride through the desert terrain of the Maricopa Trail beginning in Cave Creek, Arizona and finishing at Lake Pleasant Regional Park in Peoria, Arizona. All proceeds benefit the non-profit Maricopa Trail and Park Foundation, Jeff Frost, 928-380-0633, canisbleu@gmail.com, pricklypedal.com

**November 21, 2020 — 12 Hours of Fury**, Fountain Hills, AZ, 12 Hours of Fury will test your body, mind and mountain biking skills. The race will begin and end at the Four Peaks Staging Area in McDowell Mountain Regional Park. The 15 mile loop is smooth, fast and fun. The most loops in 12 hours wins it!, Jeremy Graham, 623-330-0913, jeremy@4peaksracing.com, 4peaksracing.com/events/12-hours-of-fury-2017

**November 21, 2020 — Tinker Classic**, NUE ( National Ultra endurance Series ), Beatty, NV, New date! MTB Race and Festival. Enjoy 60 + miles of singletrack and many more miles of gravel roads and pavement. 3 day Bike Expo with demos., Cimarron Chacon, 970-759-3048, info@groraces.com, tinkerclassic.com

**November 21, 2020 — 6 Hours of Fury**, Fountain Hills, AZ, 6 Hours of Fury will test your body, mind and mountain biking skills. The race will begin and end at the Four Peaks Staging Area in McDowell Mountain Regional Park. The 15 mile loop is smooth, fast and fun. The most loops in 6 hours wins it!, Jeremy Graham, 623-330-0913, jeremy@4peaksracing.com, 4peaksracing.com/events/12-hours-of-fury-2017

**December 12, 2020 — Dawn to Dusk AZ**, Fountain Hills, AZ, Endurance mountain bike relay. Compete as a solo, duo, or team on a fast, fun course in McDowell Mountain Regional Park. Family friendly camping and event expo promises a fun weekend! Space is limited to 125 solo riders, 100 two-person, 50 four-person, and 10 corporate entries, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com/event-register/dawn-dusk-arizona

## Utah Weekly

## Road Race Series

**Utah Criterium Series** — Locations TBD, Utah Crit Series, West Valley City, UT, New tentative start date: May 5, 2020; Saturdays at 11 am in March - Tuesdays at 6pm, April - through September, A and B at 6, C and D at 7 pm, Locations TBD, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

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

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

**Logan Race Club Thursday Night Time Trial Series** — Logan, UT, Thursdays. TT series consisting of 18 races on five difference courses, with weekly and end-of-series prizes. Check the website for the location of the weekly course., Stephen Clyde, 435-750-8785, swc@mdsc.com, Ben Kofeod, benhkof@hotmail.com, Travis Dunn, travis.dunn@usu.edu, loganraceclub.org

## Utah Road Racing

**May 16, 2020 — Goshen Circuit Race**, POSTPONED, UCA Series, Goshen, UT, 5.7 mile loop with a couple of punchy rollers and about 375 feet of up and down each lap on paved farm roads in southern Utah County., Troy Huebner, 427-0532, troyworkone@comcast.net,

**May 30, 2020 — Utah State Time Trial Championship**, POSTPONED, UCA Series, Rush Valley, UT, Marek Shon, 801-209-2479, utcritseries@gmail.com, race2wheels.com

**May 30, 2020 — East Canyon Echo Road Race**, TENTATIVE, UCA Series, Henefer, UT, 10 AM start in Henefer to East Canyon Resort, turn around go to Echo Canyon, back to Henefer and finish on Hogsback. 60 mile course, James Zwick, 801-870-4578, sports@sports-am.com, sports-am.com

**June 6, 2020 — Porcupine Hill Climb**, UCA Series, Salt Lake City, UT, 18th 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 cateogories. 14.7 miles, 3800' of climbing! , Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com, bikereg.com/porcupine

**June 12-13, 2020 — Sa-Lo Stage Race**, TENTATIVE, Salem, UT, 3 days, 4 stages: crit, time trial, mountain stage (3 climbs!), road race, HQ and the starting location of each stage will be at the Salem Rec Center located at 100 North and 100 East, Ken Meads, 801-822-9459, ken@kenmeads.com, sa-lo.com

**June 18-20, 2020 — Utah Summer Games**, Utah Summer Games Cycling, Cedar City, UT, Hill Climb (4 miles with average grade of 7%, Time Trial (10 miles out and back course), Criterium (.95 mile closed course, counter clockwise) , Road Race (20, 40 and 60 mile course) with overall Omnium., Pace Clarke, 435-865-8423, paceclarke@suu.edu, utahsummergames.org

**June 20, 2020 — Midvale Crit - Utah State Criterium Championship**, Midvale, UT, Course: TBD, Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement.com

**June 27, 2020 — Antelope Island Classic**, UCA Series, Antelope Island, UT, Starts at the West end of the causeway, then across the causeway towards the ranch and end on the island. 32 to 60 mile options. $2,000 cash plus prizes., James Ferguson, 801-476-9476, ferguson8118@comcast.net,

**July 10-11, 2020 — Cache Gran Fondo**, UCI Gran Fondo World Series, USA AND Gran Fondo National Series, Logan, UT, 9th annual, 2nd year as an UCI Gran Fondo World Championship Qualifier, and riders of all abilities invited. 10-mile TT on Friday. 38, 50, 70 and 100-mile courses on Saturday follow a fun, low-traffic, and scenic route through Northern and Cache Valley, UT with a challenging hill in each. The finish is a festival for all riders, with race prizes, (UCI winners jersey and medal), recreational rider prizes, finisher medals, and unique jerseys at cost. 20% of UCI racers in 16 different age categories qualify for UCI World Championships., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, www.cachegranfondo.com

**July 18, 2020 — Salt Lake Criterium**, USA CRITS, Salt Lake City, UT, Professional and amateur categories, expo and more! Benefits the Utah Food Bank, Eric Gardiner, 801-660-9173, saltlakecrit@gmail.com, saltlakecriterium.com

**July 19, 2020 — Sugarhouse Criterium**, UCA Series, Salt Lake City, UT, New date! Bring the entire family and enjoy some of Utah's best crit racing in one of Salt Lake's Sugarhouse Park. State Championship, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

**July 25, 2020 — Little Cottonwood Canyon Hill Climb**, Alta, UT, Little Cottonwood Canyon has been called the l'Alpe d'Huez of North America. With nearly 4000 feet of elevation gain in ~12 miles, this is a hill climb that will challenge every type of rider. Rides starts at 8 am start on 9400 S. near 2000 E. and races all the way to the end of the pavement on LCC road. , James Zwick, 801-870-4578, sports@sports-am.com, Breanne Nalder, 801-550-0434, breannenalder@gmail.com, sports-am.com

**July 30-August 2, 2020 — USA Cycling Masters Road National Championships**, Cedar City, UT, Shawn Brett, 719-434-4200, sbrett@usacycling.org, usacycling.org

**August 1, 2020 — O-Town Throwdown**, Ogden, UT, Dee Events Center, Weber State University, Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

**August 3-9, 2020 — Larry H. Miller Tour of Utah**, Various, UT, The Tour of Utah is a UCI 2.HC sanctioned men's professional cycling stage race that is part of the new UCI ProSeries. As America's Toughest Stage Race, the week-long event features 120 riders from 17 teams on a variable race route throughout Utah. It is broadcast worldwide on Tour Tracker and is free for spectators., Larry H. Miller Tour of Utah , 801-325-7000, info@tourofutah.com, tourofutah.com

**August 15, 2020 — 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, wildfloweroutdoor.com

**August 15, 2020 — Mirror Lake Highway Road Race**, UCA Series, Kamas, UT, Details TBD., Troy Huebner, 427-0532, troyworkone@comcast.net,

**August 28-31, 2020 — 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, Hoodoo500.com

**August 29, 2020 — Tintic Road Race**, UCA Series, Eureka, UT, Details TBD, Jared Eborn, 801-599-9268, jared@extramileracing.com,

**September 5, 2020 — Gran Fondo Moab**, Moab, UT, Mass start timed road cycling event on the beautiful La Sal Loop road, 60 miles with 5500 feet of climbing. Not a sanctioned race, but you will get a time, awards, and placing., Scott Newton, 800-635-1792, 970-275-1633, info@granfondomoab.com, granfondomoab.com

**September 12, 2020 — LOTOJA Classic Road Race**, Logan, UT, 38th 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, lotoja.com

**October 6-10, 2020 — Huntsman World Senior Games Cycling**, St. George, UT, Must be 50 years or older. Three events: hill climb, downhill, and cross country. Expert, Sport and Beginner Skill Divisions., Kyle Case, 800-562-1268, 435-674-0550, hwsg@seniorgames.net, seniorgames.net

**October 10, 2020 — City Creek Bike Sprint**, Salt Lake City, UT, Race starts at the mouth of City Creek Canyon and finishes at Rotary Park where we will have awards, food, music and fun, James Zwick, 801-870-4578, sports@sports-am.com, sports-am.com

## Regional Weekly

## Road Race Series

**May 5-July 7, 2020 — SWICA Fairground Criterium Series**, SWICA Criterium Series, Boise, ID, Local training crit series at Expo Idaho West lot (Glenwood Street south of Hawks Stadium). Tuesdays except June 4 and June 21, Kurt Holzer, 208-890-3118, idahobikeracing@yahoo.com, Kevin Spiegel, idahobikeracing@gmail.com, idahobikeracing.org

**June 10-August 19, 2020 — ICE BAR Time Trial/ Hillclimb Series**, ICE BAR Series, Pocatello, ID, Flat time trials: Start at Rainbow Road, 6.2m(10k). Scoring is best 2 of 4 times., May 13 at 6:30 pm, 7:00 pm, June 10, July 8 and August 5Hill 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 27 -Crystal Summit, 6:30 pm.7:00 pm: June 24-Scout, July 22-Crystal Summit, August 19-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 TT bike, Eddie Merckx style), Single Speed, and Clydesdale (210 lbs+) and Athena (150 lbs+), Peter Joyce, 208-282-3912, joycpete@isu.edu, Tony Chesrow, 435-671-2506, hebermtsports@yahoo.com, idahocycling.com

## Regional Road Racing

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

**May 22-24, 2020 — Iron Horse Bicycle Classic**, POSTPONED, Durango, CO, 49th Annual, Road Race and Tour from Durango to Silverton. Both are on Saturday 25th and are a 50 mile ride from Durango to Silverton. Take off with the train, traveling over two 10,000ft mountain passes enroute to the historical mining town of Silverton. Sunday 26th we have a Kids Race and Kids Village, Mountain Bike Race, Gravel Grinder,Cruiser Crit, BMX event and vendors., Gaige Sippy, 970-259-4621, director@ironhorsebicycleclassic.com, ironhorsebicycleclassic.com

**May 31, 2020 — Steamboat Roubaix**, Steamboat Springs, CO, Steamboat Roubaix "Hell of the High Rockies" will kick off from Steamboat Springs in the early hours of Sunday May 31st with staggered start waves for 21 categories split by gender and ability level, riding a 36, 53, or 70 mile course. USA Cycling sanctioned, Corey Piscopo, corey@bikesteamboat.com, bikesteamboat.com

**June 14, 2020 — Idaho State Road Race Championships**, SWICA, Kuna, ID, USA Cycling Categories, 34, 43, 52, 17 miles depending on category, 8.6 mile loop, Justin Ward, 208-322-8042, sales@bobs-bicycles.com, idahobikeracing.org, springseries.com

**June 18-21, 2020 — USA Cycling Professional Road, ITT, and Criterium National Championships**, POSTPONED, Knoxville , TN, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

**June 20, 2020 — Bike the Bluff**, Show Low, AZ, 13th Annual, AZ Elite Road Race Championship, USAC Sanctioned Races, Citizens Race, 22-81 miles, Criterium, Jeff Frost, 928-380-0633, canisbleu@gmail.com, Christy Church, 928-242-3722, christy@biketheebluff.com, biketheebluff.com, azcycling.org

**June 26-28, 2020 — Baker City Cycling Classic**, Oregon Women's Prestige Series, Baker City, OR, Three days and four stages in beautiful eastern Oregon, with great support and unparalleled scenery. Over 8,000 ft of climbing over the three days in one of the country's most beautiful cycling regions. Pros and amateurs race the same courses and the women's and men's prize purses are matched by sponsor BELLA Main St. Market., Brian Vegter, 541-325-1689, dogbri@icloud.com, bakercitycycling.org

**June 28, 2020 — Leesville Gap Road Race**, Williams, CA, 62 miles for everyone up and over storied Leesville Grade and Grapevine Gap in California's Colusa County. mostly paved, some gravel stretches. Watermelon Feed at the finish. USAC licensed. , Robert Leibold, 209-604-1354, velopro1@gmail.com, www.velopromo.com

**July 10, 2020 — Chrono Kristin Armstrong Time Trial**, Pro Road Tour, Boise, ID, UCI 1.2 men's, women's time trial, Mike Cooley, 208-343-3782, mcooley@georgescycles.com, georgescycles.com, chronokristinarmstrong.com

**July 11, 2020 — ASWB Twilight Criterium**, USA Crits, Boise, ID, 34th Annual, Pro Road Tour, races for all categories, and race under the lights for the pros., Mike Cooley, 208-343-3782, mcooley@georgescycles.com, boisetwilightcriterium.com

**July 11, 2020 — Targhee Hill Climb**, Driggs, ID, Wyoming State Hill Climb Championships. Day 1 - Targhee Hill Climb. Day 2 - Teton Pass Hill Climb. Compete in one or both. To be scored for the State Champs you must race both days. Winners based on combined times.Time trial starts at 10 am with 30 second intervals. Starts at Peaked Sports in Driggs, climbs Ski Hill Road and ends half a mile from the Grand Targhee Resort. The course covers 12 miles and 2,200 vertical feet. Awards, Raffle and results 1 pm at Peaked Sports. Net proceeds benefit Teton Valley Trails and Pathways., Dick Weinbrandt, 208-354-2354, peaked@silverstar.com, Forest Dramis, jacksonholecycling@gmail.com, peakedsports.com, jhcycling.org

**July 12, 2020 — Meridian Speedway Race**, Meridian, ID, John Rogers, 208-284-9671, obccwebdesign@yahoo.com, idomnium.com

**July 25, 2020 — Bob Cook Memorial Mount Evans Hill Climb**, Colorado Summit Cycling Series, Idaho Springs, CO, 54th annual, CO State Championship Hill Climb, 27 mile bicycle race and Gran Fondo, that ends on the highest paved road in the United States, Mount Evans, at 14,130', 6000 feet elevation gain. , Jennifer Barbour, 303-503-4616, execdir@teamevergreen.org, Kim Nordquist, 303-249-6168, director@bicyclerace.com, bicyclerace.com, teamevergreen.org

**August 8, 2020 — Lamoille Canyon Hill Climb**, Lamoille, NV, 14th annual. Road Race hill climb, 12 miles, 3000ft hill climb in Ruby Mountains. Race starts at 9am. Post event picnic and awards in Lamoille Grove, 11:30am, Gayle Hughes, 775-753-7789, 775-934-4532, nvelkovelo@gmail.com, elkovelo.com

**August 8, 2020 — Twin Falls Old Town Criterium**, SWICA, Twin Falls, ID, Idaho State Criterium Championships, Terry Patterson, 208-420-0087, tpatterson@csi.edu, idahobikeracing.org, tfoldtowncrit.com

**August 8, 2020 — 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. There is a timed race and gran fondo, with waves starting at 6:15 am. 4725 feet of elevation gain., The Sports Corp , 719-634-7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp.org, PikesPeakCyclingHillClimb.org

**August 9, 2020 — Suisun Harbon Criterium**, Suisun City, CA, 2020 Northern California/ Nevada District Criterium Championships in Suisun City, CA. A fast paced four cornered downtown criterium on a short loop. USAC licensed, Robert Leibold, 209-604-1354, velopro1@gmail.com, www.velopromo.com

**August 15-16, 2020 — Tour de Bloom Stage Race (Omnium)**, Wenatchee, WA, The event features a road race in Waterville on Friday, an out and back 10-mile TT, a twilight criterium in historic downtown Wenatchee on Saturday, and a road race in Plain Washington with an uphill finish on Sunday. , Ace Bollinger, 509-679-5003, acebollinger@nwi.net, wenatcheevalleyvelo.com/current-event/tour-de-bloom/

**August 22-23, 2020 — Idaho Senior Games**, Kuna, ID, 5k and 10K Time Trials both at 9 a.m. date cooresponds to order of listing, 20 K Aug 5 and 40 K Aug 4 Road Races at 10 a.m., qualifying year for 2019 National Senior Games. Held at S. Cole Road & Hubbard/10 Mile Creek Rd., Mike Thornton, 208-861-8000, idahoseniorgamesinfo@gmail.com, Frank Gilbert, 208-853-1964, frank@georgescycles.com, idahoseniorgames.org

**September 5-7, 2020 — Steamboat Stage Race**, Steamboat Springs, CO, Now in year 12, Pro-am road racing returns to Steamboat Springs Labor day weekend 2020, with all new courses. USA Cycling sanctioned., Corey Piscopo, corey@bikesteamboat.com, bikesteamboat.com

**September 6, 2020 — Nevada City Classic Criterium**, TENTATIVE, Nevada City, CA, 60th annual criterium, one of the nation's best!, Brewfest on Saturday too, Duane Strawser, 530.263.3388, 530.265.2187, oldproracer@gmail.com, nevadacityclassic.com

**September 7, 2020 — Il Giro di San Francisco**, San Francisco, CA, 46h annual Labor Day Criterium on the Embarcadero in San Francisco. Challenging six corner course that has hosted some of the best in the nation. 9 separate events including kids challenge. USAC licensed., Robert Leibold, 209-604-1354, velopro1@gmail.com, www.velopromo.com

**September 13, 2020 — Kitt Peak Time Trial**, Tucson, AZ, 11.6 mile hill climb time trial up Kitt Peak, 3400' vertical., Donald Melhado, 520-325-7978, dmelhado@cox.net, azcycling.org, saguarovelo.org

**September 18-20, 2020 — Silver State 508**, Mountain West Ultra Cup, Reno, NV, 37th 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 supported, randonneur, two-person stage and open relay, and four-person stage and open relay divisions. A Race Across AMerica (RAAM) Qualifier, which traverses Highway 50, the Loneliest Road in America., Robert Panzera, 917-543-2670, robert@ccsd.com, Jo Panzera, jo@ccsd.com, the508.com

**September 19, 2020 — Lyle Pearson 200-mile Team Challenge**, Boise, ID, New date! 15th annual team relay race from Boise to Sun Valley. 200 and 100 mile route through challenging mountain terrain. 200 mile route consists of 4 or 6 person teams and 100 mile route either solo or 2 person teams. Participants finish with BBQ and Sawtooth brew in beautiful Ketchum., Katie Hedrich, 951-733-5198, katie@omnigoevents.com, lylepearson200.com

**September 20, 2020 — Oakland Grand Prix**, Oakland, CA, Exciting multi lap criterium racing in uptown Oakland CA for the 16th year. USAC licensed., Robert Leibold, 209-604-1354, velopro1@gmail.com, www.velopromo.com

**September 27, 2020 — Mt. Graham Hill Climb**, Safford, AZ, 8 am, mass start, Nippy Feldhake III, 520-747-2544 , nippy-mr-smarty-pants@juno.com, azcycling.org

**October 3-4, 2020 — 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, I-15 & US-93, 10 miles north of Las Vegas, Joe Dailey, 775-461-9252, NVSGCycling@outlook.com, nevada.fusesport.com, seniorgames.net

## Utah Road Touring and Gran Fondos

**May 10, 2020 — Amazing Earthfest Road Ride to Grand Canyon**, POSTPONED, Kanab, UT, Sylvan 50-mile Road Ride to Grand Canyon National Park thru the North Kaibab National Forest. Meet at 78 South 100 East, Kanab, 7:00 AM., Rich Csenge, 435-644-3735, richcsenge@gmail.com, amazingearthfest.org

**May 16, 2020 — Nebo Gallivant Series**, Salt Lake Randonneurs Brevet Series, Nephi, UT, Self-supported 125- or 190-mile (200/300km) ride into Sanpete County, along the shoulder of Mount Nebo. This is a timed brevet co-sponsored by the national organization, Randonnneurs USA, held NW of Delta, Utah, Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org

**May 30, 2020 — Little Red Pre-Ride SuperSeries**, BCC SuperSeries, Mendon, UT, Meet Mendon Church for pre-riding the Little Red Route. Store stops for water and food. Free event., BCC , roadcaptain@bccutah.org, Jen Green, 435-563-1212, pecan314@xmission.com, bccutah.org

**June 6, 2020 — Ride the Gap Century**, Parowan, UT, Enjoy cooler weather in the high country of beautiful Southern Utah. Fun and fast with a mileage option for every rider. Nothing like a small town with big fun! Enjoy open roads and very little traffic., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Ryan Gurr, info@spingeeks.com, ridesouthernutah.com

**June 12-13, 2020 — Raspberry Ramble Series**, Salt Lake Randonneurs Brevet Series, Logan, UT, Self-supported 188, 250 or 375-mile ride in Cache Valley and southern Idaho. This is a timed brevet co-sponsored by the national organization, Randonnneurs USA., Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org

**June 20, 2020 — Canyons of Cache SuperSeries**, BCC SuperSeries, Mendon, UT, Meet at Mendon Church for a route that climbs Blacksmith, and Sardine, loops to Brigham City and back over the north slope into Cache Valley., BCC , roadcaptain@bccutah.org, bccutah.org

**June 20, 2020 — The Huntsman Ride**, Delta, UT, Huntsman SportsFest Run and Ride is moving to a virtual event for 2020, and we are asking you to join us. We have reimagined the event so that it is accessible to everyone, from anywhere. Although we can't come together physically on June 20, we can make a difference through an exciting virtual fundraising experience dedicated to raising funds for cancer research. Virtual can mean anything: any distance, any location, and any activity that is safe and fun for you/your family. Maybe a 10K trail run becomes a pickleball contest with your family., Jen Murano-Tucker, 801-584-5815, jmurano@huntsmanfoundation.org, huntsman140.com

**June 20, 2020 — The Huntsman Ride (Virtual)**, Anywhere, UT, An epic ride from wherever you are. Join us and find the best way to get your miles in, while supporting Huntsman Cancer Institute., Jen Murano-Tucker, 801-584-5815, jmurano@huntsmanfoundation.org, huntsman140.com

**June 27, 2020 — Mt. Nebo Loop SuperSeries**, BCC SuperSeries, Nephi, UT, Start at the North Side of the city park, ride North up Main Street and Hiway 91 to Sanaquin then to Payson and over the Mt. Nebo Loop and finish up back at the city park, BCC , roadcaptain@bccutah.org, Doug Jensen, 801-815-3858, slccycler@gmail.com, bccutah.org

**June 27, 2020 — Wasatch Front Brevet Series**, Salt Lake Randonneurs Brevet Series, Salt Lake City, UT, Self-supported ride up Emigration Canyon, along the Wasatch Front and out to Antelope Island. 125- or 180-mile options (200 or 300km). A brevet (bruh vay) is a timed ultra distance event organized under the auspices of our national organization Randonneurs, USA., Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org

**July 11, 2020 — Cache Gran Fondo**, UCI Gran Fondo World Series, USA AND Gran Fondo National Series, Logan, UT, 9th annual, 2nd year as an UCI Gran Fondo World Championship Qualifier, and riders of all abilities invited. 38, 50, 70 and 100-mile courses follow a fun, low-traffic, and scenic route through Northern and Cache Valley, UT with a challenging hill in each. The finish is a festival for all riders, with race prizes, (UCI winners jersey and medal), recreational rider prizes, finisher medals, and unique jerseys at cost. 20% of UCI racers in 16 different age categories qualify for UCI World Championships., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, cachegranfondo.com

**July 18, 2020 — Iron Lung Ride**, Huntsville, UT, 40, 80, or 100 mile options out and back starting in Huntsville with a solid climb up Old Snowbasin Road, down Trappers Loop, through Morgan and out to the top of Big Mountain. Challenging climbing, with plenty of rollers and flats to recover. Utah Triple Crank qualifier, along with LOTOJA and Kokopelli Relay., Michelle Lyman, 801-941-5526, info@ironlungride.com, ironlungride.com

**July 24, 2020 — Pioneer Day Antelope Island SuperSeries**, BCC SuperSeries, Salt Lake City, UT, Meet at Westpoint Park SLC 1100 N 1800 W to Antelope Garr Ranch. 50 mile option starts at Station Park in Farmington. Free event - fee may be required to access the island. Self-supported with plenty of store stops. , BCC , roadcaptain@bccutah.org, bccutah.org

**July 24, 2020 — South Sevier Ram Ride**, Monroe, UT, 15 miles, 38 miles, and a metric Century. Start time is 6:30 a.m. Start & Finish location is Monroe Fire Station, Heather Newby, 435-201-0138, Heather.N@jonesanddemille.com, facebook.com/ssramride

**July 25, 2020 — Desperado Duel**, Panguitch, UT, Come and experience the flattest and best 100 mile course and 50 mile option, we have also added a grueling 150 mile option for those training for the big 209 in September. Enjoy the scenery and virtually no traffic. Desperado Duel is one of the best Gran Fondos in Utah., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, ridesouthernutah.com

**July 31, 2020 — Antelope by Moonlight Bike Ride**, Antelope Island, UT, 26th Annual, 10pm. Open to participants of all ages and starts at the Antelope Island's White Rock Bay. The half way point is the historic Fielding Garr Ranch where refreshments are served. The entire route is 24 miles on an asphalt road., Neka Roundy, 801-451-3286, 801-451-3282, neka@co.davis.ut.us, daviscountyutah.gov, antelopebymoonlight.com

**July 31-August 1, 2020 — Saints to Sinners Bike Relay**, Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease., Steven Tew, 801-822-4870, Steven@SaintstoSinners.com, Chad Neusmeyer, 801-856-7018, chad@saintstosinners.com, SaintstoSinners.com

**August 1, 2020 — Pony Express Century**, Eagle Mountain, UT, Ride the routes of history as we pedal 100 Miles, 100K or 50K along the same paths the Pony Express riders of yesteryear. Fully supported course and aid stations with SAG wagons, a finish line meal and some great views along lightly traveled roads. , Jared Eborn, 801-599-9268, jared@extramileracing.com, extramileracing.com

**August 8, 2020 — The Ultimate Challenge Presented by University of Utah Health Care**, Salt Lake City, UT, A Gran Fondo hosted by the Larry H. Miller Tour of Utah. Riders will follow the Tour of Utah's Queen Stage route before the pros start, with the same climbs and high altitude finish. This ride has earned the title of "America's Toughest One Day Cycling Adventure" and for this year will feature timing on the final climb up Little Cottonwood Canyon, Larry H. Miller Tour of Utah , 801-325-7000, info@tourofutah.com, Breanne Nalder, 801-550-0434, breannenalder@gmail.com, tourofutah.com

**August 8, 2020 — Bear River Valley Series**, Salt Lake Randonneurs Brevet Series, Brigham City, UT, Self-supported timed event going from northern Utah into Cache Valley & back. Choose from 125 or 180-mile distances (200 or 300km). , Richard Stum, 435-462-2266, richard@eogear.com, saltlakerandos.org

**August 15, 2020 — Promontory Point 121 SuperSeries**, BCC SuperSeries, Ogden, UT, 5 Points Ogden to Brigham City, Corrine, Golden Spike, Tremonton and back 60-100, and 120 miles. Self-supported, with shorter loop options available. Free event., BCC , roadcaptain@bccutah.org, Jen Green, 435-563-1212, pecan314@xmission.com, bccutah.org

**August 15, 2020 — CF Cycle For Life**, Henefer, UT, Fully supported, beautiful ride with five route options - 20,40, 60, 80 and 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@cff.org, Jennifer Reid, 801-532-2335, jareid@cff.org, fightcf.cff.org/utahcycle

**August 15, 2020 — Wildflower Pedalfest**, Morgan, UT, A non-competitive, women only road bike ride. All ages and levels welcome. The 65 mile course option has a timed hill climb with prizes., Nick Bowsher, 801-610-9422, info@wildfloweroutdoor.com, wildfloweroutdoor.com

**August 15, 2020 — To the Moon and Back Century Ride**, Tabiona, 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 and Operation Underground Railroad., Karen Redden, 435-828-0467, roxyredden@gmail.com, tothemoonandback-events.com

**August 22, 2020 — The Big Ride 156 (Suncrest)**, BCC SuperSeries, Draper, UT, This is a derivation of the club's annual big ride that has been designed and used as a final preparatory ride for LOTOJA by some, or an epic capstone to a long summer of riding by others. Come spend the day pushing your limits and seeing what you're made of.This ride will not be marked. Study the map and be aware of water stops. Navigation is recommended. We may have a SAG vehicle on the road; details of which will be announced closer to the ride., BCC , roadcaptain@bccutah.org, Jen Green, 435-562-1212, , bccutah.org

**August 22, 2020 — Ride for the Kids**, Syracuse, UT, 100% of monies raised go to the MAKE-A-WISH UTAH FOUNDATION. Ride to Antelope Island. Ride options: 25/50/100 miles, depending on skill level of the rider. Ride times available at https://www.raceentry.com/races/ride-for-the-kids/2020/register Ride begins at Syracuse Linda Vista Park 1800 W 2700 S, Syracuse, UT 84075 Breakfast, lunch and drinks will be provided. Tons of prizes given away in raffle., Devin Kingsbury, 801-663-3267, devin.kingsbury@rcwilley.com , Brent Jones, 801-774-2801, 801-645-0247, brent.jones@rcwilley.com, DJ Burton, dj@tnt-running.com, rcwilley.com/ride

**August 22, 2020 — Sevier Valley Rooster Ride**, Richfield, UT, Sevier County in conjunction with Sevier County Trail Days 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 provided. 33 mile option has a 800 ft gain, 1,163 ft gain for the 55 mile option, and 4,061 ft for the 100 mile option., Chad McWilliams, 435-893-0457, 435-421-2743, cmcwilliams@sevier.utah.gov, traildaysutah.com/sv-rooster-ride/

**August 29, 2020 — Cache Valley Century Tour**, Richmond, UT, 35, 60, or 100 mile options. Proceeds benefit Common Ground, a Logan, Utah non-profit. Funds support their adaptive cycling program. Richmond to Preston, Idaho and back through scenic terrain. Great last century before LoToJa!, Bob Jardine, 435-713-0288, 435-757-2889, info@CacheValleyCentury.com, Sammie Macfarlane, 435-713-0288, Sammie@cgadventures.org, CJ Sherlock, 435-713-0288, 435-757-2889, info@cachevalleycentury.com, CacheValleyCentury.com

**August 29, 2020 — Summit Challenge**, Park City, UT, Riders of all ages and abilities will hit the pavement for a 100, 80, 50, 25, or 16-mile road ride event in support of the National Ability Center's mission. All three fully-supported routes of this event follow paved roads in and around the beautiful Park City mountainside. This 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., Kyle Cowdrey, 435-649-3991, 435-200-0990, events@discovernac.org, Whitney Thompson, 435-649-3991, whitneyt@discovernac.org, summitchallenge100.org, discovernac.org

**August 29, 2020 — Wheels of Justice, Ain't No Mountain High Enough**, Sandy, UT, The ride will ascend each of Salt Lake City's five riding canyons, for a total of 116.3 miles and 14,272 feet - one of the most challenging one-day bike rides in Utah! Raises money to prevent childhood trauma and abuse, Greg Hoole, 801-272-7556, gregh@teamwheelsofjustice.org, aintnomountainhighenough.org

**September 5, 2020 — Gran Fondo Moab**, Moab, UT, Mass start timed road cycling event on the beautiful La Sal Loop road, 60 miles with 5500 feet of climbing. Not a sanctioned race, but you will get a time, awards, and placing., Scott Newton, 800-635-1792, 970-275-1633, info@granfondomoab.com, granfondomoab.com

**September 5-7, 2020 — Bicycles not Tar Sands**, Seep Ridge Road, Uintah County, UT, 3-day bike ride on Seep Ridge Road. For a total ride of approx 40 miles over 2 days we will travel on Seep Ridge Road a nearly empty highway through highly scenic desert threatened by strip mining., Rachel Cordray, craphaelc@gmail.com, tarsandsresist.org/contact-us/upcoming-events/2019-upcoming-events/

**September 12, 2020 — Warrior Woman Ride**, Payson, UT, Join us for the 11th annual fully supported all women's bike ride, choose between the 15, 30, 70 or 100 mile options. Remember that every woman is a wonder woman!, Mahogani Thurston, 801-318-1420, wonderwomanride@gmail.com, Carolina Herrin, 385-218-9070, herrin.carolina@gmail.com, warriorwomanride.com

**September 13-19, 2020 — Tour of Southern Utah**, St. George, UT, 7-day tour including Zion, Bryce, Capitol Reef and More. 60-100 miles per day. Opportunities to work part/ride part., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

**September 19-20, 2020 — Moab Century Tour**, Moab, UT, The Moab Century Tour sends riders across Moab's unique topography of mountain passes, canyons, and the mighty Colorado River. From gaining elevation into the La Sal Mountains (including "The Big Nasty!"), to carving down red rock canyons, and finishing along the Colorado River, this event has landscape worth training 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, skinnytireevents.com

**September 19, 2020 — Goldilocks Utah**, Goldilocks Bike Ride, Provo, UT, Goldilocks is a women only bike ride, with a gorgeous route starting at Utah State Park and beautiful fall weather! With 100, 80, 60, 40, and 20 mile route options, Goldilocks has a route that is 'just right' for everyone! Bemefits Operation Underground Railroad to end sex trafficking., Randy Gibb, 801-222-9577, randy@goldilocksride.com, goldilocksride.com/gsl

**September 19, 2020 — Golden Spoke**, Utah Bike Month, Wasatch Front, UT, This third annual cycling event features 100 miles of interconnected trail systems across the Wasatch Region with multiple starting locations from Provo to Ogden, Utah. This year's theme also highlights the theme of the Spike 150 celebration of the completion of transcontinental railroad. Rides of various lengths — with 100 mile, 75 mile, 50 mile, 25 mile, 10 mile and 1.5 mile segments — will feature connections with local communities around various historic and contemporary railroad themes. Some stretches of trail in Utah, Davis and Weber County, will also include rails to trails cycling paths. The rides are geared for fun and community engagement rather than competition, and are planned to accommodate riders of all ages and abilities., Heidi Goedhart, 801-783-8426, hgoedhart@utah.gov, goldenspokeutah.org

**September 19, 2020 — Up for Downs Century Ride**, Kaysville, UT, This is a non competitive event that will take you on an amazing ride through beautiful Northern Utah. Starting at Pioneer Park in Kaysville you will go on a 25, 50, 75 or a 100 mile ride up to Brigham City and finish back at Pioneer Park. , Scott Kimball, sk2socal@gmail.com, Cherlyn Johnson, 801-503-5086, ceo@udsf.org, udsf.org

**September 25-26, 2020 — Salt to Saint Relay**, Salt Lake City, UT, 420 mile relay race from Salt Lake City to St. George following Hwy 89. Broken into 24 legs. Ride Solo, or as 4 or 8 person relay teams. Men, Women, and Mixed categories., Clay Christensen, 801-234-0399, info@enduranceutah.com, salttosaint.com

**October 17, 2020 — Belgian Waffle Ride - Cedar City**, TRIPEL CROWN OF GRAVEL, Cedar City, UT, The "Hell of the South". 78% Gravel (106 miles), 22% Paved (30 miles). In the heart of Southern Utah allowing riders to see a wild variety of unique countryside. Course goes through the "Parowan Gap" and past petroglyphs left by the areas past native inhabitants, along with prehistoric dinosaur footprints., Michael Marckx, 760-815-0927, mmx@MonumentsofCycling.com, belgianwaffleride.bike

**October 24, 2020 — Fall Tour de St. George**, St. George, UT, Tour around southern Utah and see some of the most scenic views as you climb to Veyo and go through Gunlock State Park as well as all the beautiful colors throughout this 35, 75, or 100 mile ride. This event is one of our best Gran Fondos in southern Utah., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Ryan Gurr, info@spingeeks.com, ridesouthernutah.com

## Regional Road Touring and Gran Fondos ID, WY, MT, NV, AZ, NM, CO, MT, OR, WA, and Beyond

**May 16, 2020 — Cycle for Independence**, Boise, ID, Fundraiser for the Treasure Valley Chapter of the National Federation of the Blind, 10,25, and metric century (62.5 miles), individual and team rides, routes begin in northwest Boise, supported ride. After ride burgers with all the fixings combined with socializing, music, festivities and prizes, Ramona Walhof, 208-336-5333, cycleforindependence@gmail.com, Allan Schneider, 208-870-4831, aaschneider@hotmail.com, cycleforindependence.org

**May 17, 2020 — Santa Fe Century and Gran Fondo**, POSTPONED, Santa Fe, NM, 35th Annual. Beautiful scenery, outstanding food stops and very reasonable registration fees. Century, Half-Century, and 25 mile tours are offered as well as two timed events: Gran Fondo (100 mile timed ride), Medio Fondo (50 mile timed ride). Enjoy massages, great food and local craft beers following the rides., Matt Piccarello, 505-600-1840, ride@santafecentury.com, santafecentury.com

**May 17-June 13, 2020 — Death Ride Training Ride Series**, Markleeville, CA, Experience the breathtaking scenic beauty of classic Sierra roadways. Ride through wilderness areas with no traffic lights and just a few stop signs. Choose your favorite passes or pick one of six ride options., Gregg Westerbeck, 877-845-2453, social@altaalpina.org, Michael Bayer, challenge@altaalpina.org, altaalpina.org/training

**May 23, 2020 — Heartbreak Century and Double Century**, King of the Mountains Century Challenge, Frazier Park, CA, 100 or 200 mile ride on the roads less traveled in the Los Padres National Forest, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

**May 30, 2020 — Tour d'Funk Treasure Valley Ride to Defeat ALS**, Eagle, ID, Join the FIRST VIRTUAL and second annual "Tour d'Funk" Treasure Valley Ride to Defeat ALS to raise money to defeat Lou Gehrig's Disease! Register today (it's FREE). Then join the Strava app (it's FREE) and connect with the Tour d'Funk Treasure Valley Ride to Defeat ALS Cycling Club. We are creating an event that challenges you to raise awareness, fundraise, and pedal that bike!, Elizabeth Loomis, 208-615-1458, elizabeth@alsa-ec.org, , webwa.alsa.org/site/TR?fr_id=14172&pg=entry

**June 6, 2020 — Eastern Sierra Double Century**, California Triple Crown and Planet Ultra Grand Slam Endurance Series, Bishop, CA, 200 mile ride including Mammoth and June Lakes, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

**June 7, 2020 — Elephant Rock**, Roll Massif, Castle Rock, CO, This year we have three

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road courses (44, 60 and 100 miles), one gravel/road route (32 miles) and one great family ride (8 miles). , Tracy Powers, support@rollmassif.com, rollmassif.com

**June 13, 2020 — Tour of Two Forests** , Santa Clarita, CA, 200 mile ride, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

**June 13, 2020 — Gold Country Challenge and Gravel Ride**, Nevada City, CA, 55, 75, 100 mile options plus Big Brothers and Sisters Gravel Ride with 10, 42, 63 mile options, , Bob , bob.goldcountrychallenge@gmail.com, ncfattirefestival.com

**June 14, 2020 — Death Ride Missoula Gravel**, Missoula, MT, D.E.A.T.H. Missoula. Lot's of climbing, and probably some rain. Time to get tough. It's about finishing. 8am from the Ped Bridge by UM., Shaun Radley, 406-219-1318, montanacyclocross@gmail.com, thecyclinghouse.com, facebook.com/events/186876325928571/

**June 20, 2020 — RATPOD (Ride Around the Pioneers in One Day)**, Dillon, MT, Now a virtual ride: RATPOD is now RATPOD Unlimited - Your RATPOD, Your way. You can ride any distance you choose, from anywhere you are located all in support of Camp Mak-A-Dream. An oncology camp dedicated to ensuring those affected by cancer can live with and beyond their diagnosis. With just a small donation you can be part of this now national event all to honor those affected by cancer. RATPOD is usually a 130-mile one-day charity ride for Camp Make-A-Dream (a cost free cancer camp). The ride takes place in the beautiful Big Hole Valley of SW Montana., Courtney Imhoff, 406-549-5987, info@ratpod.org, ratpod.org, campdream.org

**June 20, 2020 — Spinderella**, Pocatello, ID, 8th Annual, ladies-only ride featuring five scenic routes, from 10 to 100 miles. Roll-out begins at 6:00 am at Ross Park in Pocatello, ID. , DaNae Young, 208-221-9300, spinderella33@gmail.com, spinderellaride.com

**June 20, 2020 — Mountain Experience Challenge**, Guffey, CO, Over 7,000 feet of elevation gain, all on paved roads. Choose 100, 75 and 50 mile routes. K & Q of the Mountain jerseys with STRAVA downloaded for jersey competition or just ride for the fun of it. Free commemorative patch, bib clips, lunch, massages, and t-shirts while supplies last. , Deborah Maresca, 719-689-3435, redhorse680552003@yahoo.com, mountaintopcyclingclub.com

**June 27, 2020 — Alta Alpina Challenge**, Markleeville, CA, Experience the breathtaking scenic beauty of classic Sierra roadways. Metric and Century options or pick one or more of the famous Alta Alpina passes for a personalized ride (30 miles and up). Fundraiser for the Alta Alpina Cycling Club, Gregg Westerbeck, 877-845-2453, social@altaalpina.org, Michael Bayer, challenge@altaalpina.org, altaalpina.org/challenge

**June 27, 2020 — Wild Sierra Century and Metric**, Markleeville, CA, Experience the breathtaking scenic beauty of classic Sierra roadways. Ride through wilderness areas with no traffic lights and just a few stop signs. , Gregg Westerbeck, 877-845-2453, social@altaalpina.org, Michael Bayer, challenge@altaalpina.org, altaalpina.org/challenge/century.html

**June 27, 2020 — Alta Alpina Challenge 8-Pass Double Century**, Markleeville, CA, The Toughest Single Day Ride in the World. Exclusive 8 Pass Jersey available for finishers, Gregg Westerbeck, 877-845-2453, social@altaalpina.org, Michael Bayer, challenge@altaalpina.org, altaalpina.org/challenge

**July 11-12, 2020 — The Triple Bypass**, Evergreen, CO, The legendary Triple Bypass is 120 miles with 10,000' of climbing and travels over 3 beautiful mountain passes from Evergreen to Avon, CO. 30, 75, 120 mile options, Sunday Gran Fondo and the infamous Double Triple Bypass, 240 miles!, Jennifer Barbour, 303-503-4616, execdir@teamevergreen.org, Kim Nordquist, 303-249-6168, kim@triplebypass.org, triplebypass.org

**July 12-17, 2020 — Tour de Wyoming**, Thermopolis, WY, 24th Annual. Bike tour circling Wyoming's Bighorn Basin with daily distances from 55 to 70 miles, Amber Travky, 307-742-5840 , atravsky@wyoming.com, cyclewyoming.org, tourdewyoming.org

**July 18, 2020 — Pepsi Cola Taylor House Benefit Century Ride**, Flagstaff, AZ, Benefit ride in the high-altitude cool pines of Northern Arizona. There are 30, 45, 65, and 95 mile route options., Anthony Quintile, 928-779-5969, flagstaff@absolutebikes.net, Megan Roach, Megan.Roach@nahealth.com, absolutebikes.net/taylor

**July 18, 2020 — Tour de Steamboat**, Steamboat Springs, CO, Annual bicycle event that brings together 1,200 cyclists for a one-day ride through beautiful Northwest Colorado, taking in Rabbit Ears Pass, Gore Pass, Yellow Jacket Pass, Stagecoach, Yampa and Oak Creek. Four different road ride routes: 26, 46, 66, 116 miles, and a 100 mile gravel route., Katie Lindquist, 970-846-9206, info@tourdesteamboat.com, tourdesteamboat.com

**July 25, 2020 — Fondo on the Palouse**, Moscow, ID, Starting at 0700 in Moscow, pick from 3 courses (15, 50, 100 miles) that build on themselves to provide a touring experience of the Palouse as its communities celebrate along the way., T-Jay Clevenger, 208-882-0703, fondopalouse@gmail.com, fondopalouse.org

**August 1, 2020 — Tour de Big Bear**, WIN Real Estate Group, Sariol Legal, Sports in Science, Big Bear Lake, CA, 10th Anniversary Edition, Southern California's favorite ride! Features legendary aid stations, beautiful mountain scenery and spectacular summer weather. With 25, 50, 70, 106 and 109 mile courses, there's a route for every cycling enthusiast!, Chris Barnes, 951-970-6720, 909-878-0707, bigbearcycling@gmail.com, tourdebigbear.com, bigbearcycling.com

**August 1, 2020 — Copper Triangle Alpine Cycling Classic**, Roll Massif, Copper Mountain, CO, The 79-mile loop crests three Colorado mountain passes – Fremont Pass (Elev. 11,318'), Tennessee Pass (Elev. 10,424') and Vail Pass (Elev. 10,662') – for a total elevation gain of 6,500 feet., Tracy Powers, support@rollmassif.com, rollmassif.com

**August 8, 2020 — Le Tour de Koocanusa**, Libby, MT, Fully supported 83 or 44 mile bike ride which tours the breathtaking shoreline of Lake Koocanusa. Ride finishes with a Blues Festival Finale. Fundraiser for Search & Rescue. Starts at 8 am., Dejon Raines, 406-291-3635, dejonraines@hotmail.com, Pam Boyke, 406-293-3556, info@letourdekoocanusa.com, letourdekoocanusa.com

**August 8, 2020 — Stonewall Century Bicycle Ride**, La Veta, CO, 17th Annual. This out-and-back ride offers cyclists stunning beauty and small-town vibe. Colorado's scenic Highway of Legends (State Hwy 12) between La Veta and Segundo is the backdrop for 25-, 50- and 102-mile routes, featuring up to 8000-feet of climbing., Kent Hay, info@spcycling.org, spcycling.org

**August 8, 2020 — 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. There is a timed race and gran fondo, with waves starting at 6:15 am. 4725 feet of elevation gain., The Sports Corp , 719-634-7333, info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp.org, PikesPeakCyclingHillClimb.org

**August 15, 2020 — HeART of Idaho Century Ride**, Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees cover entry, t-shirts, fully stocked rest stops, and post ride BBQ. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Miyai Griggs, 208-524-7777, 208-766-6485, mabe@theartmuseum.org, Margaret Wimborne, 208-317-7716, wimbmarg@d91.k12.id.us, theartmuseum.org/Century.htm

**August 16-22, 2020 — Yellowstone National Park Bike Tour**, Belgrade, MT, 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@lizardheadcyclingguides.com, lizardheadcyclingguides.com

**August 16, 2020 — Cycle Magic Valley**, Twin Falls, ID, Cycle Magic Valley is a virtual ride this year. You will receive a cool swag bag, special social distancing CMV shirt, and a 2020 CMV medal., Denise Alexander, dalexander@filertel.com, mavtec.org, www.bluecirclesports.com/EventDetail_Master.aspx?meid=3244

**August 29, 2020 — 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. Choose among a 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 , 303-459-5473, venus@greenhousescholars.org, venusdemiles.com/colorado/

**August 29, 2020 — Tour de Fox Wine Country**, Fulton (Santa Rosa), CA, 70.2-mile, 52.4-mile, 34.5-mile or 10.7-mile options. Proceeds from Wine Country will benefit The Michael J. Fox Foundation to speed better treatments and a cure for Parkinson's along wtih the local GOALS Foundation to support special needs children and adults sports and fitness., Bike Monkey , 707-560-1122, info@bikemonkey.net, tourdefox.michaeljfox.org/winecountry

**September 6-October 23, 2020 — Redrock Canyons Utah Bike Tours**, Grand Junction, CO, The Redrock Canyons is Lizard Head Cycling's original tour and became our most popular itinerary after it was featured in the New York Times in 2010. It is a supported lodge-to-lodge road cycling tour that follows a seldom seen route through the Redrock Canyon Country of western Colorado and eastern Utah. It is a superb tour for intermediate/+ riders offering unmatched scenery and fantastic lodging., John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, Lauren Lasky, 508-561-7580, lauren@lizardheadcycling.com, lizardheadcyclingguides.com

**September 11-13, 2020 — Pedal the Plains**, Kiowa, CO, PTP will take cyclists through the host communities of TBA. Celebrates the agricultural roots and frontier heritage of the Eastern Plains of Colorado. Learn about farming and ranching, while experiencing the culture, history and landscape of Colorado's high plains. The Tour incorporates interactive on-route experiences by staging rest stops on farms, posting educational points of interest and serving community meals composed of locally sourced food. Also includes the Great Mustang Gravel 100 – 80% on packed dirt or gravel roads, this route will be fun and challenging for the gravel expert or rookie! Proceeds from Pedal The Plains benefit The Denver Post Community Foundation in support of the Colorado FFA Foundation and Colorado 4-H., Deirdre Moynihan, 303-954-6704, dmoynihan@denverpost.com, ridetherockies.com

**September 12, 2020 — 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, elynevada.net

**September 12, 2020 — American Diabetes Association's Tour de Cure Colorado**, Parker, CO, Tour de Cure is an incredible experience for cyclists, runners, walkers, and extreme ninjas! All routes end back at the Salisbury Park Festival where community members are invited to join in the fun. If you have diabetes you are the VIP of the day. Route options of 12, 30, 63, 100 mile routes, plus a 5k run walk, Lindsay, Mark, Megan, Sasha , 720-855-1102 x7010, LPhelan@diabetes.org, MTaylor@diabetes.org, MTaub@diabetes.org, SReeves@diabetes.org, diabetes.org/coloradofourdecure

**September 13, 2020 — America's Most Beautiful Bike Ride - Lake Tahoe**, Stateline, NV, 29th annual, in conjunction with the Leukemia & Lymphoma Society Team in Training program. Fully supported with rest stops, Tech support and SAG. 100 mile century, 72 miles, (boat cruise - 35 mile fun ride TBD)., Curtis Fong, 800-565-2704, 775-771-3246, tgft@bikethewest.com, bikethewest.com, bikeandskitahoe.com

**September 13, 2020 — Tour de Tahoe - Bike Big Blue**, Lake Tahoe, NV, 18th Annual ride around Lake Tahoe's 72 mile Shoreline. Fully supported with rest stops, tech support and SAG. 72 miles, 4300 ft vertical gain. (Boat cruise and 35 mile fun ride TBD). Limited to 2000 participants, Curtis Fong, 800-565-2704, 775-771-3246, tgft@bikethewest.com, bikethewest.com

**September 18-20, 2020 — Mavic Haute Route Rockies**, Haute Route, Boulder, CO, features two road stages (100-140km and 2500M+ to 3500M+ each) and a Stage 3 time trial., The Sports Corp , 719-634-7333, info@thesportscorp.org, Doug Martin, 719-634-7333 Ext 1010, doug@thesportscorp.org, Gretchen Brett, 719-287-8489, contact.northamerica@hauteroute.org, Micah Rice, micah.rice@ocgroup.com, hauteroute.org/events/overview/mavic-rockies-2018

**September 19, 2020 — GFNY Santa Fe**, Gran Fondo New York, Santa Fe, NM, The roads of GFNY Santa Fe will take riders through the spectacular and diverse terrain of the southwest. Both routes start in downtown Santa Fe. 81 and 55 mile courses, Michael McCalla, mikelikehikebike@hotmail.com, gfnysantafe.com

**September 19, 2020 — Tour de Vineyards**, Roll Massif, Palisade, CO, Choose between a leisurely 23-mile route that follows the Palisade Fruit & Wine Byway and the more challenging 58-mile route that adds on a loop up and over the Reeder Mesa Climb with a timed segment to challenge your legs and lungs., Tracy Powers, support@rollmassif.com, rollmassif.com

**September 26, 2020 — Mulholland Challenge**, King of the Mountains Century Challenge, Agoura Hills, CA, The toughest Southern California Century with over 13,000' of climbing in the Santa Monica Mountains. Fully supported / Chip Timed. 100 and 200 mile options, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

**September 26, 2020 — Mountains to the Desert Bike Ride**, Telluride, CO, 16th 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., Katie Geissler, 970-708-0566, director@justforkidsfoundation.org, justforkidsfoundation.org/sign-up-to-ride

**September 26, 2020 — Tour of the Moon**, Roll Massif, Grand Junction, CO, Made famous in the 1980's Coors Classic and later in the cycling movie American Flyers. Its legacy continues as one of the premier road cycling events in the western United States., Tracy Powers, support@rollmassif.com, rollmassif.com

**September 27-October 3, 2020 — OATBRAN**, Lake Tahoe, NV, 29th annual One Awesome Tour Bike 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, 800-565-2704, 775-771-3246, tgft@bikethewest.com, bikethewest.com

**October 3, 2020 — Pink Ribbon Tour**, Pocatello, ID, Centered on building awareness for breast cancer while raising funds for local cancer patients and providing access to early detection mammograms. Distances of 50, 35, 20, and 8.5 miles, Bruce Wayne, 208-851-2329, traskb1@yahoo.com, pinkribbontour.org

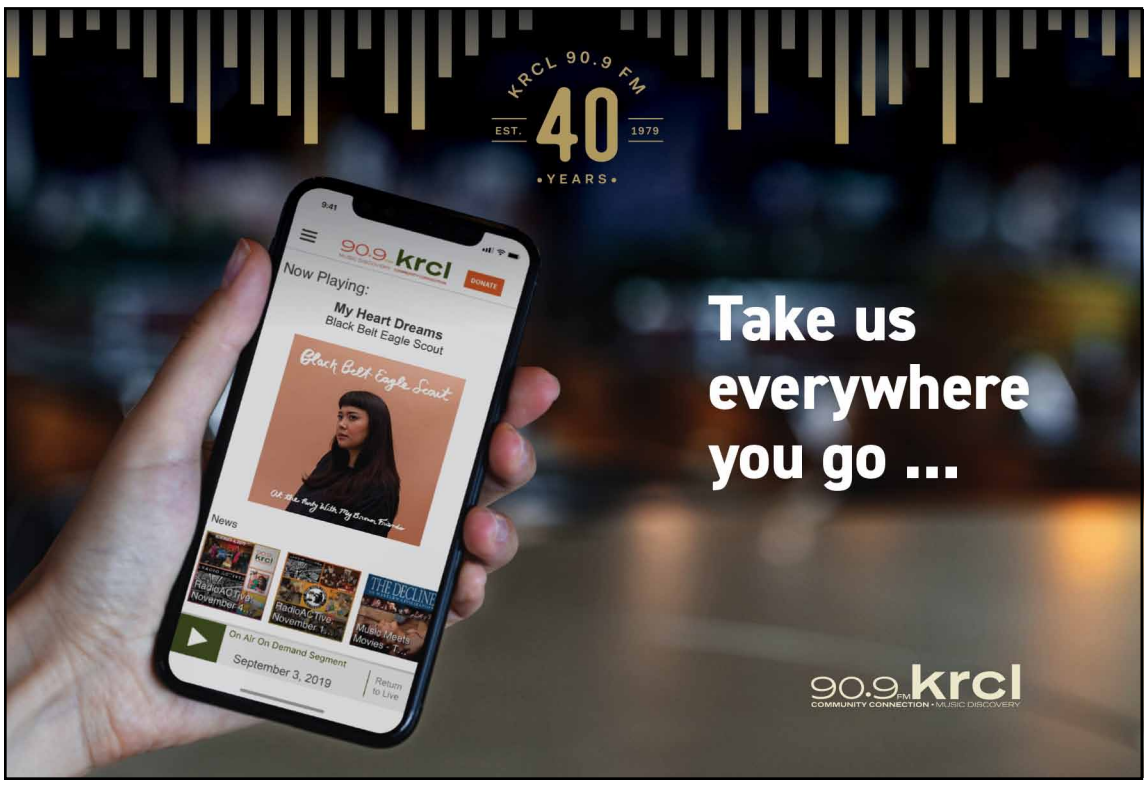
**October 3, 2020 — Levi's GranFondo**, Santa Rosa, CA, America's Premier Gran Fondo. Options range from an easy 9 miles for kid-dos to a mammoth 117 miles to challenge experts and professionals. Ride your bike along the edge of the continent and meet the sea., Bike Monkey , 707-560-1122, info@bikemonkey.net, www.levisgranfondo.com

**October 3-10, 2020 — California Coast Classic** , San Francisco, CA, The Arthritis Foundation's 20th Annual California Coast Classic Bike Tour is a scenic bike ride that takes place over eight days and covers 525 miles along the coast on Highway 1. The Tour starts in the heart of San Francisco and ends on the iconic strand of Los Angeles. , Shannon Marang Cox, 909-489-2217, smarangcox@arthritis.org, , arthritis.org/events/bike-event

**October 10, 2020 — 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, tristatesgranfondo.com, planetultra.com

**October 10, 2020 — 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, cathedralgorge_vc@lcturbonet.com, parktoparkpedal.com, lincolncountynevada.com/exploring/biking/park-to-park-pedal/

**October 11, 2020 — Strawberry Fields Forever**, Watsonville, CA, 30,60, and 100 mile touring loops of beautiful Santa Cruz and Monterey Counties, CA. Sponsored by Cyclists for Cultural Exchange, and includes rest stops, support, full dinner (including strawberries and fresh cream!) at the finish., Robert Leibold, 209-604-1354, velopro1@gmail.com, www.strawberryfields.org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**November 7, 2020 — Tour de Summerlin**, Las Vegas, NV, 80, 40, 20 mile routes, circumnavigates Las Vegas., Randy Mcghie, 702-252-8077, randy@mcghies.com, Tour de Summerlin , info@teamamc.net, tourdesummerlin.com

**November 8, 2020 — Canyon Belgian Waffle Ride**, San Diego, CA, Pain and suffering will commence at 7 a.m. featuring four waves predicated on riders' USAC categories. The expo will remain open on Sunday throughout the duration of the event until the beers, jeers and awards are distributed for all the day's heroic efforts., Michael Marckx, 760-815-0927, mmx@MonumentsofCycling.com, belgianwaffleride.bike

**November 21, 2020 — Death Valley Century**, , Death Valley, CA, 50 and 100 mile options. Entry includes chip timing; fully stocked checkpoints along the route with water and a great selection of food and snacks; roving SAG support; tech tee and finish line award. Start at The Ranch at Furnace Creek Resort., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

## Multisport Races

**May 9, 2020 — Icebreaker Triathlon**, Vernal, UT, Uintah Community Center at 9 am, 250 yard snake swim, 8 mile bike of moderate difficulty, and a 3 mile run. , Quin , 435-781-0982, Quind@uintahrecreation.org, uintahrecreation.org

**May 9-16, 2020 — South Davis Bike N Sprint Duathlon**, South Davis Racing Series, Bountiful, UT, Sprint starts at 7:45, Swim 350 yds; Bike 12.02 mi; Run 5k, relay: Split the Sprint between 2-3 racers, Novice: Swim 150 yds; Bike 2.4 mi; Run 1.5 mi, Be at the start before 8:45amLocation: South Davis Recreation Center; 550 N 200 W, John Miller, 801-298-6220, john@southdavisrecreation.com, Cindy Hunt, 801-298-6220, cindy@southdavisrecreation.com, southdavisrecreation.com, southdavisraces.com

**May 25, 2020 — Murray Splash and Dash**, TENTATIVE, Murray, UT, A youth and novice swim & run event for ages 5-85. Please see Murray City Recreation for details., Jo Garuccio, 801-566-9727, 801-557-6844, jo@agegroupsports.com, www.mcreg.com, murray.utah.gov

**June 5, 2020 — The Lunatic Triathlon**, Price, UT, Held under the Full Moon! Choose between a Kids Triathlon, 5k Run, Run-Bike Duathlon,Mini-Sprint Triathlon, Sprint Triathlon, Unicycle Triathlon or an off-road singletrack course, Scott Merrell, 435-650-0345, scott@lunatictriathlon.com, lunatictriathlon.com

**June 6, 2020 — Colorado Triathlon**, Boulder, CO, Sprint and Olympic distances, at Boulder Reservoir, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co

**June 13, 2020 — XTERRA Lory**, XTERRA America Tour, Bellvue, CO, 1/2 mile swim in the clear waters of Horsetooth Reservoir (Eltuk Bay), then a 2-Lap (beginner friendly) 12.2 mile single-track bike over rolling terrain, and across valley bridges at Lory State Park. Finish things off with a fun and challenging 4.8 mile (8k) run through the clouds on single-track trails! , Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co/#!__xterra-lory

**June 20, 2020 — Tribella Triathlon**, Aurora, CO, Women's only tri, sprint, super sprint, Cherry Creek Reservoir, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co

**June 21, 2020 — Boulder Sunrise Triathlon**, Boulder, CO, Join us in celebrating the start of summer in the triathlon capital of the country, Boulder, CO. An athlete favorite with its breath-taking sunrise swim, fast bike and smooth run course, all with the flatirons painted in the background. Includes olympic, sprint, Relay, duathlon, Aquabike, 10k, and 5k. Coupon code: BSRCW2020, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, www.bbsctri.com/bouldersunrise

**June 27, 2020 — XTERRA Tahoe City**, XTERRA America, Tahoe City, CA, Qualifying race for the XTERRA USA Championship. Triathlon and Duathlon and sprint triathlon., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com/event/xterra-lake-tahoe/, xterraplanet.com

**June 28, 2020 — Ironman 70.3 Coeur D'Alene**, Coeur D'Alene, ID, Begins with a 1.2 mile swim in Lake Coeur d'Alene.A 56-mile winding bike course follows with the run loop along the shores of the lake to finish. , 303-444-4316, cda70.3@ironman.com, ironman.com/triathlon/events/americas/ironman-70.3/coeur-d-alene.aspx#/axzz50enu9IP6

**July 10-11, 2020 — San Rafael Classic Triathlon**, Huntington, UT, Huntington State Park, Olympic distance tri, Olympic team relay, Sprint Tri, Sprint team relay, spring swim/bike duathlon, sprint bike/run duathlon, youth tri. New: paddle board tri (sprint) and a paddle board race. Friday night activities offer live music during the pasta dinner. Body marking and packet pickup available Friday night. Camping available. Reservations necessary to ensure campsite. Held on a closed course. Special prizes and awards will be issued to the athletes, Wade Allinson, 435-609-3126, allinson2@gmail.com, sanrafaelclassic.com

**July 11, 2020 — Echo Triathlon**, TriUtah Points Series, Coalville, UT, 19th Annual. Warm July temperatures, a scenic ride in Utah's unique Echo Canyon, and a run on the Historic Rail Trail makes for the perfect event for both seasoned athletes and beginners. 600 rider cap., Brogg Sterrett, 702-401-6044, race@triutah.com, triutah.com

**July 11, 2020 — Cache Valley Super Sprint Triathlon**, Logan, UT, Held at the Logan Aquatic Center. This race is a great pool triathlon with a 500 meter serpentine swim, 12.4 Mile bike on the Mendon Road which is a flat straight paved road out along farm lands, 3.1 Mile Run on the Logan River Trail under a canopy of trees. For those racers who want to do it Olympic style they will do it twice in an F1 format., Joe Coles, 801-335-4940, joe@onhillevents.com, cvsst.com, onhillevents.com

**July 11, 2020 — Logan Tri**, Logan, UT, Cache Valley Super Sprint Tritathlon, Joe Coles, 801-335-4940, joe@onhillevents.com, onhillevents.com

**July 12, 2020 — Mountain Man July Triathlon - Olympic / Sprint**, Alpine, WY, 600 m swim across the Snake River!, 17km Gravel/Road bike leg through the East Alpine Foothills, and 7km trail run along the Greys River. Finish in downtown Alpine. Benefits Alpine Fire & EMS, Star Valley Search & Rescue and Star Valley Medical Center Charitable Foundation, held in conjunction with Alpine Mountain Days, Pam Wolfley, 307-885-5956, pwolfley@svmcwy.org, mountainmantriathlon.org

**July 12, 2020 — Boulder Peak Triathlon**, Boulder, CO, Sprint and Olympic distances, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co

**July 12, 2020 — Mountain Man August Triathlon - Olympic / Long**, Alpine, WY, 600 m swim across the Snake River!, 17km Gravel/Road bike leg through the East Alpine Foothills, and 7km trail run along the Greys River. Finish in downtown Alpine. Benefits Alpine Fire & EMS, Star Valley Search & Rescue and Star Valley Medical Center Charitable Foundation, held in conjunction with Alpine Mountain Days, Pam Wolfley, 307-885-5956, pwolfley@svmcwy.org, mountainmantriathlon.org

**July 18, 2020 — XTERRA Beaver Creek**, XTERRA America Tour, Avon, CO, The last of four regionals in the XTERRA America Tour, featuring sprint and championship distance off-road triathlon options., Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterrabeavercreek.com

**July 18-19, 2020 — Donner Lake Triathlon**, Truckee, CA, One of the best! The Donner Lake Triathlon is a favorite California Triathlon of many triathletes. The venue, setting, and course offer a truly beautiful and challenging experience. Join us in July in Truckee, California! Half Triathlon 70.3, Olympic Triathlon, Sprint Triathlon, Kids Triathlon, Aquabike, Aquathlon |Duathlon, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, donnerlaketri.com

**July 19, 2020 — Tri Boulder**, BBSC Twin Tri Series, Boulder, CO, One of the fastest growing triathlons in Colorado. Challenge yourself at mile high elevation, Sprint, Olympic, and Half distances. Coupon code: TBCW2020, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, www.bbsctri.com/triboulder

**July 26, 2020 — Steamboat Lake Triathlon**, Steamboat Lake, CO, Sprint Distance Triathlon, Aquabike, & Stand-Up Paddle-Board Options at Steamboat Lake, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co

**August 1, 2020 — XTERRA Indian Peaks**, XTERRA America Tour, Eldora, CO, time trial start on a chilly 1000 meter swim, followed by a 600 meter run to the transition area, a very hilly but beautiful 22km bike ride on the roads and single track of the Eldora Nordic Center, and finally a 7km run on the eastern trails of the Eldora Nordic Center, Paul Karlsson, 303-960-8129, info@digdeepsports.com, digdeepsports.com

**August 2, 2020 — Stagecoach Gravel Tri**, Steamboat Springs, CO, 0.5 mile swim, 16 mile gravel ride, 4 mile gravel run. Can substitute a SUP leg instead of the swim.Also Gravel Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co

**August 7, 2020 — The Lunatic Triathlon**, Helper, UT, Held under the Full Moon! Choose between a Kids Triathlon, 5k Run, Run-Bike Duathlon,Mini-Sprint Triathlon, Sprint Triathlon, Unicycle Triathlon or an off-road singletrack course, Scott Merrell, 435-650-0345, scott@lunatictriathlon.com, lunatictriathlon.com

**August 8, 2020 — Jordanelle Triathlon**, TriUtah Points Series, Park City, UT, 21st annual, Enjoy everything from the wildlife and boardwalks on the river bottoms in Rock Cliff Recreation Area at Jordanelle to the local country backdrop of the towns of Francis and Woodland., Brogg Sterrett, 702-401-6044, race@triutah.com, triutah.com

**August 9, 2020 — Steamboat Triathlon**, Steamboat Springs, CO, Sprint and Olympic distances, at Lake Catamount, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co

**August 15, 2020 — TriathaMom**, Riverton, UT, Women only triathlon at the Riverton Country Pool. 300 yard swim, 12 mile bike ride, and 5k run. Carnival style cheering section provided for families of participants., Cody Ford, 801-558-2503, 801-432-0511, cody@ustrisports.com, Aly Brooks, alybrooks@gmail.com, gotriathamom.com

**August 15, 2020 — XTERRA Lake Tahoe**, XTERRA America, Incline Village, NV, XTERRA, Sprint, and Duathlon. Course Distance: Full Course: 2X 750 meter swim laps with a 50 meter beach run, 22 mile bike, 6 mile run. Bike Tunnel Creek, and then onto the Flume Trail, which overlooks Lake Tahoe to the Tahoe Rim Trail. Both the Short and Long course complete the 22 mile bike, approximately 4000 feet of climbing. The trail running course is relatively flat, fast and scenic., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com/event/xterra-lake-tahoe/, xterraplanet.com


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**August 16, 2020 — Outdoor Divas Triathlon**, Longmont, CO, Union Reservoir, Sprint, women only triathlon, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co

**August 22-23, 2020 — Lake Tahoe Triathlon**, Tahoma, CA, The Lake Tahoe Triathlon is a favorite California Triathlon of many triathletes. The venue, setting and course offer a truly beautiful and challenging experience. Join us annually the fourth weekend in August in beautiful Lake Tahoe, California for a great race and a time of your life! Half Triathlon, 70.3, Olympic Triathlon, Sprint Triathlon, Duathlon, Aquabike, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com

**August 22, 2020 — Valkyrie Multisport Relay**, Park City, UT, The picturesque course pays homage to Utah's spectacular Central Wasatch terrain, passing through Jordanelle and Deer Creek State Parks, Wasatch and Utah County, Uinta National Forest, American Fork Canyon, and the communities of Midway, Heber, American Fork, Pleasant Grove, Highland, Cedar Hills, and Lehi., endurancesportssummit@gmail.com, www.endurancesportssummit.com/valykrie-relay/

**August 23, 2020 — 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 and the finish line festivities begin at noon with the racer feed and music. Kids triathlon (tentative) to follow--2 different lengths, 13 and under., Darren Lightfield, 208-608-6444, wildrockiesemail@yahoo.com, wildrockiesracing.com, xterraplanet.com

**August 23, 2020 — 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. Coupon code: BSSCW2020, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, www.bbsctri.com/bouldersunset

**September 5, 2020 — Lookout Mountain Triathlon**, Golden, CO, 525 Yard Swim, 10 Mile Bike, 5K Run. Mt. Vernon Canyon Club just west of Golden, CO, Paul Karlsson, 303-960-8129, info@digdeepsports.com, digdeepsports.com

**September 7, 2020 — 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@agegroupsports.com, mcreg.com, murray.utah.gov

**September 7, 2020 — 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 2-3 racers,Novice: Swim 150 yds; Bike 2.5 mi; Run 1.5 miNovices start at: 8:45amLocation: South Davis Recreation Center; 550 N 200 W, John Miller, 801-298-6220, john@southdavisrecreation.com, Cindy Hunt, 801-298-6220, cindy@southdavisrecreation.com, southdavisrecreation.com, southdavisraces.com

**September 12, 2020 — Brineman Triathlon**, TriUtah Points Series, Syracuse, UT, 4th 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, Brogg Sterrett, 702-401-6044, race@triutah.com, triutah.com

**September 12-13, 2020 — Desert's Edge Triathlon Festival; Dirt Tri & Road Tri**, Fruita, CO, The Desert's Edge Tri Festival brings you two days of racing, a weekend of camping with other triathletes and their fans, and a fun end to the Colorado Tri Season. Desert's Edge weekend includes your choice of Off-Road Sprint (not eligible for points) or Off-Road Tri on Saturday, your choice of Sprint or Olympic distance road triathlons on Sunday!, John Klish, 970-744-4450, 573-366-3681, madness@madracingcolorado.com, DesertsEdgeTri.com, madracingcolorado.com

**September 12, 2020 — Harvest Moon Triathlon**, Boulder, CO, Long course, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co

**September 19-20, 2020 — XTERRA USA/Pan American Championship and XTERRA Utah Sprint Race**, XTERRA America Tour, Ogden, UT, XTERRA Utah, two distance options: 750m / 19K mountain bike / 5K trail and 1.5k swim/ 30k mountain bike/ 10k trail run; XTERRA USA/ Pan America Championship: 1.5k swim / 30k mountain bike / 10k trail run., Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterraplanet.com, xterrautah.com

**September 19, 2020 — Ironman St. George North American Pro Championship**, St. George, UT, 2.4 mile swim, 112 mile bike, 26.2 mile run. Start: Sand Hollow reservoir. Bike through Snow Canyon State Park, Finish Downtown St. George., Ironman , 303-444-4316, stgeorge70.3@ironman.com, Kevin Lewis, 435-986-6615, Kevin@visitstgeorge.com, ironmanstgeorge.com

**September 19, 2020 — Kokopelli Triathlon**, BBSC 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. Coupon code: KOKOCW2020, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, www.bbsctri.com/kokopelli

**September 19, 2020 — 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, joe@onhillevents.com, bearlakebrawl.com, onhillevents.com

**September 20, 2020 — Oktoberfest Triathlon**, Longmont, CO, Union Reservoir, Sprint, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co

## Utah's West Davis and Mountain View Corridors to Get Bike Facilities

Two projects that will enhance cycling opportunities in Utah gained final approval – unless someone sues to block them in the next six months. The Federal Highway Administration and Utah Department of Transportation approved the Mountain View Corridor in Salt Lake and Utah counties that will eventually include a bikepath to accompany the entire north-south roadway. And they also approved the West Davis Corridor that will include bicycle passage to the local bike trail.

The Mountain View Corridor project currently includes nine miles of striped bike lanes from Redwood Road to Old Bingham Highway in Salt Lake County and a bike/ped underpass at Redwood Road and 2100 North in Utah County. About four more miles of trail is scheduled to be completed next year extending north from there. A future plan calls for two more miles of bike lane into Salt Lake City and four more miles south into Utah County to connect a gap with an existing trail.

During construction, bikes will have to take a detour. In Salt Lake County, if construction goes according to plan, cyclists along the Northeast Frontage Road on S.R. 201 between 5600 and 5200 West will be redirected, with signs pointing the way. See https://mountainview.udot.utah.gov/.

The West Davis Corridor in Davis County, meanwhile, includes a new trail between I-15 in Farmington at the Legacy Parkway Trail extending north to the southern terminus of Old Emigration Trail in Jensen Park in Syracuse, with a crossing of I-15 at Park Lane in Farmington. An overpass will connect the Kayes Creek Trail near Weaver Lane in Layton. The project also includes connecting Old Emigration Trail from 1300 North in West Point to 4500 West in Davis County, then following 4500 West from 1300 North to the Weber County border with Davis County to connect with the southern end of the 5500 West Trail.

The timeline calls for the construction to start next spring and be completed in Winter 2024. See https://westdavis.udot.utah.gov/.

*-Charles Pekow*

## Ebikes and Bikeshare: Quality Matters

If bikeshare programs want people to ride ebikes, they've got to provide good service – not just sell time. So found a study of 503 ebike users in China done in 2018 but published this April by a series of Chinese researchers. Whatever positive or negative experiences the riders had of previous ebike use didn't matter. And improving service quality helped attain one of the chief reasons for promoting ebike use in China: cleaner air. See The Role of Service Quality and Perceived Behavioral Control in Shared Electric Bicycle in China: Does Residual Effects of Past Behavior Matters?

https://www.ncbi.nlm.nih.gov/pubmed/32306269. (The title may not be grammatical, but that's how the translator put it.)

*-Charles Pekow*

## More Bikes Equals Safer Riding

The more bikes on the road, the safer it gets to ride them. At least that's what a study in Philadelphia hints at. An academic treatise published in the American Journal of Public Health looked at crash records in Philadelphia County, PA between 2010 and 2018.

"In the long term, programs that increase the number of bicycles on the road, such as bikeshare, may reduce rates of motor vehicle crashes involving a bicycle," the authors suggest.Though the presence of bikeshare presumably meant more people were riding, the rate of reported crashes with motor vehicles declined an average of 13 percent per annum after bikeshare was introduced, whereas it had been declining only one percent a year before then, says Motor Vehicle Crashes Involving a Bicycle Before and After Introduction of a Bike Share Program in Philadelphia, Pennsylvania, 2010–2018 (https://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2020.305613).

*-Charles Pekow*

**September 20, 2020 — 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, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, greattrailrace.com

**October 3, 2020 — 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. Coupon code: LVTRICW2020, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, www.bbsctri.com/lasvegastri

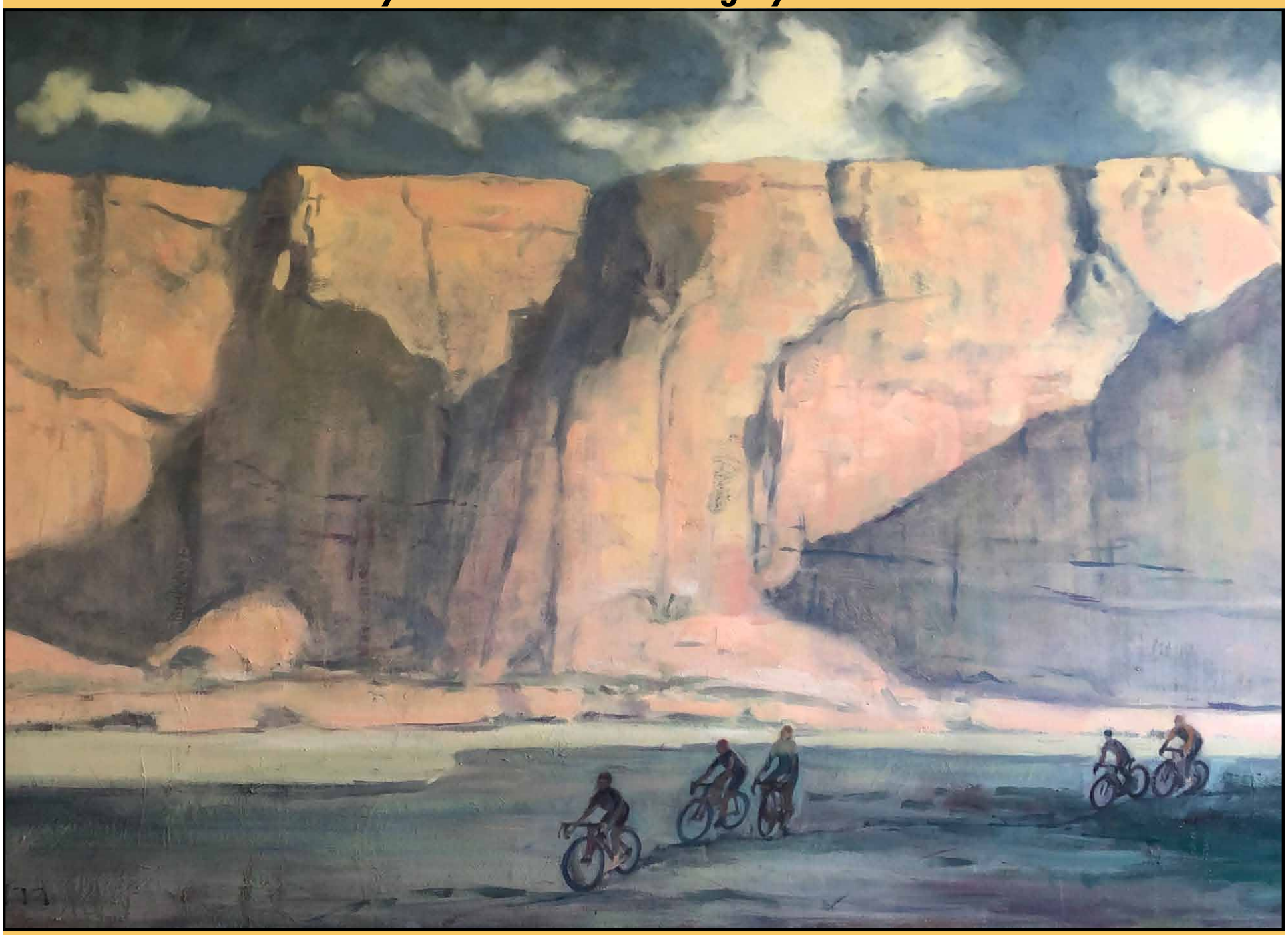
**October 10, 2020 — Huntsman World Senior Games Triathlon**, St. George, UT, Triathlon. Must be 50 years or older. 450 Meter Outdoor Swim, 20K Bike, 5K Run. It's the best little triathlon in the world., Kyle Case, 800-562-1268, 435-674-0550, hwsg@seniorgames.net, seniorgames.net

**October 24, 2020 — 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, joe@onhillevents.com, southernutahtriathlon.com, onhillevents.com

**October 24, 2020 — 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. Coupon code: PMANCW2020, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com/pumpkinmantri

BICYCLE ART

## *Desert Riders - The Bicycle Art of Trenton Higley*



Artist: Trenton Higley

Title: Desert Riders
Medium: Oil on canvas
Size: 36” x 36”

Artist bio: Trenton Edwin Higley (b. 1970) is a American Artist specializing in beautifully handcrafted representational figures, landscapes and narrative works in oil and watercolor.

Often set within and around the Wasatch Mountains near by, his timeless paintings of strong alluring figures placed in intriguing situations or simply posed in a Landscape, strike a pleasing balance between the classical and the contemporary. His paintings are part of his desire to be in the outdoors riding his bicycle or skiing with his family.

Along with solo, joint and group shows in Jackson Hole Wyoming, Park City and Salt Lake City Utah and countless commissions, his artwork has been in many collections including Robert Duvall and Stetson inc.

Upcoming show: Trenton’s work is featured in an exhibition at 15th Street Gallery in Salt Lake City in Spring 2020. The gallery is located at 1519 S 1500 E, Salt Lake City, UT 84105; 15thstreetgallery.com

Find Trenton’s art here: trenton-higley.com.

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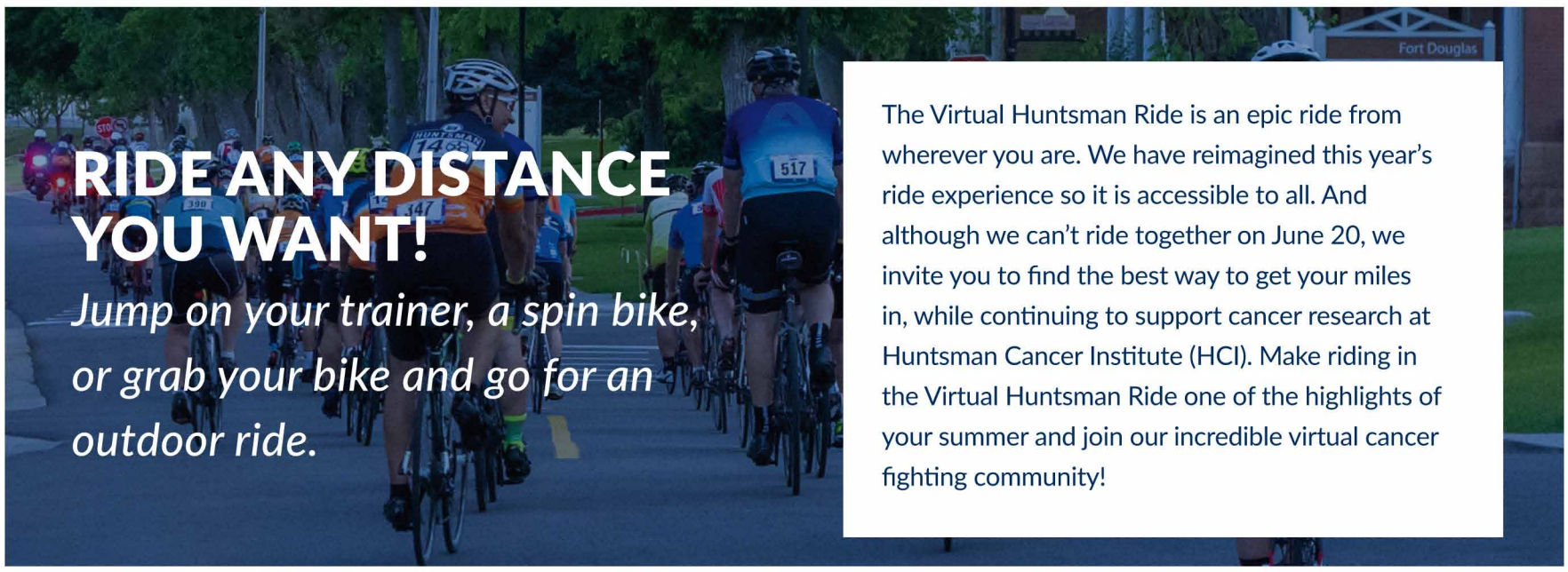

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