

## Profile

# Colorado Springs

By Samantha Shimogawa

**C**olorado Springs is home to many outdoor enthusiasts. Its breathtaking scenery, excellent weather, access to the mountains, open space and challenging trails all help encourage an active lifestyle. Cyclists especially are well treated, maybe even spoiled, as the city features more than 90 miles of on-street bike lanes, 118 miles of urban bicycle trails, 70 miles of mountain bike trails, facilities like the Red Rock Canyon Open Space and El Paso County's Bear Creek Park, five different BMX/skatepark locations, and gems like the Austin Bluffs Trail and Barr Trail all within city limits. Further catering to riders' needs, the government has an active bicycle program that continuously works to mend cycling issues within the city. This kind of attention, not to mention the myriad of advocacy groups, cycling clubs, shows and shops, has resulted in the kind of place that most any bicyclist would want to live in.

With an estimated population of 416,427, according to a July 2010 U.S. Census Bureau, Colorado Springs is the second most populous city in Colorado, behind Denver. Situated on Fountain Creek, about 65 miles south of the state's capital, the median age of residents is a relatively young 34 years.

In 2008, Colorado placed 22nd in the League of American Bicyclist's (LAB) ranking of the most bicycle-friendly states in the U.S. Since then

the state has quickly climbed up the ladder through the implementation of a number of laws and targeted efforts toward education and funding. This year it ranked 4th, a true reflection of just how much bicycling has improved over those years.

Colorado Springs has actively focused on creating a bicycle-happy community and in 2011 the city was 18th in *Bicycling* magazine's "America's Best Bike Cities." One aspect that helped the town along was a \$15,000 grant from the League of American Bicyclists in 2008. The money was awarded to the city after attaining Bicycle Friendly status that same year and was used to "survey bicycling needs, wants, and attitudes and develop a bicycling encouragement plan."<sup>1</sup> Subsequently, the city also secured \$1.45 million in competitive grant funding for bicycle transportation improvements. That same year, approximately 17 miles of bicycle lanes were added, 35 more bike racks were installed downtown, and map signs along the popular Greenway Trail were expanded to portions of the Rock Island Cottonwood Trails.

Since then, Colorado Springs has added another 25 miles of bike lanes and is planning for another 10 miles this summer, making the area home to one of the largest trail systems in the U.S. In order to quantify how much these bike lanes are being used, the Pikes — [SEE "COLORADO SPRINGS" ON PAGE 10](#)



# Denver B-cycle is Here to Stay

By Parry Burnap, Executive Director, Denver Bike Sharing

**T**o the moon — and half way back. Take all the Denver B-cycle trips in 2011 and string them end-to-end and that's how far our easily-spotted red bikes travelled last year — 431,817 miles.

The Denver B-cycle system has 530 bikes available and on average each one covered 814 miles in only nine months of operation. They were moving!

The 2011 totals more than doubled those of 2010, the inaugural year.

The current season roared out of the gates when it began in mid-March. New members signed up at record rates and the bikes quickly returned to action on Denver's streets.

A big downtown bike parade launched the program's 2012 season. To celebrate the NCAA Women's Final Four being held in Denver, major discounts on daily membership rates were offered, and a party to commemorate Denver B-cycle's second anniversary took place on Earth Day. In June, Wells Fargo is underwriting three Wednesdays, when daily membership will be free, to entice more potential riders to give Denver B-cycle a try.

This year's expansion plans include filling in the cur-

rent coverage area — about 10 square miles — to make it easier for more neighborhoods to connect to the system.

After only two years, and well into the middle of its third full season, Denver B-cycle is now part of the community fabric. You see bikes everywhere downtown and at any time of the day and evening when all kinds of people can be spotted riding them.

Shared bike systems work. They are taking hold around the country and the world — 20 systems of varying sizes are currently operating and another 47 are in the planning stages. These numbers suggest a new alternative for a car-choked urban environment. And why not? The advantages of the bike are numerous. They can replace short and medium-length commutes, be used for errands, for trips to lunch meetings and for sight-seeing tourists. A couple out

for an evening of entertainment can ride on a shared bike from restaurant to theater to late-night club without having to move two tons of metal that requires gasoline, harms the environment and needs lots of money for upkeep and parking. They also provide built-in exercise.

[SEE "B-CYCLE" ON PAGE 6](#)



The end of the rainbow leads to bikes!  
 Photo courtesy of Denver B-cycle



## RECUMBENTS

What's available, what are the differences, and how to choose one that fits your needs.

PG 5



## RIDING WITH KIDS

Pack the children and the bikes, it's time to go mountain biking.

PG 9



## USA PRO CHALLENGE

The world's elite converge on Colorado for a feast of high altitude racing. Details inside.

PG 11

# Bicycle Colorado Helps “End the Hit and Run Loophole”

By Allison Melun, Bicycle Colorado

Colorado’s traffic laws are being updated to help protect bicyclists, pedestrians and all road users with the passage of House Bill 1084, the “End the Hit and Run Loophole” Act. The bill increases the penalty for leaving the scene of a serious bodily injury crash from a class 5 felony to a class 4, making it equivalent to the penalty for drunk driving.

After passage in the Colorado House and then the Senate (with an overwhelming 34 to 1 vote), Governor John Hickenlooper signed the bill into law on June 6. The law takes effect on August 7, 2012.

Previous Colorado law gave drivers under the influence a lesser potential penalty for fleeing the scene of a crash, possibly delaying any injured parties from receiving immediate medical attention. The consequence of this loophole could be the difference between life or death for someone needing medical attention.

State Representatives Kathleen Conti (R) and Rhonda Fields (D) and State Senators Cheri Jahn (D) and Steve King (R) collectively announced the introduction of the bill in the Colorado Legislature. Representative Conti stated, “The goal of this bill is to remove the incentive for drunk drivers to leave the scene of a crash in order to sober up before getting caught or turning themselves in to authorities.”

Dan Grunig, executive director of Bicycle Colorado, the statewide group promoting bicycle safety, worked on the development of this critical legislation and declared the organization’s support for the bill. “Hit-and-run crashes disproportionately affect people who ride bicycles and walk. Recent data shows bicycle and pedestrian fatalities are four times more likely to be the result of a hit and run than other roadway crashes. The difference between life and death may be the immediate help that is offered at the time of the crash.”

This campaign began with skeptics saying this bill would be difficult to pass. The bill received a big boost during the Colorado Bicycle Summit, hosted by Bicycle Colorado in February 2012, as

attendees met with their legislators and expressed the importance of laws upholding stopping at the scene of an injury crash.

Bicycle Colorado member and hit-and-run survivor Ernie Stefely testified in favor of the bill during legislative hearings and stood directly behind Governor Hickenlooper during the signing ceremony. This bill became law because of the support of advocates, legislators, members of the bike community and the governor. Thanks goes out to every person and group that played a role in this process.

“The message is that anyone involved in a crash must stop and get help for anyone who is injured,” said Grunig.

## New Faces at BikeDenver

By Laura Baker

If you put on x-ray vision glasses and look around the BikeDenver office these days, you will find a lot of exciting internal changes happening, as well as the usual awesomeness you have come to know and love. BikeDenver is the local bicycle advocacy organization that works to make Denver a fun, safe place to ride bikes. Every year, we put on wild events like Bike Prom, advocate for bicycling policy and infrastructure improvements, connect the bike community through Facebook and Twitter, and host family-friendly rides around town.

This year, the organization has partnered with a number of active local groups, agencies, and companies to get more people on bikes and make the experience the best it can be. This marks the second year of the joint Volunteer Courtesy

Patrol program between BikeDenver and the Denver Parks and Recreation department, which works to increase general trail and park safety for pedestrians and bikers. In response to a threat to federal bicycle funding, people from all over the city’s bike community came together earlier this year at Denver Beer Company to have their photo taken and to share why they bike at a special event called “We Bike This Town.” BikeDenver is also proud to continue the respected bike-parking program that provides free, secured parking at major summer events like The People’s Fair and the Cherry Creek Arts Festival.

Along with all of the usual excitement, the organization is welcoming some new faces to the team. After two years of dedication and innovation, Maggie Thompson is leaving BikeDenver to

serve as the general manager at Salvagetti Bicycle Workshop. While we’re all sad to see her go, she will continue to be a vital and vibrant part of the Denver bike community in her new role. To help streamline the internal systems at BikeDenver, experienced organizer and event planner, Deirdre Moynihan, was hired as operations manager. In early summer, Ryan McCann joined the organization as the outreach coordinator, so he will be out and about, organizing bike parking and talking to the community about the benefits of biking. In addition to staff, two interns joined the team to expand our capacity. Master’s student Laura Baker signed on as communications coordinator and Meg Slattery will be spending her summer helping with special events like Viva Streets.

“BikeDenver is pleased to welcome these terrific bike enthusiasts to the team!” said executive director Piep van Heuven. “Collectively, they bring a wealth of experience, energy and enthusiasm and we can’t wait to get them out into the community to meet you, and help show how increasing bicycling benefits our neighbors and communities in Denver.”

Along with the amazing work that you can count on every day, the organization is stretching and growing to meet the evolving needs of our local bike scene. But in some ways, it’s business as usual at BikeDenver — donning superhero capes and changing the world, one bike lane at a time. For more information about volunteer opportunities, events, programs and new staff, visit [www.bikedenver.org](http://www.bikedenver.org).

## Boulder Indoor Velodrome Closes

On April 30, 2012, Boulder Indoor Cycling suddenly announced it was closing. After just four years, the owners decided it was time to shut down operations due to low attendance numbers.

Opening its doors in 2009, the 142-meter wooden track was designed for cyclists of all skill levels and showcased longer than average corners and less steep banks than other facilities found in North America. The facility also featured an indoor mountain biking skills circuit made of wooden structures. It was a perfect venue for cyclists to train in during the winter months and when the weather

was less than perfect. Conversely, many blame the weather as the culprit behind the closure, as this past March saw unseasonably warm temperatures and dry roads along the Front Range.

Currently, the only other track facility in the state is located in Colorado Springs. However, a

new outdoor velodrome is under construction in Erie, Colo. The 250-meter oval is scheduled to open this fall and due to its design, which meets international standards, is expected to attract racers from around the world.

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## London Bound

USA Cycling has released the names of 21 of the 24 athletes who will represent the country at the 2012 London Olympic Games. The men’s road squad will include three of Boulder’s finest: Taylor Phinney, Tejay Van Garderen and Timothy Duggan. Sprinter Tyler Farrar (Wash.) and veteran Chris Horner (Oregon) will complete the lineup. Phinney will compete in both the road race and the time trial.

On the mountain bike side, Fort Collins resident Georgia Gould and Durango’s Todd Wells will be leading the U.S. team in London. Earning an automatic selection, Gould, who is currently ranked eighth in the UCI World Cup standings, will be joined by Lea Davison (Vermont). Wells will be making his third trip to the Olympic Games thanks to his seventh place finish at last year’s World Championship and four top 20 results on the World Cup circuit this season. Sam Schultz (Montana) will complete the team.

Wheat Ridge resident Davi Herman will also be making the trip overseas come August, racing in the BMX event.

The track team will be comprised of Omnium rider Sarah Hammer (Calif.), Dotsie Bausch (Calif.), Jennie Reed (Wash.) and Lauren Tamayo (N.C.) will join forces in the team pursuit while Bobby Lea (Pa.) will compete in the men’s Omnium. Jimmy Watkins (Calif.) will complete the team. No Colorado athletes were named to the track squad.

The Olympic cycling events run from July 27 to August 12. Road events are scheduled for July 28, 29 and August 1. Track competitions will take place August 2-7. From August 8-10 the focus moves to BMX while mountain bike events are slated for the last weekend of activities on August 11 and 12.



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# You've Been Struck by a Car, Now What?

By Brad Tucker

It's safe to say that none of us throw our leg over the saddle and embark on a ride thinking that we will be involved in an accident with a motor vehicle. Unfortunately, for many cyclists, this is an encounter they will face. The good news is that statistics show that you are much more likely to be injured in a car versus car motor vehicle accident than you are while riding your bicycle. Regardless, I would venture to say that even those of us who have never been struck by an auto know someone who has been in that situation.

If you are unfortunate enough to find yourself the victim of a car versus bicycle collision, the list of things you should know far exceeds the space available in this column. There are, however, a few basic things to try to remember.

You have the right to ask law enforcement to investigate the accident. If you fall victim to another's careless driving, reporting the accident will initiate an investigation process and create an official record of the occurrence. Failing to report the accident can have a serious impact on your ultimate ability to recover the damages you sustain. Law enforcement involvement will further

assure that you are getting accurate insurance information from the at-fault party. That information will appear on the official Traffic Accident Report.

If it is a hit-and-run collision, it is potentially even more important that you report the accident to initiate an investigation. Even if the driver cannot be located, you can still pursue damages under your uninsured motorist coverage on the insurance policy of your own motor vehicle. The Colorado State Patrol has confirmed that its hotline to report aggressive driving is available to bicyclists if they see a motorist putting them or other cyclists at risk. In addition to calling 9-1-1 to report a hit-and-run collision, you have the option of dialing \*CSP (\*2-7-7) to report the aggressive driver. Having as much identifying

information relative to the vehicle as possible is critical. For the process to work effectively, it is often imperative to have the vehicle license plate number. These days, most of us ride with mobile phones that are equipped with a camera. While it may not be possible to snap a quick photo while lying in a ditch, we should all be prepared to take this quick action if we see an incident involving one of our riding companions.

In my practice, I see many cyclists who try to delay or avoid receiving medical attention. This is no time to be a hero. Get the treatment you need and let the process play itself out. Delaying medical treatment can create questions about the causation of your injuries. If you have health insurance, you will use that as your primary source of payment for treatment. Most of us who own cars will also have medical payments coverage (usually \$5,000) that will assist with out-of-pocket expenses such as satisfying deductibles and co-insurance obligations while your personal injury claims against the at-fault party's insurance company are pending.

If witnesses offer to provide you with their contact information, definitely take them up on it. Get a business card or as many details as they are willing to provide.

The scene of an accident is no time to argue fault with the other party or law enforcement. Assuming that a law enforcement officer is investigating at the scene, there is no obligation to even speak to the at-fault party about the collision

and there is no real advantage to doing so. If a police officer appears to be wrongfully holding you responsible for the collision, it is important that you state your version of how it occurred, but there is little to be gained by engaging in an argument.

Once you have received emergency treatment, photograph all visible injuries and damaged equipment. It is important that you not discard or repair anything. These things can become important pieces of evidence if the motor vehicle driver disputes fault.

If your injuries are serious enough that you are immediately transported from the scene in an ambulance for emergency medical care, you have the right to file a statement as a supplement to the official Traffic Accident Report. This is often an important way to document your perspective of the collision and create an official record of it.

Following these basic tips will get you going in the right direction. There is no question, however, that it would be wise to contact an experienced bicycle attorney to further protect your rights.

*Brad Tucker is an avid cyclist, member of Bicycle Colorado's Board of Directors, and an attorney with a specialty in bicycle liability and insurance issues with ColoBikeLaw.com. Should you have questions concerning legal issues or would like a no-cost no-pressure consultation to determine if you should hire an attorney, contact him by e-mail at Brad@ColoBikeLaw.com, or call 303-694-9300.*



Take photos, if you can, of all aspects and results of a collision with an automobile.  
*Photo by Bicycle Paper*

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# High Altitude Riding

By Lynnda Chinkes

In Colorado, cyclists ride at altitude each and every day. Many may not even realize it when heading out on a weekly ride due to the natural acclimatization process that occurs while living here. The elevation along the Front Range is a little over 5,200 feet, which equates to approximately a mile above sea level. For many locals, cycling at a mile high is nothing spectacular, but once the altitude is doubled, the physical impacts can be felt on the body.

Numerous reasons exist for embracing high altitude, including improved cycling performance and training, health benefits, and ultimately, bragging rights. Long term, it allows a cyclist to ride more efficiently, boosting output on day-to-day rides. When a competitive cyclist trains at high elevations the advantage is clear and the results can often be documented at the podium. Professional cyclists use altitude as a training measure to smash the competition and many elite athletes live in mountain communities such as Boulder, Durango, or Colorado Springs, proving it is an ideal place to train.

Various health benefits can be noted when pedaling throughout the highest state in the nation. Cyclists burn more fat and use more calories so it's easier to get in shape faster. An increase in hemoglobin and red blood cells, or hematocrit, which is caused by the body's compensation for the lack of oxygen in the air, boosts endurance. It's possible that higher levels may also lessen the burn of lactic acid, making harder efforts less demanding.

Bragging rights are justified when sharing tales about the latest climb up Lizard Head Pass, Flagstaff Road, or Independence Pass, just to name a few of the local favorites. Cycling pals will be impressed with the countless details of the steep switchbacks, small ring struggles, and numerous miles of moving in and out of the saddle. A gain of a few thousand feet in elevation is a satisfying accomplishment, and envious friends may ask to join you next time for a lung-busting climb and some of the scenic beauty the Centennial state has to offer.

One of the largest stage races in North America and renowned for its high altitude course, the USA Pro Cycling Challenge will feature more than one hundred professional cyclists this August 20-26. In just seven days riders will gain more than 42,000 feet of combined elevation and traverse nine mountain passes. With each hilly endeavor these cyclists encounter, they will be one step closer to completing this 683-mile-long high altitude race on some of the most challenging terrain the country has to offer.

Pro riders recognize the benefits of training at altitude but also the risks. In the 2012 Tour of California, following stage 6 to Big Bear, a few of the contenders didn't stay in the race hotel; rather than sleep at 7,000 feet, the leaders from a few teams opted to stay in Ontario, Calif., and sleep at 1,000 feet. By resting at this lower elevation, recovery was greater and helped prepare racers for the following day.

A similar set of troubles will plague the professional racers at the USA Pro Cycling Challenge — except they won't have anywhere to go to get to 1,000 feet. Over the course of the week riders



**A sustained climb leading to a higher elevation.**  
*Photo courtesy of Finish Line Cycling*

will climb up and over 12,000 feet a few times and will most definitely feel the struggles of high altitude.

Thankfully, with proper preparation and guidance, spectators can get an up-close glimpse of the pros during each stage by riding the same terrain before they arrive.

## The Rides to See the Racers

Lizard Head Pass is located in Southwest Colorado just outside of Telluride. At 10,222 feet this provides a great stage-one climb on August 20 and will be notable for its high altitude ascent following the rolling terrain through the Dolores Valley below. The shoulders are adequate but with new pavement coming soon, this will be a terrific climb for the pros to smoothly and rapidly ride up and over. The summit will be an ideal viewing location after riding the fifteen miles from Telluride — and at just the right pace, anyone can attempt it.

Located on the Continental Divide, Independence Pass reaches 12,095 feet. It connects Aspen to the rest of the world during the summer and in the winter months it is closed due to snowfall and because of how narrow the road is. The eastern valley leading up to the climb offers brilliant views of the Twin Lakes which can be enjoyed before the terrain becomes steep. Luckily, Ponderosa pine forests are nestled next to the road and provide shade along this sun-baked ascent. The ultimate place to be during stage 3 on August 22, avid cyclists can attempt riding up the shoulders of this highly respected pass early in the morning before the

pros set out from Gunnison on this lengthy 131-mile stage.

Flagstaff Road isn't just any road, with its twists and turns and steep pitches it has become Boulder's Alpe d'Huez. With over a thousand feet of climbing in less than four miles, this challenge will be quite spectacular even for the world's best. Although this climb is just a mere 6,845 feet in elevation, this chunk of pavement cannot be dismissed as an easy endeavor. With its elevated grades and multiple turns, this is one of the toughest climbs in the race and is reserved for the finish leg of the 103-mile stage 6 on August 25 which begins in Golden.

If you're up for the task, several bicycle touring companies offer trips for recreational cyclists so they can climb to the best viewing spots to watch the USA Pro Cycling Challenge. Finish Line Cycling is one of them, and feature supported cycling vacations to small groups that include lodging and all transportation needs. Guests can ride the same terrain the pros compete on but at their own pace.

Cycling at altitude is a terrific way to train for that next competitive event or to simply divulge

stories about your latest mountain adventure. With more than fifty mountain ranges in the state of Colorado, surely there is a high mountain climb that's right for you.

For more information about joining Finish Line Cycling on the high

roads this August, call 720-295-0758 or find detailed itineraries and elevation graphs at [www.finishlinecycling.com](http://www.finishlinecycling.com).



**The air gets thinner as you ascend.** *Photo courtesy of Finish Line Cycling*

## Product Review

# Club Ride Go Long Jersey

By Darren Dencklau

Anyone who has known me for a while has established that I typically wear plaid, flannel, and western-style long sleeve shirts most of the time — especially ones with snap buttons. They are perfect for the workplace (at least I think they are), going out, and for riding in. On countless bike tours and mountain bike excursions they have kept the sun off of my arms and the back of my neck (collars are awesome). They can also be unsnapped in a hurry to impress the ladies and the sleeves can be either rolled up to cool off or unfurled for warmth when the sun goes down.

The “Go Long” shirt by Sun Valley, Idaho-based company, Club Ride, combines all of the elements mentioned, but also features high-tech



components such as RideDryWear™ fabric, full vents that run from the waist all the way through the inside of the sleeves, a back pocket for storage, and the Air2Flow™ hidden zipper underneath the black and white pearl snaps. All of Club Ride's products are designed to be comfortable, breathable, stylish, and effective for riding bikes.

I find the Go Long jersey dries quickly, keeps the funk from fortifying the armpits, and it looks good on and off the bike. The fabric is lightweight and comfy and the sleeves fit snug but also stretch so it's easy to quickly pull them up when it gets warm — and they stay put without having to roll them.

The only issue I had was with the zipper of the “media port” on the back of the jersey; one day I was carrying an extremely large and heavy load in my pack during the commute and the slider dug into my lower back after a while — to the designer's credit, it was a rare load of about 150 copies of *Bicycle Paper* in a full-length pack, and this hasn't happened since.

If you're in the market for functional apparel that works in a variety of situations, including riding technical singletrack all day long and then going straight to the pub afterwards, I highly recommend checking out the wares from Club Ride.

MSRP for the Go Long is \$99.99. Visit [clubrideapparel.com](http://clubrideapparel.com) to see more.



# Life Beyond the Upright

By Steven Shoemaker and Rachel Willard, Rocky Mountain Recumbents

It seems there are at least as many different reasons to buy a recumbent as there are styles of recumbents. The most common theme is that they are fun to ride, they allow the body a more comfortable riding position, they are aerodynamic, and they can be customized to suit almost any needs and desires. Recumbents are appealing to a wide audience — young people who want to go fast, older people who want to be secure and comfortable, recreational riders that spin on the bike paths, people who have never ridden before or have no sense of balance, and fitness fans that like the ability to work core muscles while they roll. They also appeal to commuters who ride in all conditions, fair weather riders, and distance riders who tour states and countries with loaded bags and light hearts. Recumbents can do it all.

There are many advantages to riding a recumbent. The most well-known benefit is that they are more comfortable than a traditional bike. The shape and recline of the seats spread weight more evenly across the buttocks, lower back, shoulders, and depending on the back rest position — the neck — minimizing high pressure contact points. The position of the bottom bracket and therefore the cranks and pedals are out in front, which keeps the ankles and feet from swelling while riding.

The position of the controls also contributes to the experienced comfort and varies from model to model. However, each manufacturer tries to mimic a natural hand position. Some designs have controls right in front of the riders' chest, called "above seat steering." Others are located down by the rider's hips, which is called "below seat steering." Both types allow the rider to avoid putting pressure on the heel of the hand and wrist where there are nerves that can be pinched and damaged. The hip side controls keep the body in a natural sitting position and neutralize the weight of the extended arms on the shoulders.

Recumbents offer a more aerodynamic riding position than an upright frame, allowing riders to move through the air with less effort. This position offers a mechanical advantage over regular frames as well. The support that is provided to the hips, lower back, and shoulder provides the average cyclist with the ability to push harder on the pedals than they normally could by using only their body weight as they would on a normal frame.

When looking for a recumbent, it is important to consider the style, frame material, components, seating height and position, and control orientation. There are two main styles; bicycles and tricycles.

The bicycles, or two wheelers, have a long wheelbase variety and a short wheelbase variety. The former are often used for riding long distances, tours, or marathon race events. Some of the long wheelbases have bottom brackets that sit below the hips which makes it easy, quick, and safe for users to put their feet on the ground and still stay comfortably seated. The short wheelbases handle better in tight turns and on winding roads and typically the cranks are even with or higher than the hips which aid in better aerodynamics — it usually takes some practice to get really good at it.

The three wheelers, or trikes, have two varieties as well. The "delta" has a single wheel in the front and often have a seat that sits a little higher off the ground and above the wheels which makes



Steven showing off on a tadpole.  
Photos courtesy of Rocky Mountain Recumbents

it easier for the rider to mount and dismount. The "tadpoles" have a single wheel in the rear and usually have seats that are situated between the wheels instead of on top of them, lowering the center of gravity and improving handling dramatically. Recumbents and delta trikes typically have above seat and below seat steering options, whereas most tadpole trikes only offer a below seat option.

Recumbents also have wheel sizing options — some have all the wheels the same size and others do not. Many riders find having the same circumference wheels is more economical, particularly distance riders because they only need to carry one size spare tube and tire. Having a smaller wheel out front can provide sharper and easier handling though and with a larger wheel as the drive wheel, it is possible to go just a little further with every pedal stroke. It is also easier to maintain speed once rolling. On the tadpole, a larger wheel in the rear means a slight increase in the length of the wheelbase, making imperfections in riding surfaces a little less noticeable.

There are also suspension models available. The two-wheel models utilize a suspension fork or are designed to be fully suspended. The delta typically has the shock in the center of the frame, while the tadpoles will have either rear suspension or full suspension. Either way, it increases comfort by soaking up and smoothing out imperfections on the road or path. This is particularly noticeable on chip sealed surfaces and segmented concrete or bridges.

Frame material and components are also important to consider. The most common options are steel, aluminum, and titanium. Steel and aluminum are the less expensive options,

but steel will be heavier and have some flex, thereby absorbing more of the road. Aluminum will generally be lighter and will not corrode like steel can. Titanium is not as common, but is super light and will not corrode. As for components, it comes down to what you are going to do most of the time — if you will be climbing a lot or want the ability to go anywhere the road takes you, look for mountain bike gearing which comes standard on many recumbents. For the flats and for speed, go more towards a road gearing set-up. Ask your sales person for more specifics if this seems confusing.

As for fit, most recumbents are fully adjustable. As a general rule, you want to have your heel on the pedal at full extension while being able to lock your leg out. This will give you a slight bend in your knee when pedaling with the ball of your foot. It is not perfect for everyone, but it works well for most people.



A happy rider.

The general price for most options can range from \$800 to \$12,000. However, those looking to get the most "bang for the buck" can calculate spending between \$2,000 to \$3,000 for a bike that will be enjoyed for many years to come. There are also tandem recumbents available in both two- and three-wheel configurations for riders looking to share the cycling experience with a partner.

With all of the available choices it is a good idea to test ride each for a little while before the investment is made. It should be a long enough ride to determine what you like or don't like about each model or brand. Most of all, decide if you're having fun while riding, whether it's comfortable, and if it will suit your needs and budget. There are many different styles and configurations to choose from. There might be one just right for you.

*Feel like giving a recumbent a try? Visit Steven and Rachel at Rocky Mountain Recumbents in Fort Collins or visit their website at [rockymountainrecumbents.com](http://rockymountainrecumbents.com).*

## Product Review

# Ortlieb Office Bag

By Jay Stilwell

Not all panniers are made the same, and when it comes to transporting my "portable office" and keeping stuff organized, the selection is limited. So when asked to try Ortlieb's "Office Bag" on my regular bicycle commute, I couldn't pass up the opportunity. The company is well-known among bike commuters for making durable waterproof bags and for their trademark 3M reflective patch that resembles an upside-down triangle.

With the Office Bag, Ortlieb has created a functional and thoughtfully designed product that eliminates some of my frustrations with other panniers, mostly how they attach to my bike's rear rack. By relying on multiple attachment inserts to customize the fit, this pannier is compatible with all standard racks with rail diameters of up to 16mm. One of my favorite features is the rotating top mount, which allows the bag to be secured on



either the left or the right side — simply remove four screws with an allen wrench, rotate the panel, and reinstall screws. The highly adjustable lower mount, Ortlieb's QL2 system, makes it easy to get the bag on and off the bike and works well with any rack design; gone is the antiquated design of hook and bungee found on many other panniers. It also keeps the bag snug against the rack and doesn't require any tools to make modifications. This system allows for the height and angle to be tweaked by hand for additional heel clearance, a

feature that big-footed cyclists like myself can appreciate.

When looking at the inside of the bag, organization is simplified with numerous pockets and sleeves, making it uncomplicated when trying to locate pens, keys and other office items that typically would be lost somewhere at the bottom. A laptop sleeve is optional, but any standard sleeve is suitable, as the space provided is large enough to fit most any size. The rectangular bottom contour and the plastic abrasion cleats mounted to the exterior protects the bottom of the

bag while allowing it to also stand on its own — this is handy when stowed next to my desk and when showing up for business meetings. The integrated handle is well positioned and keeps the bag balanced when carrying by hand. The detachable padded shoulder strap is comfortable for longer stretches on foot as well.

As it would turn out, March's record rainfall and April's plethora of showers provided the perfect environment to find out if this bag was fully waterproof. It was. Overall this is an excellent choice for someone looking for a well-built pannier that doubles as a gear carrier and a briefcase for use both on and off the bike.

The Office Bag comes in two sizes, medium or large, and in several colors. There's also a choice of materials — PVC or non-PVC models. Prices range between \$120-\$150, comparable to other high quality panniers designed for the office. For more information go to [ortliebusa.com](http://ortliebusa.com).

# Weight Management for Cyclists

By Ellen K. Chow, MS, RD, CSSD, CD

Ah, the much-dragged topic of weight. While many may discuss it freely with their close friends, it can be a sensitive subject. Not only do most athletes feel that they should “know better,” consulting professionals often comes as an afterthought when weight loss information saturates the media. At one end of the spectrum, many endurance athletes struggle to maintain weight because of the high-energy expenditure of training. On the other hand, some feel that they just cannot lose weight without starving. Reality is somewhere in between, as the majority of recreational athletes experience some form of weight fluctuations between seasons. The go-to method should be balance and moderation, addressing both quality and quantity of food choices. This article aims to shed light on the science of weight management for recreational cyclists’ health and performance.

### Calories In, Calories Out

For the most part, the laws of physics apply — consuming more calories than expending results in weight gain, eating less would lead to weight loss. Nowadays, there is no lack of websites and smart phone apps to record one’s food intake, complete with a detailed nutritional analysis. The challenge most athletes encounter, however, is setting an accurate goal for their caloric intake.

For healthy individuals, energy requirement, a.k.a. caloric need, depends on physical activities, exercise intensity and duration, muscle mass, fat mass, metabolism, and to a certain extent, their gender. Meanwhile, it is now more widely agreed than ever that timing may have some effects on long-term weight management. Not only does eating every few hours prevent significant hunger that can lead to poor food choices or overeating at a later meal, it also encourages the body to maintain a steady metabolism and avoid surges of hormones involved in stress response and energy conservation.

For cyclists who exercise more than an hour each day, it is not uncommon to hear a healthy weight. Those who struggles about maintaining a dietary needs, low fat intake, and are have a small appetite, special risk inadequate energy and nutrient too busy or “forget” to eat often and calcium. Athletes who consume a large amount of low-calorie nutrient-dense foods may find themselves feeling full but needing more calories. In these situations, beverages such as low fat smoothies, dairy, protein shakes, and 100% juices may provide enough during a busy day or when an appetite is lacking for solid foods. Depending on the weight goal and without losing focus on healthy choices, some of the calorie-dense options include nuts, seeds, avocado, oils, and low fat cheeses. It is still best to avoid foods high in saturated fat, trans fat, and sugar found in pastries, gravies, fried foods, cream-based dishes, fatty meats, etc.

The challenge is to gain muscle instead of body fat. Athletes who have a regular exercise routine are more likely to achieve this compared to those with inconsistent workouts or cyclists who are inactive during part of the year. For healthy weight gain, it is essential to incorporate conditioning exercises, most commonly weightlifting, yoga, or pilates. In order to vary routines and keep it interesting, some may enjoy martial arts and other power sports.

Just like healthy weight gain, body fat is often the objective. If possible, it is helpful to obtain a body composition analysis in order to determine body fat percentage, basal metabolism, and to set a realistic nutrition plan. Speak with your healthcare provider, personal trainer, or sports dietitian,

who usually know where you can get a clinical grade bioimpedance analysis (BIA). When following instructions and performed by trained individuals, BIA measures body fat by sending a harmless electrical current through the body and then analyzes the time and resistance to complete the circuit. Unfortunately, BIA by home scales may not be reliable.

A proper weight loss goal for health and performance should be set using the basal metabolic rate together with physical activity estimation to create a mild energy deficit at approximately 300 calories per day. Although it has been traditionally suggested to reduce intake by 500 calories per day to produce weight loss of one pound per week, some individuals experience the all-too-familiar plateau when metabolism slows down with the reduced intake. A starting point of a 300-calorie deficit allows ample time for the body to adjust; you may further reduce intake over a few weeks as appropriate. Due to the requirements of endurance sports, resist the temptation of the trendy low-carb diets and opt for a moderate yet adequate amount of carbohydrates at the right time such as pre-exercise and recovery. Calculate your carbohydrate needs during exercise, typically 30-50 grams per hour for training lasting beyond one hour; note your performance, onset of fatigue, and avoid over consumption. Avoid a dinner-heavy pattern and be mindful of alcohol intake. Try to incorporate 25-30 grams of dietary fiber to provide fullness.

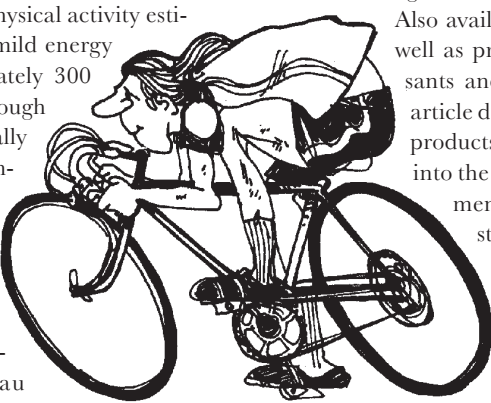
For safety and health reasons, it is worth mentioning that athletes should not fall below 1,200 calories of net intake without medical supervision. Do not hesitate to talk to a friend if you believe he or she may be developing an eating disorder or an exercise addiction.

### Commercial Weight Management Products

Dietary supplements for muscle building and fat burning are a multi-billion dollar business. Also available are over-the-counter as well as prescription appetite suppressants and “fat blockers.” While this article does not intend to discuss such products in detail, most of them fall into the categories of protein supplements; plant-derived metabolic stimulants that allow for longer, more intense workouts; neurological inhibitors; and fat absorption blockers.

The truth is, these probably work for the short term, however, be extremely careful with the potential long-term implications, safety, and the lack of understanding about how they work. Keep in mind that these products do not empower lifestyle changes to maintain results. Furthermore, it is difficult to predict the consequences of altering metabolism, especially when the product is discontinued. As a result, healthcare professionals usually discourage them. When in doubt, discuss with your providers before any decisions are made. Remember that with knowledge, support, and consistency, many people have successfully achieved their weight goals, from gaining 30 pounds of muscle to losing over 100 pounds of body fat — and have had lasting results.

*Ellen is a Seattle-based sports and wellness nutritionist. She works with athletes of all ages. She also works extensively with athletes who have stable cardiovascular and metabolic diseases. Ellen can be contacted at [www.endgamenutrition.com](http://www.endgamenutrition.com).*



## Transportation

### “B-CYCLE” FROM PAGE 1

So, yes, I’m a zealot when it comes to the bicycle. I can see a new day when we consider the bike our first option for getting around and we will only pull the car out when we need to move many people or lots of stuff. I can envision a new day when the air in the cities of the United States is cleaner.

Looking back, change has been the norm.

Denver is about 150 years old, at least from the point of view of European settlers. The first explorers migrated here in the late 1850s by horse or on foot. The train made it to Denver in the 1870s and the city’s colorful history with public transportation began in 1871 with horse-drawn streetcars. Cable car service began in 1888 and then the

conversion to electric trolleys was complete by 1900. Buses started rolling in 1919. By the time the personal automobile gained popularity following World War II, the streetcar system faded away and buses dominated public transportation until light rail returned in 1994.

Certainly we can change again. No one can take a look at the current picture and say it’s working very well. The vast majority of commuters are fighting traffic, polluting the environment and spending precious resources to run and maintain their automobiles, not to mention paying for parking.

The shared-bike represents an improved approach to mobility in an urban setting and I am someone who thinks it makes for a better

outlook on life, too. While biking, I have eye contact with my neighbors. I am aware of my breathing and in touch with my health. When I cross Interstate 25 on my way home from work, I see eight lanes of clogged, stop-and-go traffic traveling both directions. When I look west, I see the Rocky Mountains, often snowcapped, with the lowering sun piercing through multi-colored clouds.

Just like the transition from horse to streetcar to automobile, I can see a day when we take a step back and rely on a more simple technology. We know that 37 percent of our riders are replacing car trips, and it makes them smile while they are doing it. We know that the emission of more than one million pounds of carbon into the atmosphere has been avoided since we opened. Not to mention, we estimate our riders have burned almost 20 million calories while headlines rage about an obesity epidemic that will cripple future generations for years to come.

Denver B-cycle is here to stay — and growing stronger every day. This year, I think we’ll make it to the moon and all the way back.

*To find out more about Denver B-cycle, rates or to join, visit [denver.bcycle.com](http://denver.bcycle.com). Boulder residents can visit [boulder.bcycle.com](http://boulder.bcycle.com).*



Plenty to choose from.  
*Photo courtesy of Denver B-cycle*



The unmistakable red step-through.  
*Photo courtesy of Denver B-cycle*



# Building Bicycle Valhalla

By Joe “Metal Cowboy” Kurmaskie

Speaking around the country about all things bike-related has given me a few insights about where our communities stand in the evolution towards bike friendly Valhalla — we’re talking scalable, livable places where anyone can roll two wheels out the front door without fear ... or requesting combat pay. Places where a mix of biking, walking, bus and train coexist and find close to equal footing with the car.

Since co-authoring and publishing the book, *Joyride: Pedaling Toward A Healthier Planet* with Mia Birk, mayors, advocates, transportation departments and educators ask me to consult

them about bike infrastructure, funding, economic impact and that thing — that one magic, sought after thing — that will tip a community towards more people riding bikes.

Of course I fully disclose that I hold no advanced degrees in urban planning or engineering. They point out that I published a bestselling book that’s a blueprint for retrofitting communities, making healthier, cost effective choices. Also, I live more than 50 miles away, which they point out makes me an expert.

Life gets stranger by the day...

What I do have, in addition to several years of research gained writing that book, is a lifetime in the saddle. Having pedaled more than 100,000 miles around the globe gives one a unique look at what works and what doesn’t when getting around our communities in style.

I take mayors and councilors and the power base of a city out on bikes. For some, it’s their first ride. It truly changes their perspective. We look at what is working in their transportation plans and what puts their voters in harm’s way. We look at their funding commitments, because cycling is a very cheap date. I get them to think about cyclists and pedestrians as voters. Many of the barriers are attitude, as they ask about the weather,

the idea that bicycles are toys or something to be used only off-road on weekends. I ask them if they are a toy or transportation right then, at that very moment, signaling through intersections and getting from one side of their town to the other. We talk about how places like Portland, Minneapolis, New York City and smaller communities like Springfield, Mo., are making the shift and benefiting through better health, higher property values, more disposable income to spend locally ... it’s not about whether bicycles pencil

out financially, it comes down to education and political will.

We talk about creating bicycle corridors, commuter challenges, in-fill construction that revitalizes urban cores, greenways, bike corral parking to bring more people to individual businesses, and on and on. But when it comes time for that magic bullet, the one thing that people want to fix everything, I don’t have it. There’s no wizard, there’s no OZ.

I’m not selling a set of steak knives. We all have to do the hard work to improve our communities, period. No pills, no advertising campaign to gloss over the real choices between perceived easy that’s a slow death sentence versus healthy, which turns out to be buckets of fun in the bargain. I’ve never seen someone get off a bicycle and tell me, “That was awful.”

But if there’s one thing that every community needs to push biking over the top, and if not done, will surely prevent a city from having bike transportation explode for them, it’s a sense of community and showing people the fun that can be had while riding. These can include Tweed Rides, Monster Mash Halloween Rides, Pretty Dress Rides, Bike Prom, Bike to the Ballgame, Worst Day of the Year Ride, Bike the Bridges, Bike to Work Day, pub crawls, and hundreds of others every year that ordinary folks undertake. Bike blogs, calendars and forums round out the bicycle watering hole feel of a town and add validity to the movement.

If a community waits for bike culture to come to them, or for it to spring up without friends and neighbors and you diving in, it never will.

*A Guide To Falling Down In Public: Stories of Finding Balance On A Bicycle by Joe “Metal Cowboy” Kurmaskie will be available this summer (2012). Until then, you can see him pedaling the roads between two shows, covering a lot less than 100 miles in three hours.*



**Kate Becker and Salt Lake City Mayor Ralph Baker (center) on a tour around town with the Metal Cowboy.**

*Photo courtesy of Joe Kurmaskie*



**Smurfs on the Monster Bike Bash.**

*Photo courtesy of Joe Kurmaskie*

## Community

# Cyclists: What Does this Mean?

By Brendan Leonard

A while ago, a friend had stopped her car at a four-way stop sign in Capitol Hill, and drove forward to proceed through the intersection just as a young woman riding a bicycle rolled up to the stop sign to her right. As my friend rolled through the intersection, the cyclist ran the stop sign into the path of her car, and my friend stepped on the brake as the cyclist rode in front of her.

The young woman on the bike, offended that someone in a car wouldn’t stop and wait for her to run a 4-way stop, scoffed at my friend and yelled, “Uh, okaaaay!” as she rode off.

I have commuted everywhere in Denver by bicycle for the past five years, and sometimes, I can’t stand cyclists.

I had a guy try to run me over with his truck at a stoplight once, because I had pedaled up next to him on a street where there was no bike lane. I caught up to him at the next intersection and rode up to his driver’s-side window to have a little chat with him, remind him that I was actually a human being, not a target. He was so mad, he was spitting when he started screaming at me about “you cyclists.” Then he floored it and drove off. It was pretty clear that the problem wasn’t really me — he’d had enough of everyone who rode a bicycle. All those little slights, cyclists cutting in front of him at stoplights, getting in his way, running stoplights, had added up and his top finally popped off.

Everyone has their own reasons why they ride the way they do — maybe you ride on the busiest streets in your city because they’re the best-lit at night, and you don’t care how it affects vehicle traffic. Maybe there’s no better route. Maybe you run stoplights, but only when no one’s around. Maybe you run all stoplights and stop signs because you feel entitled to, because you’re saving the earth by riding a bike, and anyone who objects can kiss your ass. Maybe you ride as if you’re in a bike lane on every street, and you never take the lane, because it feels safer over to the side. Maybe you ride the wrong way on one-way streets because you’re an anarchist. Maybe you ride on the sidewalk, even if it’s illegal and where accidents occur, because it separates you from traffic.

The shitty thing about all those choices you make is that other people are watching you. Every time you slight some driver, or really piss them off, they remember it and file it in the anti-cycling part of their brain. And that affects other cyclists.



I’m not saying all drivers obey traffic laws — they obviously don’t — but drivers are seen as normal. Cyclists are special in most American cities, under a microscope. Drivers see one cyclist run a stop sign or a red light, then another, and maybe one more, and they’ve formed their opinion of all of us, however many thousands of us there are. A co-worker, who had never seen me on my bicycle aside from when I rolled it into the office, once scolded me at a work meeting for all cyclists’ collective sins.

“You cyclists think you’re above the law,” she said. “You always run red lights and stop signs like they don’t apply to you.” It didn’t matter that actually, no, I don’t do either of those things, and I’m the guy who no one wants to ride with, because I stop at all stop signs, even the ones inside Cheesman Park, even at 11 p.m. when no one is around to see me if I were to run right through it.

A few years ago, Bill Strickland wrote a blog for Bicycling.com about how cyclists should confront — as nicely as possible — drivers when they honk, yell, or otherwise harass us in traffic. It was an interesting idea, with a ridiculous flaw in logic: In his story, the entire pack of cyclists he was riding with had run a stop sign in front of a truck. The truck driver screeched to a halt,

flung open his door and yelled at the cyclists. Huh. Did they really wonder why the truck driver was angry, or did they think the driver was supposed to know the secret rule that a bunch of guys riding bikes don’t have to stop at stop signs?

Strickland rode over and apologized to the driver, which he seemed to think made everything just fine. OK, but imagine a different scenario in which you do something completely wrong, and try to make it OK by apologizing: Try cutting into the front of the line at a busy airline ticket counter on Christmas Eve, but just apologize to the dozens of people behind you after you do it.

When you ride, you’re not just one invisible person on a bike. You represent a minority. When a U.S. Senator calls transportation bill spending on bike paths “frivolous,” where do you think he gets that idea? When a driver intentionally hits a cyclist and no charges are pressed because a law doesn’t exist to prosecute the act as an assault, why is that? Bikes aren’t exactly a priority for about 95 percent of the U.S. population, even though thousands of people are working to get us better laws, safer bike travel options, and more rights.

If you treat your bike like a toy, the rest of the world is going to see you as an unruly, unpredictable child. If you treat your bike like a vehicle, maybe we can get somewhere.

*Brendan Leonard is a writer and urban cyclist who rides everywhere in Denver on his beloved 1988 Raleigh Team USA. More of his writing can be found at [www.semi-rad.com](http://www.semi-rad.com).*





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## Advocacy

# "Excuse Me, Can I Ask You a Few Questions?"

By Molly North, FC Bikes Interim Coordinator

You may have heard about this if you used the Fort Collins multi-use trail system last May. In a concerted effort to collect information about the number and types of users, as well as their opinions about the trail system, more than one hundred residents volunteered to help with trail counts and surveys. These will be repeated later in the year, more specifically in July and September. All results will be submitted to the National Bicycle and Pedestrian Documentation Project, which generate reports to help interpret the data. But why are we doing all of this?

The City of Fort Collins has developed a Master Trail Plan project team, including representatives from Park Planning, Transportation Planning, Natural Areas, and Parks and Recreation. The team has been working hard to enhance the existing paved trail system plan. This is a significant undertaking which addresses questions of funding, standards and connection priorities.

In tandem with this trail count and survey project, FC Bikes and Parks & Recreation has purchased eleven automated counters this past spring. These mobile counters will be calibrated during the data collection counts and then they will be temporarily installed at a variety of locations to gather long-term data regarding trail use.

A primary goal for the City of Fort Collins is to develop sustainable trails that have minimal impacts on the environment, require little maintenance and meet the needs of all users. The project team will develop a series of technical documents to provide standards and guidelines for trail design and development, accessibility, and trail assessment and maintenance techniques to help ensure a sustainable trail system. Additional topics include guidelines for trail signage, trail monitoring, and trail closure and restoration.

As for the timeline, collecting and evaluating data, in addition to soliciting input from city boards, commissions and the public will lead to City Council receiving the proposed plan at its December work session.

While the survey is in progress the team is concurrently working on improving the mileage, etiquette and route finding signs on the trail system. This will help bicyclists connect more easily with the on-street system, and once on the roads, cyclists will find even more support.

In the spring of 2011, the City of Fort Collins installed its first "Bike Box" at the intersection of Plum and Shields. In fact, it is the first one in Colorado! This intersection safety design feature is intended to reduce or eliminate the occurrence of bicycle/vehicle crashes that happen primarily when motorists turn right and bicycles proceed straight, known as the "right hook."

The bike lane leading up to the intersection is painted green and ends at a green box painted across the whole lane of traffic where bicyclists are meant to congregate so they can clear the intersection before motorists. Vehicles must stop behind the green box and are not allowed to make right turns during a red light.

The city also installed its first shared lane markings. These are used on streets too narrow to install bike lanes, but which have high bicycle volume such as Mountain Ave. between Howes and Riverside. Shared lane

markings provide notification to motorists and cyclists that both types of vehicles may share the travel lane, but not side by side. Bicyclists are encouraged to travel in the lanes as a car would — right in the center. These also motivate cyclists to ride in the street instead of on the sidewalk and they discourage wrong-way riding.



Cyclists utilizing the first ever bike box in Fort Collins.  
Photo courtesy of FC Bikes

Finally, Fort Collins is preparing for major change in the next two years as the Mason Corridor Project gets implemented. By 2014, bicyclists will have an uninterrupted travel route from north to south. Starting at Mason and Cherry, cyclists will be able to travel in designated bike lanes on Mason to Laurel, then get onto the Mason Trail to continue all the way to the South Transit Center, south of Harmony Road, where they'll have the option of taking a MAX bus, with their bikes. There will be room for bicycles on board all of the buses

and users will have the option to store their bikes at any of the stops or stations if there's no space available. In total, 179 bike parking spots are planned along the corridor.

In sum, Fort Collins is a great place to live or visit if you like to be on your bicycle. With over 280 miles of designated routes and more than 32 miles of paved multi-use trails, it's worth the detour. Don't forget your bike.

## City of Fort Collins Trails Master Plan

The Trail Planning Team, comprised of City staff from Park Planning, Transportation, Natural Areas and the City Manager's Office, is developing a Trails Master Plan. The team is:

1. Researching best practices and trail systems in peer communities known for their high quality trails.
2. Analyzing and rating the quality and condition of the existing trail system.
3. Developing ideas to improve the current trail system including:
  - Enhanced trail corridors for high traffic areas
  - Underpasses/overpasses
  - Trail spurs and connections
  - High-water alternative routes
  - Improve safety
  - Signage and way-finding
  - Shelters, restrooms, parking
4. Describing plans for new trails including priorities, costs, timelines and standards.
5. Developing options for new trails including:
  - Underpasses/overpasses
  - Spurs and connections to enhanced travel corridors, commercial centers, residential areas, parks and natural areas etc.
  - Regional trail connections
6. Identifying potential funding options to complete and enhance the trail system.
7. Assessing the current use of the trails using counters, observation techniques and intercept surveys.
8. Assessing the future use of the trails utilizing demographic and development trends and data.
9. Gathering information from the community through surveys, open houses and discussions with city boards and commissions.
10. Reviewing the plan with the City Council, scheduled for December 11, 2012.



# Kids Ride On

By Paul Kieler

**R**ustler's Loop is a small part of the famous Kokopelli Trail system and is located on the Western Slope of Colorado approximately four miles west of Fruita. The ride is a terrific introduction to mountain biking for kids or friends of all ages who are new to the sport. Obstacles, short climbs, rolling descents, switchbacks, a few tricky rock-steps, rolling terrain, and best of all, some of the most spectacular scenery anywhere can all be found. Regardless of ability, Rustler's Loop is a special ride to share with those who are new to singletrack riding. Additionally, the trail has ample signage with instructions and information on proper technique and trail etiquette. Most bikers agree, this is truly a five star kid's ride!

Getting to the trailhead from Fruita or Grand Junction is a snap, just travel west on Interstate 70 to Exit 15. At the exit ramp stop sign, turn left (south) onto 13 Road/Colorado Highway 139, then turn tight on the frontage road (west) and travel 0.7 miles to the first gravel road on your left. You can park at the Kokopelli trailhead or, better yet, pass by it and take the next left which ascends the ridge and then descends down into the lower parking area, adjacent to the trailhead, where there is an access gate and a display of the trail system. The lower lot will only cut a little more than a half-mile of riding, but it saves a lot of climbing and descending on a sometimes busy loose gravel road that has a formidable grade for our little riding buddies. If your children are on the younger side or have a more cautious personality, be sure to use this lot. If it is full, use it as a drop-off and pick-up area for your group.

If the children you are riding with have been exposed to mountain biking before and have good control of their braking techniques, you can ride together. If your child is not comfortable on the trail by him/herself, one option is to complete the kids' mountain bike ride accompanied by a trail running parent/mentor to provide guidance and a little extra "umpf" up those tricky spots. The optimal age range for this ride starts around eight, and most 11-year-olds have little difficulty completing the loop; kids younger than five should abstain. Several tricky sections include rock steps and tight switchbacks that require a prudent dismount and walk. However troublesome these technical sections may be, they provide a valuable lesson in self-assessment of ones' ability and proper route finding.

Approximately 3.4 to 4.2 miles in length, depending on the selected option, Rustler's is traditionally ridden clockwise. After the first hill climb, it then follows along the mesa's edge, providing incredibly scenic views of the Colorado National Monument and the Colorado River. The trail then follows the Colorado River, eventually cutting back to the north, across the mesa. After veering eastward, the singletrack runs along sandstone cliffs and returns through a winding gully back to the metal access gate.

Although most seasoned riders may complete Rustler's Loop in 45 minutes or less, a loop with children and novice level mountain bikers may take up to an hour and a half or more. This timeframe allows for ample rest breaks to take in the scenery and enjoy the all-important trailside snack. Some



A posse of young mountain bikers enjoying the view. Photo courtesy of Paul Kieler

of the more challenging sections may require an occasional motivational treat that many biking parents have come to lean on. Before heading out be sure to check all bike equipment and accessories to ensure a safe and happy introduction to the sport so many of us have come to love.

The trail begins ominously for our beginner riders with a short but steep climb right out of the gate, literally. This section routinely causes parents to shuttle up bikes for the littler ones and for many of the older kids (ages 10-13), it provides an introduction to the time-honored tradition of the "hike-a-bike." Although the first incline is easy for most veteran riders, we must empathize with our children's firsthand experience and realize that this mountain bike business can be physically challenging. As parents and mentors we must remember that an encouraging word and reassuring support are invaluable to a youngster's attitude. One time tested tip is to include other children on the ride to provide community support and increase the fun factor.

Immediately upon cresting the first hill, riders will encounter a junction. Turn left and begin your journey to some of the most scenic and enjoyable kids' riding anywhere in the

Rocky Mountain region. But don't be fooled, no beginner rider, and heck, not a lot of intermediate riders, can successfully navigate everything on this trail, but with plenty of breaks, this ride can be empowering — the sense of accomplishment it will instill in kids is truly a gift.

Continuing along the trail, there's a fun flat section that allows for far reaching views. Take your pick of scenic pullouts and enjoy — it may not get any prettier than this. As sections of the trail begin to lengthen out, longer parts of the ride allow for more saddle time as the wonderful desert landscape unfolds before you and your children's

eyes. After a switchback and rock-step section, the trail turns away from the river and another short climb begins. This hard work quickly ends only to provide fun whoopie-doo sections that liken themselves to an easy going roller coaster. This downhill also provides a good introductory lesson in speed control and braking. The trail continues to roll along the canyon walls and into the final descent, finding its way back to the metal access gate and the parking lot.

On a recent trip to the Fruita area, a group of eight kids (ages 5 to 11) and nine mentors/parents tackled Rustler's on a sunny but breezy mid-day ride. Two hours and a few tears later, the kids emerged from the ride to cheers and applause with grins from ear to ear. It's true, some of them had more fun than others but I'd bet that all of them had the best mountain bike experience to date.

With high spirits and an emphasis on safety, Rustler's Loop is sure to be a hit introduction to the sport of mountain biking. And as most parents and mentors know, if the smiles outnumber the frowns, chances are you'll be back soon to enjoy this awesome singletrack again. Ride on kids.



Smiles galore on the Colorado River. Photo courtesy of Paul Kieler

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Peak Area Council of Governments (PPACG) has teamed up with the City of Colorado Springs to sponsor a volunteer-based count to record pedestrian and cycling traffic on trails and bike lanes around the region. This collected data will be used to help identify and prioritize project needs and to give tangible evidence of the benefits of proposed improvements for car-free commuting.

Furthermore, in the past year, the city has been working to add Shared Lane Markings (SLM’s), or “sharrows,” on street surfaces to indicate that vehicular traffic must yield to cyclists. This element helps connect bicycle lanes, trails, and streets and makes bicycle commuting much easier and safer.

In addition to these recent implementations, the city also has in place various tools to encourage more cycling commuting. Transit Services Division provides bike carriers on all its Mountain Metro and FREX buses and downtown lockers are available at the Administration Building parking garage. To further the effort even more, Metro Rides sponsors Bike Month every June, complete with a Bike to Work Day, held on June 27.

Looking further back into the area’s history, to help pay for bicycle infrastructure the government passed a Bike Tax in 1988. This four dollar tax is added to all new bicycle purchases and since its inception has generated approximately \$85,000 annually. These additional funds, much of it matched with federal enhancement funds and other outside sources, have allowed the community to develop better on and off-street bike paths as well as other projects originally recommended in the 1987 City Bicycle Plan. Some of these projects include construction of the Rock Island Trail from Murray to Academy, the Uintah Street Bridge bike lanes, and the building of a segment of the Homestead Ranch Trail. The community sees this as a way for cyclists to contribute, which eases tensions between motorists and cyclists.

There are a number of bicycling clubs and organizations serving residents, such as the well-known Colorado Springs Cycling Club (CSCC). For almost 25 years they have pushed for bicycle trails, lanes, paths, and rider support facilities throughout the Pikes Peak region. CSCC also hosts regularly scheduled group rides, open to all, with the choice of a social or general fitness focus.

The North Colorado Springs Cyclists (NCSC) proclaims itself as more of a “group of riders than a bike ‘club’ per se,” whereas Front Rangers is a club created specifically for youths, ages 12 to 18, who are interested in riding and learning with others. Women’s Mountain Biking Association of Colorado Springs (WMBA of COS), on the other hand, strives to support female cyclists of all abilities through organized mountain bike group rides open to riders of all levels of abilities. Their no-drop policy ensures that all riders feel comfortable, not intimidated, an issue female cyclists often deal with more than male cyclists.

Pikes Peak Velo is an amateur racing team that promotes the growth of the sport through racing, training, community involvement, and strategic partnerships. The club has hosted the Annual Pikes Peak Supercross since 2001 and offers cyclocross clinics each year. Its members are also very community-oriented, volunteering for trail work, organizing youth races, creating neighborhood bike clubs, supporting the local Parks Department, and partnering with organizations like Kids on Bikes, a local nonprofit that helps under-served children through efforts like the ABCs Program, which gives new bikes, helmets, and locks to students in the fifth grade who are able to achieve pre-set, individualized goals in academics, behavior, and character development. Kids on Bikes also regularly host events such as the Kids on Bikes Summer Festival and Adventure Duathlon, which this year will take place on August 26.

The Trails and Open Space Coalition (TOSC) serves the community through from an entirely different angle and aims to preserve open space and parks, create trails, bikeways and greenways for the Pikes Peak region. Through the nonprofit’s hard work, a number of areas have been successfully preserved such as Red Rock Canyon, White Acres, Corral Bluffs, Union Meadows, the Stratton Open Space, and Blodgett Peak, to name a few. In addition, TOSC has helped get more than 100 miles of trails built in Colorado Springs, another 65 in El Paso County, and dozens more in Teller County.

Medicine Wheel Trail Advocates, Inc. (MWTa), another non-profit, works to maintain and expand trail access for mountain bikers and other users in the Pikes Peak region as well by communicating with local land management agencies such as the US Forest Service, Colorado State Parks, the Colorado Springs Parks Department, and the El Paso County Parks Department. Some of the areas MWTa has helped maintain include Palmer Park, Ute Valley Park, Garden of the Gods Park, Cheyenne Mountain State Park, and trails throughout Pike National Forest. Their involvement doesn’t stop there: MWTa has also designed and built singletrack trails in Cheyenne Mountain State Park and Bear Creek Park, as well as a skills park in Red Rocks Park.

Colorado Springs doesn’t only have an amazing advocacy community — its racing scene is quite active as well, and is home to USA Cycling, the national sport governing body responsible for the growth and development of competitive cycling in the country. The 7-Eleven U.S. Olympic Training Center (USOTC) Velodrome, located in Memorial Park, has hosted dozens of national and international track events since its opening in 1982 and will feature the Masters Track Nationals July 24-29.

The city’s road and trails have also attracted numerous high level competitions. This fall, Colorado Springs will once again present the 24 Hours of Colorado Springs Marathon MTB Championship race at Palmer Park on September 29-30 in addition to the Gold Rush 100 MTB Marathon and the Ring the Peak Colorado State MTB Endurance Championships on October 6. Residents will also

enjoy the return of the USA Pro Cycling Challenge, as some of the best professional cyclists will converge towards downtown for the finish of stage 5 where hordes of spectators will be excitedly waiting. On the collegiate front, three of the city’s universities are in Division Two: U.S. Air Force Academy Cycling, University of Colorado, and Colorado College.



Climbing during the Sand Creek Series on June 6, 2012.  
Photo courtesy of Rob Lucas / ultrarob.com

Diabetes Association’s Tour de Cure presented in Woodland Park. Colorado Springs also hosts a number of other events like the Colorado Cycling & Recreation Show (October 13) which focuses on cycling and a mix of other outdoor activities

The 5th Annual Peak Region Cyclist Bike Swap will run in conjunction with the Masters Track National Championships on July 28 at the 7-Eleven Velodrome at Memorial Park. While competitors from across the country race, there will be booths adjacent to the track where everyone can find used bikes and accessories, as well as information on cycling clubs and more.

The Rocky Mountain State Games (RMSG), a multi-sport festival, takes place on two consecutive weekends, July 20-22 and July 27-29. It is open to participants of all ages and athletic abilities, including the physically disabled, visually impaired, and Paralympic athletes. Organized and managed by the Colorado Springs Sports

Not all events are purely for racing’s sake, recreational riders and randonneurs can take part in events such as the Starlight Spectacular, the Gold Belt Century, the Cripple Creek Brevet and the near-by American

Corporation, it features competition in 32 sports at various venues.

The city is also the place of residence for many of cycling’s elite like 2001 World Mountain Bike Champion Alison Dunlap; Katie Compton, the first American woman to earn a medal at the World Cyclocross Championships;

2006 National Super D Champion and 2007 Singlespeed World Champion Kelli Emmett; and Michael Creed, who has claimed multiple national titles on both the road and track.

Some of them have gone on beyond their careers as racers to impart their knowledge onto others. While still racing, Kelli Emmett (Giant Bicycles), also works as a cycling coach and hopes to expand her clientele and share with others what she has learned from professional racing over the years.

Two-time Olympian and World Cup Champion Alison Dunlap started the Alison Dunlap Adventure Camps in 2002 and has been coaching

people from around the country. Recently she launched a new coaching business called Alison Dunlap Coaching which features a no fluff, no hand holding affordable approach for cyclists of all levels and ambitions.

Most likely the best-known coaching company, Carmichael Training Systems (CTS), was started in 2000 by Chris Carmichael. The former Olympian and member of the 7-Eleven Pro Cycling Team bases CTS in Colorado Springs and has trained many famous pros such as Lance Armstrong and has helped many lesser known cyclists develop to their full potential by providing coaching support and expertise through the internet.

The bicycle industry is well ingrained in Colorado Springs and a handful of manufacturers have been around for many years. Angletech, for one, specializes in designing and building recumbent bikes, and has been around since the late ’70s.

Rock Shox, the well-known manufacturer of suspension forks and shocks, moved from California to Colorado Springs in 2002. In 1989, the company developed a new fork and brought in Greg Herbold as a test rider, he went on to become the first downhill World Champion, utilizing the first suspension forks designed specifically for mountain bikes. Although production moved to Taiwan, a small test facility remains in Colorado Springs.

Smaller enterprises such as Ground Up Designs has been serving the Colorado Springs community for about seven years. Owner Eric Baar offers custom bicycle frames made of titanium, steel, and aluminum. Tessier Bikes, also a custom bike builder, opened its doors in 2010 and now ships bikes all around the world.

Manufacturers are not the only companies that make Colorado Springs their home. Bike Pro Mobile, who provides a full service mobile bike shop for residents, celebrated its 10th anniversary this year. Their “Big Red Truck” travels to customers, day or night, to perform tune-ups and repairs at home, work, or at the trailhead. A similar company, CS West Bikes, started in 2005. Recently they expanded into an online parts and accessory sales, a move that has helped their primary purpose, as they now keep a larger range of parts in stock.

Spectrum Powderworks was established nearly 17 years ago and has been in Colorado Springs since. The company offers an alternative to painting: powdercoating. They do multi-color schemes, panels, fades, custom logos, etching and more.

As for bicycle shops, Colorado Springs counts at least 25 stores within city limits including popular shops such as Colorado Bike Shop, Old Town Bike Shop, ProCycling, Ted’s Bicycles, Ascent Cycling, Bicycle Village, and The Colorado Cyclist. The newest addition, Cafe Velo combines bike shop and cafe atmosphere, providing customers with full service sales, tune-ups and bike fits in addition to food and coffee.

As Colorado continues to grow and attract people from around the country and the globe, cycling opportunities will no doubt expand alongside the progress. With great infrastructures, proactive thinking, a supportive population, beautiful weather and close proximity to the mountains, Colorado Springs’ Bicycle Friendly Community Silver designation is well deserved and the riding options are endless.

Source:

1. City of Colorado Springs, Press release, June 23, 2008.



# Don't Miss the 2012 USA Pro Challenge

By Allison McGee Johnson, Director of Communications, USA Pro Challenge

For seven consecutive days, the world's top athletes race through the majestic Colorado Rockies, reaching higher altitudes than they've ever had to endure as they ascend over three mountain passes, each exceeding 12,000 ft. in elevation. After attracting more than one million spectators in 2011, making it one of the largest cycling events in U.S. history, the USA Pro Challenge is back for 2012. Featuring a challenging, 683-mile course with more than 42,000 ft. of vertical climbing, the second annual race will spotlight the best of the best in professional cycling and some of America's most beautiful scenery.

Referred to as "America's Race," the USA Pro Challenge will take place August 20-26, 2012, a week proclaimed by Governor John Hickenlooper as "Colorado Cycling Holiday," and travel through 12 host cities from Durango to Denver. Those wishing to follow along with the race can get in on special experiences by reserving a travel package, offering exclusive access and elevated luxury to the race's biggest fans.

But for those who are more interested in picking their own spot to watch the race, the USA Pro Challenge will take riders on a heart-pounding journey, including two climbs up Independence Pass. After making history in the inaugural year by traveling to the highest elevation of any race in North America or Europe — higher than the most challenging route in the Tour de France — this season's race will take the racers to an altitude of 12,000 ft. not

once, but three separate times and will include a finish on iconic Flagstaff Mountain on the penultimate day.

The 12 host cities vary in size, ranging from towns as small as 250 residents, to cities as large as Denver with a population of more than 600,000. Four new cities join the line up — Durango, Telluride, Montrose and Boulder — each offering breathtaking scenery, as well as a unique cycling history that will add to the overall excitement of the race.

Also new in 2012 is the scheduling of the individual time trial (ITT) on the final day of racing, keeping fans holding their breath to the very end to see who will be awarded the overall victory after seven days of fierce competition.

"Each day of this route is a challenge; there

will be nowhere to hide for these riders," says Shawn Hunter, co-chairman and CEO of USA Pro Challenge, about the course. "Staging the individual time trial on the last day will punctuate the drama, as we expect any time lead could be taken away with the challenge and intensity of a circuit sprint. With this course, we should witness intense competition right down to the last minute."

NBC Sports commentators Paul Sherwen and Bob Roll will offer their thoughts on each day's race, previewing and forecasting each stage and which of the climbers or the sprinters will have the advantage, what challenges spectators can expect to see and more. A series of videos will be available at [www.prochallenge.com](http://www.prochallenge.com).

Below is a glimpse of what to expect.

## Stage 1: Durango to Telluride

Monday, Aug. 20

This year's grand depart will begin with two neutral start laps through downtown so spectators can take a good look at the racers, followed by

a larger 6.5-mile loop that encompasses most of town then heads back through downtown for the first sprint. After a challenging, rolling ride across the high windswept plains and the second sprint in the town of Dolores, the riders start a gradual canyon climb that lasts more than 30 miles. Topping out over Lizard Head Pass at 10,222 ft., any time gained by a break going up will need to be maintained on the 15-mile descent into Telluride where a tight and technical finish awaits the racers as they will have to navi-

gate a small roundabout and four turns in the last mile before reaching the finish.

## Stage 3: Gunnison to Aspen

Wednesday, Aug. 22

In 2011, U.S. stage racing saw one of its toughest days with the ride from Gunnison to Aspen and in 2012 the "Queen Stage" will once again feature two of the highest climbs in professional racing. The stage starts in downtown Gunnison with a short neutral section leading out of town; however, as soon as the racing begins, so do the challenges. The dirt climb up Cottonwood Pass will take the pros to 12,126 ft. and the highest point of the week. A beautiful, twisting descent will bring the peloton into the town of Buena Vista before heading north on US 24 to Twin Lakes. Although the climb up Independence

Pass is paved and not quite as high as Cottonwood, it is sure to produce fireworks. Lined with fans in 2011, the climb to 12,095 ft. caused several gaps in the field that led to an exciting finish in Aspen, which will no doubt be duplicated in 2012.

## Stage 6: Golden to Boulder

Saturday, Aug. 25

A second-year host city, Golden will witness several circuit laps around downtown, providing fans with the chance to cheer on their favorites. The peloton will then head north on CO 93 en route to Boulder, a city very well known for its bicycle culture. Racers will climb more than 9,300 ft. on the incredible Peak to Peak Highway before a long and fast descent into the town of Lyons, leading them to the classic local climbs up Lefthand Canyon and Lee Hill Rd. Then, in a dramatic race to the finish, riders will move through the "The Hill" neighborhood and on to face the last 1,200 ft. of elevation gain over the next 3.5-mile up Flagstaff Mountain, where the action will all unfold at Sunrise Amphitheater.

## Stage 7: Denver Individual Time Trial

Sunday, Aug. 26

After a week of tough racing at altitude, the ITT will offer a completely different kind of event — and one that could dramatically shake up the overall standings. This flat and fast course in downtown Denver will have those looking to take the overall honor facing a tough individual test, making this one of the most exciting finishes possible.

For those that can't watch the race in person, or can only make it to a couple of stages, NBC and NBC Sports will air live coverage daily beginning on Monday, August 20, at 2 p.m. MT, with the final stage in downtown Denver set for Sunday, August 26, beginning at noon MT.

The inaugural race provided seven challenging days of racing through the Colorado Rockies and brought out nearly one million enthusiastic spectators. This year's edition should be even better. Don't miss the chance to be a part of history.



Images of the inaugural USA Pro Challenge. Photos courtesy of PhotoSport International - John Pierce & Don Pensinger/ Getty Images



## Calendar

# Welcome to the Region’s Most Comprehensive Bicycle Calendar

All events are listed chronologically within their respective sections: Events (clinics, expositions, lectures, etc.), Camps, Multisport (events that include cycling as part of the competition), Series (competitions where cumulative point standings are awarded), Cyclocross, Mountain Bike Racing (competition featuring singletrack and other off-road riding), Mountain Bike Touring (rides featuring singletrack and off-road riding), Road Racing (bicycle competition), Road Touring (road rides of various distances and for any type of bicycle), Track (velodrome-type events). To conserve space, we’ve chosen to run websites only on events where both website and email are available. If you are an organizer and your event is not listed, or if the information listed changes, contact us and we will gladly update the calendar. Please send your event information in the same style and format seen here.

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## EVENTS

### JULY

#### Jul 5–8: Breck Bike Week

Breckenridge, CO. Race or partake in all the non-competitive aspects of Breck Bike Week including led group rides, yoga, bike rodeo, kids race, clinics, trail maintenance, mechanic decathlon, Tour de France viewing, bike demo, rides and more. Free. 970-668-8900, [BreckBikeWeek.com](#)

## MULTISPORT

## SERIES

#### Colorado Triathlon Tour

May 19; Jul 22; Aug 19; Sep 9, 23

Various, CO. Series of 5 events presented at 4 venues and featuring 3 different distances. Best 4 out of 5 count for overall. Prizes for top 3 in each age group. Need to do minimum 2 races to get ranked. Lance Panigutti, Without Limits Productions, 303-408-1195, [Withoutlimits.com](#)

## EVENTS

### JUNE

#### Jun 24: Storrie Lake Triathlon

Storrie Lake, NM. 1.5km swim, 40km ride, 10km run. Sprint event as well. Multiple divisions. Chasing 3 Race Production, [chasing3.com](#)

#### Jun 30–Jul 1: Copper Mountain Half Marathon

Copper Mountain, CO. In conjunction with 3 Ring Festival. Mtn running at its best. Start at 9700’ - enjoy the run, don’t go for the time. Saturday: 10km (limit 350), Sunday: New half marathon (limit 600). Free kids race. Erika Gleason, Endurance Event Marketing, 303-926-1017, [copperhalf.com](#)

#### Jun 30: Grady Williams Freedom Days Triathlon

Farmington, NM. 1.5km open water swim, 10km XC run and hilly 40km bike ride presented at Lion’s Wilderness Park. [farmingtonnm.org](#)

#### Jun 30: Leadville Trail Marathon & Half Marathon

Leadville, CO. Run through the historic mining district’s challenging roads and trails, hit a high of 13,185’ at Mosquito Pass. Lifetime Fitness, 719-486-3502, [leadvilleraceseries.com](#)

#### Jun 30: Super Spartan

Midway, UT. 8-mile adventure race with obstacles like 4’ hurdles, 8’ wall, 12’ slippery ramp, cargo net climb, barbed wire crawl, water cannon, traverse wall, fire jump and spear throw and gladiator pit. Benefits Homes for our Troops. 781-255-9901, [spartanrace.com](#)

### JULY

#### Jul 14: Adventure Xstream - Summit County

Frisco, CO. Sprint (3-6 hrs) and Sport (6-12hrs) courses. Kayak, trek, rappel, mountain bike. Solo, 2-erson teams. Will Newcomer, Gravity Play Sports Marketing, 970-403-5320, [gravityplay.com](#)

#### Jul 15: Leadville Silver Rush 50

Leadville, CO. Running race. 50 miles of extreme territory starting at 10,200’ and reaches 12,000’ four times. Scott Giffin, Lifetime Fitness, 719-486-3502, [leadvilleraceseries.com](#)

#### Jul 15: Tri-it-High Triathlon/Duathlon

Leadville, CO. Lake County Swimming Pool, running and biking portions staged in wooded areas surrounding Leadville and on the Arkansas Valley floor. Distances: 500m/20km/5km, duathlon 5km/20km/5km. Course suitable for all levels. Limit 230 for tri, no limit for du. Larry Colley, 719-486-7484, [lakecountycyo.com](#)

#### Jul 15: Urban Assault

Fort Collins, CO. Bike scavenger hunt involving street-smart riding, obstacle courses, party. Find checkpoints where physical and mental challenges must be completed before moving on. Team event. Urban Assault, [urbanassaultrace.com](#)

**Jul 20–21: Epic Rocky Mountain Relay**  
Colorado Springs, CO. Epic running adventure. Teams of 12 relay to cover 190 miles from Colorado Springs to Crested Butte. Includes going over 3 passes and through 4 nat’l forests. Michael Papworth, 7 Summits Sports, [epicrelays.com](#)

#### Jul 21: Gallup Triathlon

Gallup, NM. Swim 375m, bike 20km, run 5km. Team of 3 or solo with multiple age groups. Family noncompetitive version. karla, 505-879-8812, [galluptriathlon.com](#)

#### Jul 22: Steamboat Lake Sprint Triathlon - CTT #2

Steamboat Springs, CO. Presented at Steamboat Lake State Park. Warm 1/2-mile swim, flat 12.4-mile ride through rolling country side, 3.5-mile run on the roads and trails of the park. Age group brackets from 14 to 85+. See race series for details. Lance Panigutti, Without Limits Productions, 303-408-1195, [withoutlimitsracing.co](#)

#### Jul 22: Urban Assault

Denver, CO. Bike scavenger hunt involving street-smart riding, obstacle courses, party. Find checkpoints where physical and mental challenges must be completed before moving on. Team event. Urban Assault, [urbanassaultrace.com](#)

#### Jul 29: Rocky Mountain Triathlon

Silverthorne, CO. Race in the shadow of the Gore Range along the Blue River. International distance (800m open water swim, 20-mile bike, 6.2-mile run) or sprint distance. Staged at North Pond Park. Limit 500. Jeff Suffolk, Human Movement Management, 720-255-5475, [rockymountaintriathlon.com](#)

### AUGUST

#### Aug 11: Steamboat Stinger - Trail Marathon

Steamboat Springs, CO. 25- or 50-mile epic race with a touch of western flair. 90% singletrack. Start at Howelson Hill Ski Area going twice around a 25-mile loop. Saturday MTB race, do both and go for the King Sting or Queen Bee titles. Honey Stinger, 866-464-6639, [honestinger.com](#)

#### Aug 12: Columbia Muddy Buddy Boulder

Boulder, CO. 2 mudslinging competitors, 1 bike, team trail run and ride, fun obstacles, costume contest, world famous mud pit and beer garden. Total distance 6-7 miles. Competitor Group, Inc., 800-311-1255, [muddy-buddy.competitor.com](#)

#### Aug 12–18: Idaho Expedition

Coeur d’Alene, ID. 600km co-ed 4-person team event. Ascending, MTB, mystery, orienteering, rappelling, trekking and white water paddling. Presented at Silver Mountain Resort. Dave Adlard, 208-664-0135, [expeditionidahorace.com](#)

#### Aug 12: Outdoor Divas Triathlon

Longmont, CO. 5th annual. The all women’s triathlon you’ve been waiting for. Race limited to 550 to create a fun, festive, yet intimate racing environment. 1/2-mile swim, flat 12.4-mile bike, 3-mile run. Lance Panigutti, Without Limits Productions, 303-408-1195, [withoutlimitsracing.co](#)

#### Aug 14–19: TransRockies Run

Buena Vista, CO. Trail stage run. 3 days solo or 6-day team run through 120 miles of Colorado Rockies. Starts in Buena Vista, ends in Beaver Creek. Mix of singletrack and forest road with 25,000’ of elevation gain. Max elevation 12,500’. Limit 500. Aaron McConnell, 403-668-7537, [transrockies.com](#)

#### Aug 18–19: Leadville Trail 100 Run

Leadville, CO. 50-mile out-and-back running race. Ultra marathon race with lowest altitude at 9200’, highest 12, 600’. Mostly on forest trails and some mountain roads. Mandatory medical check in. Lifetime Fitness, 719-486-3502, [leadvilleraceseries.com](#)

#### Aug 18: Rampage RAGE Adventure Race

Colorado Springs, CO. MTB, run, trek, zip line/ rappel, orienteering, paddling, rope etc. 4-12-hour race based on category, 30-80 miles. Team or solo. Big Mountain Adventure Racing, 719-357-5725, [bigmountainar.com](#)

#### Aug 18: Rocky Mountain Triathlon

Silverthorne, CO. Race in the shadow of the Gore Range along the Blue River. International distance (800m open water swim, 20-mile bike, 6.2-mile run) or sprint distance. Staged at North Pond Park. Limit 500. Jeff Suffolk, Human Movement Management, 720-255-5475, [rockymountaintriathlon.com](#)

#### Aug 18–19: Warrior Dash - Colorado

Copper Mountain, CO. Mud-crawling, fire-leaping, extreme run on challenging and rugged

terrain. 12 obstacles over 3.02 miles at Copper Mountain Ski Resort. [warriordash.com](#)

#### Aug 19: Steamboat Olympic At Catamount - CTT #3

Steamboat Springs, CO. The hit new Olympic distance event last season (1.5km swim/40km bike/10km run) is back and has been designated as the USAT Regional Championships. At Lake Catamount. Age group brackets from 14 to 85+. See race series for details. Lance Panigutti, Without Limits Productions, 303-408-1195, [withoutlimitsracing.co](#)

#### Aug 24–25: Vikingman

Heyburn, ID. Friday: family fun run. Saturday: Half and Olympic distance triathlon, duathlon, aquabike, and half marathon. Solo and team events. Lisa Clines, Viking Man Triathlon, 208-431-0463, [vikingman.org](#)

#### Aug 25: Mountain Chile Cha Cha

Pagosa Springs, CO. The 5k run is 100% off-road. The 10k run is a challenging loop, with more than 700’ of climbing. The course consists of approximately a 1/2-mile of paved road, the rest off-road which ranges from dirt road to double track to singletrack. 303-475-6053, [joingecko.org/info.asp?uid=310](#)

#### Aug 25: Oyster Race Series

Denver, CO. Make life awesome for a few hours! Teams run/bike/paddle/climb and perform other crazy stunts in a race around the city, answering clues and completing tasks. Team Player Productions, 303-777-6887, [oysterracingseries.com](#)

#### Aug 25: The Great Urban Race

Denver, CO. Teams of two solve twelve clues. Wild city adventure and fun challenges while discovering Denver. Start at noon at Tavern Downtown. Limit 500 teams. Supports St Jude Children’s Research Hospital. The Great Urban Race, 773-770-6032, [greaturbanrace.com](#)

#### Aug 26: Xterra Lory

Fort Collins, CO. Perfect for beginners or experts. Course is designed so that anyone can have fun and be challenged. 1/2-mile swim in Horsetooth Reservoir, 12.2-mile singletrack rolling bike leg, 4.8-mile trail run. Limit 325. Lance Panigutti, Without Limits Productions, 303-408-1195, [withoutlimitsracing.co](#)

## MOUNTAIN BIKE SERIES

#### Highland Ranch Series

May 12, 26; Jul 14, 28; Sep 1, 15  
Highlands Ranch, CO. Series of 6 events, all races start at 8am, venues and disciplines varies. Open to everyone. 3 classes, Juniors and adults A and B. Highlands Ranch Community Association, [hrcaonline.org](#)

#### Mountain States Cup - MSC

Jun 8–10, 22–24; Jul 20–22; Aug 3–5, 10–12  
Various, CO/NM. Endurance, short track, gravity and Super D series. Overall calculated on points for Gravity events (DH and 4X) and Endurance races (XC, TT, ST, Super D). Top 50 at each race in all categories get points. Team standings. Full-face helmet required for DH and 4X. Series includes 5 events. Qualifier for Nationals. Keith Darner, Bigfoot Productions, 720-407-6142, [racemsc.com](#)

#### New Mexico Off-Road Series - NMORS

Apr 1, 21–22, 28–29; May 12; Jun 9, 23; Jul 21–22; Aug 4–5, 12; Sep 8, 16, 29; Oct 6  
Various, NM. A series of 13 events run throughout the season. Open to all categories and singlespeed. Overall calculated on points - top 8 results count, min. 5 races. Only XC races count. Jersey for category champions. Each XC is qualifier for Nationals. Final overall series standings determine the State Champion. David Halliburton, 575-312-5991, [nmors.org](#)

#### Rocky Mountain Endurance Series

Apr 21; May 5, 19; Jul 15; Aug 5  
Various, CO. Series of 5 marathon, half-marathon and XC races. Categories: Men, women, open. Multiple age divisions Overall calculated on points. Event points to top 20. Series pass available. 10% of all race profits goes to various charities. John Hutchinson, 408-410-7973, [rockymountainendurance.com](#)

#### Winter Park Epic Singletrack Series

Jun 16, 30; Jul 14–15, 28; Aug 4, 25

Winter Park, CO. A 7-race series at Winter Park Resort. Formats vary, but always include male and female divisions. U15 to Masters 60+. Starts in waves so race with your group. Medals awarded to top 3 in each age class and sub-categories: Beginner, Sport, Expert, and Pro. Start at 10am. Kristi Huber, Winter Park Competition Center, 970-726-1590, [epicsingletrack.com](#)

#### Zia Rides Race Series

Apr 14; May 12; Jun 16–17; Sep 1–2; Oct 20

Various, NM. 5-event series. Solo, Duo and 4-people team category. Points to the top 10 in each category at each event. Zia Rides, [ziarides.com](#)

## WEEKLY

### Tuesday

#### BFP Front Range STXC / DS

April 10–July 31

Golden, CO. Not happening in 2012. Keith Darner, 720-407-6142, [racemsc.com](#)

### Wednesday

#### Ascent Cycling Series

June 6–August 8

Colorado Springs, CO. Series of 5 races with categories for all ages. Weekend races, worth 10 points, start at 9am, weekday races at 6pm count for 5 points. Venues: Bear Creek Terrace or more technical Palmer Park. Singletrack, double trails and gravel road for 2.3-mile lap. Lapped riders will be pulled. Must start last race to count for overall series standings. Andy Bohlmann, Sand Creek Sports, 719-591-4671, [sandcreeksports.com](#)

#### Devo STXC

April 4–June 27

Durango, CO. Weekly series. Course change every week. Sarah Tescher, Durango Devo Race Promotion, 970-779-8480, [durangodevo.com](#)

#### GBS Short Track Series

May 9–July 18

Golden, CO. Series of 8 events presented at Lookout Mtn Youth Services Center. Registration opens at 4:30pm. 4 starts, Juniors start 5pm, Men C and Women B at 5:25pm, Men B and Women A at 6:05pm and Men A at 6:35pm. Juniors race free. Lee Waldman, Routine Leg Works, 720-313-5312, [usacycling.org](#)

#### Summit Mountain Challenge - SMC

June 6–August 22

Summit County, CO. 26th season of local racing. Series of 6 short events for boys and girls U10, 11-12, 13-18 - run under the MTN Junior League - and older categories in Beginner, Sport, expert, Open and Pro classes. Starts around 5pm, distance and location vary at each event. Also include Fall Classic. Jeff Westcott, 970-390-4760, [mavsports.com](#)

#### Town Challenge Race Series

May 30–August 22

Steamboat Springs, CO. 7 race series that include hill climb and cross-country events. top 15 gets points each race, overall calculated on points best 6 out of 7. Multiple categories and age groups. Kate Wamke, 970-879-4300 x 354, [townchallenge.com](#)

## RACING

### JUNE

#### Jun 23: Oso HS MTB Race - NMORS #6

Angel Fire, NM. For all riders from beginners to pros. Special category for first time racers. Distance between 6-25 miles which includes the “luge” berms section. Proceeds benefits ALS research. Part of New Mexico Off-Road Series - NMORS. Douglas Schneebeck, 505-255-4222, [osohigh.com/Oso\\_High\\_MTB\\_Race.html](#)

#### Jun 24–30: San Juan Huts 200

Durango, CO. 7-day supported stage race from Durango to Moab, UT. Solo or team. Uses the San Juan Huts southern route. Kathy Hudson, Terra Firma Racing, 972-966-1300, [terrafirmaracing.com](#)

#### Jun 24: The Captain

Colorado Springs, CO. Marathon and Super D in Pike National Forest. Captain Jacks trail system. Tim Scott, Palmer HS Cycling Team, [thecaptainrace.com](#)

#### Jun 30: Epic Singletrack Series #2

Winter Park, CO. Epic XC. See race series for details. Kristi Huber, Winter Park Competition Center, 970-726-1590, [epicsingletrack.com](#)

#### Jun 30: Santa Fe Big Friggin’ Loop - NMES #2

Santa Fe, NM. 67 miles, 14km of climbing. Unsupported, not for beginners. Start 6:30am from 2nd St. Brewery. Limit 74 riders. Mike Chapman, [nmes.wordpress.com](#)

#### Jun 30: Targhee 5-Hour XC

Alta, WY. 10-mile singletrack loop through fields of wild flowers and aspens at Grand Targhee Resort. Andy Williams, 800-827-4433, [grandtarghee.com](#)

### JULY

#### Jul 1: Palmer Park 50

Colorado Springs, CO. Andy Bohlmann, 719-591-4671, [sandcreeksports.com](#)

#### Jul 4: Firecracker 50

Breckenridge, CO. All categories. Sparkler race for Juniors. Beginners ride 14 miles. Field limit 750. Ride solo or with a teammate for one 25-mile lap each. Climbing per lap: 5400’. Rippin’ descents and plenty of singletrack. Pro Ultra Endurance Tour (UET) event. Jeff Westcott, 970-390-4760, [mavsports.com](#)

#### Jul 5–8: XC MTB Nationals

Sun Valley, ID. Chad Sperry, 719-434-4200, [usacycling.org](#)

#### Jul 6: Breck Week Super D

Breckenridge, CO. Run in conjunction with Breck Bike Week. Jeff Westcott, 970-390-4760, [mavsports.com](#)

#### Jul 7: Durango Dirty Century

Durango, CO. Self-supported epic limited to 74. Singletrack, some paved roads, dirt roads and more trails with 13.5 miles of climbing. Total: 97 miles. Short loop 82 miles. Start 6am at San Juan Cycles, finish at Durango Brewing Co. Colorado Endurance Series, [coloradoes.wordpress.com](#)

#### Jul 10: BFP Front Range STXC/DS #6

Golden, CO. Part of BFP Front Range STXC / DS. Bigfoot Productions, [racemsc.com](#)

#### Jul 12: 40 in the Fort

Fort Collins, CO. 2nd annual. Two tough laps for 40 miles with 7000’ of climbing. Some course changes. New category for beginners, “Just for Fun,” where 2 riders do one lap each. Overland MTB Club, [overlandmtb.org](#)

#### Jul 13–15: Snowmass Enduro

Snowmass, CO. 3-day, 4-stage event all on the same bike. Epic Super D, XC, jump trail, DH. Over 8000’ of descending. 85% downhill, 15% uphill. [snowmassvillage.com](#)

#### Jul 14: Chama Redneck Epic - NMES #3

Chama, NM. New event. 90 miles with 11km of climbing or 56 miles. Start at High Country Restaurant & Saloon off Hwy 17. David Burdette, [nmes.wordpress.com](#)

#### Jul 14–15: Epic Singletrack Series #3/4

Winter Park, CO. Saturday: Epic XC, Sunday STXC. See race series for details. Kristi Huber, Winter Park Competition Center, 970-726-1590, [epicsingletrack.com](#)

#### Jul 14: Highlands Ranch #3

Highlands Ranch, CO. XC race, everyone on the same course. Race time 1.5 to 2 hrs. Start at dirt trail behind Mt Vista, finish at Rocky Heights Middle School. See race series for details. Highlands Ranch Community Association, [hrcaonline.org](#)

#### Jul 14: Leadville Silver Rush 50

Leadville, CO. 50-mile out-and-back at high altitude in Leadville’s historic east side mining district. Route is extreme. 8-hour time limit. 50-mile run the next day with 14-hr limit to claim Silver King and Queen titles. Qualifier for Leadville 100. Leadville Trail 100, 719-486-3502, [leadvilletrail100.com](#)

#### Jul 15: Breckenridge 100 (B-68 & B-32)

Breckenridge, CO. 100-mile solo or 3-person team. Nested between 3 ski resorts. Cloverleaf course with 13,719’ of climbing. Shorter B-68, B-32 available. Camping. Start at Carter Park. No day of reg. Course closes at 7:30pm. B-100 or B-68 counts towards NUE RME. NUE event. Part of Rocky Mountain Endurance Series. John Hutchinson, Warriors Cycling, 408-410-7973, [rockymountainendurance.com](#)

#### Jul 20–22: Big Mountain Enduro #1

Steamboat Springs, CO. Tentative. Continental Divide Trail to Steamboat Springs. Bigfoot Productions, 720-407-6142, [racemsc.com](#)

#### Jul 20–22: Gravity MTB Nationals

Beech Mountain, NC. [usacycling.org](#)

#### Jul 20–22: Storm Peak Stampede - MSC #5

Steamboat Springs, CO. Canceled. Part of Mountain States Cup - MSC. Bigfoot Productions, 720-407-6142, [racemsc.com](#)

#### Jul 21: 12 Hours of Snowmass

Aspen, CO. Solo, duo, trio or team of up to 8. Male, female, coed, clydesdale and singlespeed. Start 7am. 8.7-mile loop starts at new base village. Lots of climbing, singletrack and open trails. Benefits Aspen Youth Center. Pro UET series finale. Nat Ross, Pro Bike Center, 970-390-9730, [12hoursofsnowmass.com](#)

#### Jul 21–22: Frazer Mountain Madness - NMORS #7

Toas Ski Valley, NM. XC climbs up to 11,500’ on singletrack, old grassy roads, jeep roads. No two loops are the same. HC: 2800’/5.5-mile to top of Frazer Mountain. Average grade 10%, steepest 23%. Beginner, sport, expert classes. Pro cash prizes. Kid’s race, live music, food, free beer. Also

Family Friendly Ride
Supports Bicycle Colorado
Commercial
Rocky Mountain Road Cup Point Scale
Bronze,  Silver,  Gold



ADJOMTB Series. Part of New Mexico Off-Road Series - NMORS. Kerrie Pattison, Northside at Taos Ski Valley, Inc., 505-776-3233, [FraserMountainMadness.com](#)

#### Jul 21: High Cascades 100

Bend, OR. 100 miles, 1 loop and 75 miles of trail that crest at 7000'. Amazing test of fitness and riding ability. Keep the pace to finish in 10-15 hrs. Part of the NUE Series. Limited entry. Mike Ripley, Mudslinger Events, 541-225-7946, [mudslingerevents.com](#)

#### Jul 21: Rico-Telluride 100

Rico, CO. Self-supported endurance race limited to 74. Expect high elevation backcountry between Rico and Telluride and back. Start 6:30am in front of Mountain Top Fuel and Market, ends at The Enterprise Bar & Grill. Shorter distances available. Jeffrey Hemperley, Colorado Endurance Series, [coloradoes.wordpress.com](#)

#### Jul 21: Wasatch Back 50

Wasatch County, UT. Exciting new race course starts east of US 40, finishes at the Homestead Resort. Bob Saffell, MTB Race Productions, LLC, 801-588-9020, [raceuscs.com](#)

#### Jul 22: Goldrush 100 Marathon

Colorado Springs, CO. Marathon in Pike National Forest on Captain Jacks Trail System. Tim Scott, Palmer HS Cycling Team, [goldrush100.com](#)

#### Jul 26–29: Colorado Freeride Festival

Winter Park, CO. Some of the best MTB riders compete for over \$35,000 in slopestyle, enduro, XC, trials and pond crossing events. Winter Park Resort, 970-726-1590, [trestlebikepark.com](#)

#### Jul 28: Butte 100

Butte, MT. 6th annual. 100-mile race with 16,000' elevation gain. 50-mile option. 70% trails, 30% road and jeep trails. S/F Basin Creek Reservoir picnic area. Gina Evans, TripleRing Productions, 406-498-9653, [butte100.com](#)

#### Jul 28: Epic Singletrack Series #5

Winter Park, CO. Epic XC. See race series for details. Kristi Huber, Winter Park Competition Center, 970-726-1590, [epicsingletrack.com](#)

#### Jul 28: Hermosa Creek Off-Road Race

Hermosa, CO. Cross-country race on legendary trail. 20 to 38 miles depending on category. Dave Hagen, Fort Lewis College Cycling, 970-403-4842, [cycling.fortlewis.edu](#)

#### Jul 28: Highlands Ranch #4

Highlands Ranch, CO. Bluff's circuit race, everyone does 4 laps. Start at Bluffs Regional Trail. See race series for details. Highlands Ranch Community Association, [hrcaonline.org](#)

#### Jul 28: Laramie Enduro

Laramie, WY. Marathon Championship. Challenging 72.5-mile course climbing over 8600'. All above 7500'. Singletrack, dirt roads, experienced riders only. Presented at Happy Jack Recreation Area. Benefits regional non-profits. Richard Vincent, 307-760-1917, [laramieenduro.org](#)

#### Jul 28: Mega Friggin Sneffels Loop

Ouray, CO. Self-supported epic event limited to 74. Includes dirt road up Camp Bird Rd to Imogen Pass (13,114'), down to Telluride and over Dallas Divide. Follow Dallas Trail back to town. Start 6:30am at Backstreet Bagels. Colorado Endurance Series, [coloradoes.wordpress.com](#)

#### Jul 30: Colorado Trail Race

Denver, CO. Multi-day, 470 miles, 65,000' elevation gain following the Colorado Trail Starts at Waterton Canyon trailhead and finishes in Durango. Many hike-a-bikes and high alpine riding. 4-10 days, team and solo. Stefan Griebel, Colorado Endurance Series, [climbingdreams.net/ctr](#)

#### Jul 31: BFP Front Range STXC/DS #7

Golden, CO. Part of BFP Front Range STXC / DS. Bigfoot Productions, [racemsc.com](#)

### AUGUST

#### Aug 3–5: Blast the Mass Gravity - MSC #4

Snowmass Village, CO. DH course has steep sections with technical drops and high speed wide open sections. Super D on fast dirt road followed by great sections of singletrack. Part of Mountain States Cup - MSC. Bigfoot Productions, 720-407-6142, [racemsc.com](#)

#### Aug 4: Best of Brockover

Pagosa Springs, CO. Solo and teams of 2 race on 12-mile singletrack course in Pagosa. Starting elevation 7550', max 8150'. Scenic figure-8 route. Self-supported epic event limited to 50. Jurgen Montgomery, Colorado Endurance Series, 970-398-0176, [coloradoes.wordpress.com](#)

#### Aug 4: Epic Singletrack Series #6

Winter Park, CO. Epic XC. See race series for details. Kristi Huber, Winter Park Competition Center, 970-726-1590, [epicsingletrack.com](#)

#### Aug 4–5: Sandia Peak Challenge - NMORS #8

Albuquerque, NM. 8.3-mile HC at Sandia Peak Ski Area. Duathlon also available. Benefits Cystic Fibrosis Foundation. Part of New Mexico Off-Road Series - NMORS. Tim Gallegos, Cystic Fibrosis Foundation - NM, 505-883-1455, [nmors.org](#)

#### Aug 5: PV Cycle Derby

Elbert, CO. Peaceful Valley Scout Ranch. Roll through prairie grassland and plains of Eastern CO. 22-mile long loop winds through low hills of black forest and ponderosa pine. 66, 44, 22, 11 miles. Kids race. Part of Rocky Mountain Endurance Series. John Hutchinson, Warriors Cycling, 408-410-7973, [rockymountainendurance.com](#)

#### Aug 10–12: Full Tilt in Telluride - MSC #5

Telluride, CO. Series Finals. Saturday XC, Super D and kid's race. Sunday DH starts at No-Brainer Trail and continues on World Cup Trail for 1.1 miles. Super D is 2.2 miles. XC loop is a 12.5-mile loop. Part of Mountain States Cup - MSC. Bigfoot Productions, 720-407-6142, [racemsc.com](#)

#### Aug 11: Leadville Trail 100

Leadville, CO. 50-mile out-and-back in high altitude (+9000') mountains and valleys of Leadville. Highest point at 12,600'. Mostly double-track dirt roads with steep climbs and tough descents. Last 7 miles to turnaround point is uphill. 12-hour limit. Max 6 entries per group, lottery reg. Limit 750. Lifetime Fitness, 719-486-3502, [leadvilletrail100.com](#)

#### Aug 11: Steamboat Stinger

Steamboat Springs, CO. 50-mile epic with a touch of western flair. 90% singletrack. Starts at Howelson Hill Ski Area going twice around 25-mile loop. Multiple categories. Sunday marathon or half marathon, do both for King Sting or Queen Bee titles. 866-464-6639, [honeystinger.com](#)

#### Aug 12–17: Breck Epic

Breckenridge, CO. Rugged backcountry experience. 6 stages, cloverleaf style, start/finish in town. 240km of high-alpine riding split between 30-35 miles and 4-8 hours per day at altitudes over 10,000'. Solo and teams. 3-day option 140 miles. Mike McCormack, [breckepic.com](#)

#### Aug 12: Signal Peak Challenge - NMORS #9

Silver City, NM. The Rocky Horror Gila Show. Distance varies between 8-30 miles. Start 9am. Two courses with 4- and 8-mile laps. Part of New Mexico Off-Road Series - NMORS. Nathan Shay, [nmcycling.org](#)

#### Aug 18–19: 24 Hours in the Sage

Gunnison, CO. Hartman Rocks. 12-hour also available. Solo, duo, singlespeed, teams of 4. Home of the 24-Hour Solo Townie Bike World Championship. Also 24 minutes in the Sage kid's race. Benefits Rocky Mountain MS Center. Limit 300 riders. Michael Taylor, 970-641-1358, [24hoursinthesage.com](#)

#### Aug 18–19: Flyin' Brian Gravity Festival

Brian Head, UT. Super D, DH and Trials. Ron Lindley, 801-375-3231, [go-ride.com](#)

#### Aug 18: Mt Ogden 100

Snowbasin, UT. Solo 25, 50 or 100km race on beautiful singletrack at Snowbasin Resort and adjoining FS land. 100km consists of two 50km loops with >5000' per lap. 50km consists of two 25km loops. Start 6:30am. Great pay out. Steve Andrus, Snowbasin Resort, 801-620-1014, [mtogden100k.com](#)

#### Aug 18: Nederland HalfAss

Nederland, CO. Unsupported event limited to 74. Nederland to Raymond and back. 75 miles with about 13km of climbing, rough singletrack. 40% dirt road, 50% singletrack, some pavement. Start 6am at Happy Trails. Chuck Ray, Colorado Endurance Series, [coloradoes.wordpress.com](#)

#### Aug 25: Epic Singletrack Series #7 - King of the Rockies

Winter Park, CO. The race that started it all. Distance is 25.8 miles, start elevation 8756', highest elevation 9945', total climbing 4011'. Starts outside Fraser and finishes at the base of Winter Park Resort. Longest race of the series. Check-in 8am, race 10am. See race series for details. Kristi Huber, Winter Park Resort, 970-726-1590, [epicsingletrack.com](#)

#### Aug 25: Harder Than Hell

Red River, NM. Friday: Hill climb sprint from base of Platinum ski lift to top. Various sprints on the way up. Saturday: XC on 5.3-mile loop. Number of laps varies. Starts at 8800', climbs to 10,300' on mostly singletrack and open jeep trails. Laps begin after climb to the top. Rebecca Sanchez, Red River Chamber of Commerce, 575-754-2366, [redrivermountainbikerace.com](#)

## ■ MOUNTAIN BIKE ■ TOURING

### JUNE

#### Jun 23–24: Bridges of the Butte 24-hour Townie Tour

Crested Butte, CO. A 24-hour-long cruiser bike tour benefiting the Adaptive Sports Center Argentina Program. Teams and individuals welcome. Costumes encouraged. Tours the town, crossing as many bridges as possible from 3pm to 3pm. Adaptive Sports Center, 970-349-5075 x 104, [adaptivesports.org](#)

#### Jun 23: Maxwell Falls / Cub Creek MTB Ride

Evergreen, CO. 25-mile MTB ride with 4000' of climbing. Start near Brook Forest Inn at 9am. Ride up Maxwell Falls, up Cub Creek to wilderness sign and back. Bob Campbell, Team Evergreen Bicycle Club, 720-254-1030, [teamevergreen.org](#)

#### Jun 24: Creekside Dirty Century

Parker, CO. 20, 50, and 100 miles, and 100km route on dirt and pavement. Mass start 7am. Start/end Creekside Bikes. Road bike or MTB. Kirk Webster, 720-851-8600, [dirtycentury.com](#)

#### Jun 30–Jul 8: Ride Sun Valley Mountain Bike Festival

Sun Valley, ID. Centered around USA Cycling Mtn Bike Nat'l Championships. Showcases the area's 400+ miles of singletrack over 5 days. Ellen Gillespie, Sun Valley Events, 208-726-2777, [ridesunvalley.com](#)

### JULY

#### Jul 17–23: Desert RATS MTB Tour

Fruita, CO. Supported tour of 148 miles with overnight camping site. Tent and food provided, gear transport. Mileage between 18-40 per day from Loma to Rabbit Valley, Fish Ford, Slickrock, Porcupine Rim trail and more. Reid Delman, Gemini Adventures, 303-249-1112, [geminiadventures.com](#)

#### Jul 21: Tread Fest

Winter Park, CO. Head to Fraser Valley and enjoy 30 miles of supported MTB trails. Run in conjunction with the Winter Park MTB DH and XC race series. Something for all. Live music, contests, food, beverages and much more. Fundraiser for National Sports Center for the Disabled and American Red Cross. AJ Skrdlant, National Sports Center for the Disabled, 303-293-5311, [treadfest.com](#)

#### Jul 28: Copper Mountain MTB Triangle

Copper Mountain, CO. 30 miles, 4200' of elevation gain (low 9400', high 12,000'). Difficult ride including 2 passes. Estimated time, 6 hours. 28-mile option if you turnaround at Kokoma Pass. Bring food. Russ Peterson, Team Evergreen Bicycle Club, 720-299-8269, [teamevergreen.org](#)

### AUGUST

#### Aug 18: Gold Dust Trail

Como, CO. 21-mile mountain ride with 1500' of climbing. Start 10am. Chuck Joga, Team Evergreen Bicycle Club, 510-541-9844, [teamevergreen.org](#)

#### Aug 26: Monarch Crest Crank

Salida, CO. Ride the Monarch Crest Trail or Salida Mountain trails as a fundraiser for the Alliance Against Domestic Abuse. Guides, food, shuttle, beer. Also, historic Salida Cruiser Tour for non-mountain bikers. Nathan Ward, Alliance Against Domestic Abuse, 719-539-7347, [monarchcrestcrank.com](#)

## ■ ROAD ■ SERIES

### New Mexico Road Series

Mar 10–12, 31–Apr 1; Apr 14, 21–22; Jun 2–3, 10, 17; Jul 15; Aug 5, 19

Various, NM. A series of 10 races over 10 weekends. Overall calculated on 15 results, must do a minimum of 3 to qualify. All races scored separately, not on omnium. Santa Fe double points. Men and Women Cat 1/2/3, both Cat 4, men Cat 5, Masters 50+ men and juniors. Points awarded based on number of participants. Event identify at NMRS. [nmcycling.org/NMBRA/NMRS\\_2012.html](#)

### Rocky Mountain Road Cup (RMRC)

Mar 3; Sep 15

Various, CO. Season long point competition for ACA member clubs. Overall classification calculated on points. Points scale is based on a gold, silver and bronze status attributed to each event. Gold score 30 deep, Silver 20 and Bronze 13. Recognized team and individual riders. ACA Colorado, [coloradocycling.org](#)

### Tour of Colorado (ToC)

Apr 28; May 18–20; Jul 21, 27–29; Aug 12, 18–19

Various, CO. 6-event series. Overall point totals calculated for Pro men, Senior women, Senior men 35+. Omnium event results calculated on overall. Andy Bohlmann, 719-591-4671, [tourofcolorado.com](#)

## ■ WEEKLY ■

### Tuesday

#### CSP Table Mountain Race Jr/Masters Series

May 22–August 7

Golden, CO. Criterium held at CSP training facility on South Table Mtn. 6pm start. For Juniors and Masters 30+. Medals for best overall sprinter and finisher based on points. First series run May to end of June, second series July to end of August. Jonathan Heidemann, 303-798-5925, [peaktopeaktraining.com](#)

### Wednesday

#### Boulder Criterium Series

April 4–September 26

Boulder, CO. Open to Juniors to pros. 3 racing groups each night. Start at 5:30pm. Distance 20, 40, 50 miles depending on group. Presented at Boulder Tech Center. Barry Lee, Sanitas Sports, 720-244-8228, [sanitassports.com](#)



Cruising on the bike path in Fort Collins. *Photo courtesy of FC Bikes*

### Thursday

#### CSP Table Mountain Senior Series

May 24–August 16

Golden, CO. Criterium held at CSP training facility on South Table Mtn. 6pm start. For Senior men and women. Medals for best overall sprinter and finisher based on points. First series run May to end of June, second series July to end of August. Jonathan Heidemann, 303-798-5925, [peaktopeaktraining.com](#)

## ■ RACING ■

### JUNE

#### Jun 23–24: Dead Dog Classic Stage Race

Albany, WY. Saturday: Snowy Range RR starts at 10am. Downhill start followed by rolling hills and epic climbing to the top of Snowy Range Pass (10,800'). Sunday: 7am criterium on a 0.8-mile tight and fast course. 11am high altitude TT starts at 8,888', relatively flat. Michael Harokopis, Laramie Bicycling Network, 307-742-4797, [deaddogclassic.com](#)

#### Jun 23: Lap the Lake 50 Race

Leadville, CO. Challenging race consists of one lap (22 miles) or three laps (50 miles) around scenic Turquoise Lake. Paved road, demanding ascents, challenging descents. Elevations from 9,650' to 10,800'. Start 9am. Larry Colley, Lake County Recreation Dept., 719-486-7484, [lakecountycolorado.com](#)

#### Jun 23–24: Olev Rapido

Albuquerque, NM. Saturday: RR, Sunday: Criterium. [nmcycling.org](#)

#### Jun 23: Wright Stuff Challenge Oak Hill Challenge

Norwood, CO. Hill climb. Also 5 and 10km run. Wright Stuff Community, 970-327-4021, [wrightstufffoundation.org](#)

#### Jun 24: Blazing Saddles Omnium

Philipsburg, MT. 40km ITT and 8 mile climb of Rock Creek Road. Don Russell, 406-531-4033, [montanacycling.net](#)

#### Jun 30: Boulder Orthopedics Criterium

Longmont, CO. Colorado Masters Criterium Championships. William Brant, Boulder Orthopedics, 303-588-2697, [bouldermasterscycling.com](#)

#### Jun 30–Jul 1: BYRDS - Junior Tour of Idaho

Boise, ID. Junior-only event for riders 10-18 years old. RR, crit/circuit, hillclimb, crit. All Junior age groups for girls and boys ages 10-12, 13/14, 15/16, 17/18. Individual and team awards. Savannah Rice, Endurance Training & Fitness, 208-429-6382, [byrdscycling.com](#)

### JULY

#### Jul 1: Girls Just Wanna Have Fun TT

Bernalillo, NM. Just for women - all ages, all cycling levels and all ambitions. 10-mile TT introduce women to the fun and challenging sport of road cycling. Beginners and experts enjoy a day filled with food, music, fun friendly competition and prizes!. Maripat Glover, 505-893-3333, [nmcycling.org](#)

#### Jul 1: Veloshine Mike Horgan HC

Boulder, CO. Boulder's version of King of the Mountain. Sugar Loaf Rd to Nederland Elementary School. 3600 heart pounding vertical feet over 17 miles with 12% grades with hardpack dirt sections of Sugarloaf. Tony Panigutti, Boulder Racing, 303-882-8304, [boulderracing.com](#)

#### Jul 7: The Sonic Boom - Scott Kornfield Memorial

Louisville, CO. Figure 8 criterium. Martins Putelis, Sonic Boom Racing, 360-927-1751, [sonicboomracing.com](#)

#### Jul 8: Cottonwood Pass HC

Buena Vista, CO. New event. Time Trial up Cottonwood Pass. Douglas Robison, Absolute Bikes, 719-221-0158, [southcentralracing.com](#)

#### Jul 14: Boise Exergy Twilight Criterium

Boise, ID. Flat, 4-corner classic course. 1km loop through downtown. 1 hour plus 5 laps for main event and 30 to 45 minutes plus 1 lap for preliminary races. Cash and merchandise. Start 3:15pm, awards 10pm. Kid's ride at 2:30pm. NCC event. Mike Cooley, 208-343-3782, [boisewilghtcriterium.com](#)

#### Jul 14: Fort Collins Criterium

Fort Collins, CO. Charles Weinbeck, [fccyclingfest.com](#)

#### Jul 14: Volcan TT #1

Moriarty, NM. 20km rolling out and back with moderate descent and climb out to the Rio Puerco Valley. Random starts every 30 seconds. Categories for 10+. Jeff Huser, 505-228-9150, [nmcycling.org](#)

#### Jul 15: Longmont Criterium Classic

Longmont, CO. Chuck Bolden Memorial. Longest running race in the state. 0.7-mile mostly flat L-shaped course winds through historic neighborhoods. Wide smooth streets. David Waugh, Twin Peak Cycling, 303-278-1983, [twinpeakracing.com](#)

#### Jul 15: Wilson Stadium Criterium - NMRS #8

Albuquerque, NM. Part of New Mexico Road Series. Jennifer Buntz, [nmcycling.org](#)

#### Jul 17–22: Cascade Cycling Classic

Bend, OR. 5-day stage race for Cat 1 men, Cat 1/2 women. 4 stages for Cat 2/3, 4, and Masters. NRC event M/W. Chad Sperry, Mt. Bachelor Ski Education Foundation, 541-388-0002, [cascade-classic.org](#)

#### Jul 21: Bob Cook Memorial - Mt. Evans Hill Climb

Idaho Springs, CO. 28-mile race starts at 7540' in front of Clear Creek Middle School. Proceeds to Echo Lake, climbs to the summit of Mt. Evans at 14,264'. Course record is 1:41:20. Rocky Mountain Road Cup event. Part of Tour of Colorado (ToC). David Newcomer, Team Evergreen Racing, 303-579-4847, [bicyclerace.com](#)

#### Jul 21: Volcan TT #2

Moriarty, NM. 20km rolling out and back with moderate descent and climb out to the Rio Puerco valley. Random starts every 30 seconds. Categories for 10+. Jeff Huser, 505-228-9150, [nmcycling.org](#)

#### Jul 25–29: NM Senior Olympics

Las Cruces, NM. Qualifier for Nationals. 50+ racers. 888-623-6676, [nmseNIorolympics.org](#)

#### Jul 27–28: Saints to Sinners Bike Relay

Salt Lake City, UT. Ride in relay teams from SLC to Vegas. Over 500 miles with elevations from 1500' to 10,500'. Ride around the clock. Fundraiser for ALS/Lou Gehrig's Disease. Steven Tew, Cycling Events, LLC, 801-822-4870, [SaintstoSinners.com](#)

#### Jul 27–29: Salida Classic

Salida, CO. Friday: TT on 6.8 miles of county roads. Saturday: Crit on a 1-mile figure 8 course. Saturday: Grueling RR on 5.7-mile technical and hilly loop. Colorado Senior RR Championships. All categories welcome, including paralympic. Cash prizes. Part of Tour of Colorado (ToC). Angela Damman, South Central Racing, 719-539-4746, [southcentralracing.com](#)

#### Jul 28–29: Colorado Cycling Challenge

Longmont, CO. 200- and 400-mile races. Solo, 2- or 4-person teams. Heads toward Hygiene. Self-supported. 400 is qualifier for RAAM. Part of RAAM Challenge. Soul Events, 720-381-6053, [colorado.raamchallenge.com](#)

#### Jul 28: Crits for a Cure #2

Albuquerque, NM. Tentative date. EventLab, 505-410-9521, [eventlabrp.com](#)

#### Jul 28: Pro Criterium Nationals

Grand Rapids, MI. Road, ITT and Criterium races. [usacycling.org](#)



# Calendar



Practicing skills on the dirt. Photo courtesy of FC Bikes

## Jul 28: Sundance Hill Climb

Provo, UT. Starts at the bottom of SR92, climbs 8.2 miles, over 3000’ of elevation, passes Sundance and finishes at the Alpine Loop Summit. Czar Johnson, 801-223-4121, sundance-utah.com

## Jul 28: Tour de Park City Gran Fondo

Park City, UT. Fully supported 50-, 100- and 170-mile options. Timed course through Northern Utah’s beautiful mountain valleys. Ben Towery, 801-389-7247, tourdeparkcity.com

## AUGUST

## Aug 4: Crits for a Cure #3

Albuquerque, NM. Tentative date. EventLab, 505-410-9521, eventlabrp.com

## Aug 4: Lookout Mtn Hill Climb

Golden, CO. Climb one of Denver’s best known hills on a point-to-point challenging course. Phil Harbison, Colobikelaw.com, 303-948-7357, searccycling.org

## Aug 4: Volcan TT #3

Moriarty, NM. 20km rolling out and back with moderate descent and climb out to Rio Puerco Valley. Random starts every 30 seconds. Categories for 10+. Jeff Huser, 505-228-9150, nmccycling.org

## Aug 5: Mike Nields Memorial Bannock St. Criterium

Denver, CO. Junior Criterium Championships. 1-mile figure-8 course located in the heart of historic Golden Triangle neighborhood. All categories and many youth oriented events. \$10,000 cash prize. BAR blue group only. Jim Levy, Front Rangers Cycling Club, 303-220-5050, frontrangersdenver.org

## Aug 5: Santa Fe Hill Climb - NMRS #9

Santa Fe, NM. 14.7 miles with 3300’ of climbing. Starts at Fort Marcy Park 8:30am. All categories. Part of New Mexico Road Series. Stephen Newell, 505-310-1566, nmccycling.org

## Aug 7–12: Larry H. Miller Tour of Utah

Various, UT. America’s toughest stage race, UCI 2.1. 6 stages, 400 miles, Pro/1 men only. Come and watch the best. Bruke Swindlerhurst, tourofutah.com

## Aug 11: Racing for Hope Cycling

## Classic

Golden, CO. 1.7-mile CSP self-contained paved semi-oval course. Includes Pro 1/2, 3 & 4 women/ men. Handcycling, Juniors and kids (U7) races. Benefits Craig Hospital, the nation’s premier spinal cord/brain injury rehab hospital. Alice Brown, P2P / Mile High Cycling Society, 303-956-6527, racingforhopeco.org

## Aug 11: Volcan TT #4

Moriarty, NM. 20km rolling out and back with moderate descent and climb out to the Rio Puerco valley. Random starts every 30 seconds. Categories for 10+. Jeff Huser, 505-228-9150, nmccycling.org

## Aug 12: North Boulder (NoBo) Park Criterium

Boulder, CO. North Boulder Park, 0.7-mile circuit. Starts from 7am-5:40pm. Fields limited to 100. Cash prize. 5k running crit in the morning. Part of Tour of Colorado (ToC). Keith Harper, Juwi Solar Cycling, 720-240-3108, boulderclassic.net

## Aug 18–19: Fort Collins Cycling Festival

Fort Collins, CO. Saturday: Horsetooth RR. Sunday: Rocky Mountain criterium on a 1-mile flat loop. Part of Tour of Colorado (ToC). Charles Weinbeck, Fort Collins Cycling Festival, 970-481-8455, fccyclingfest.com

## Aug 18: Young Subaru Wildflower Hill Climb

Mountain Green, UT. During the Wildflower Pedalfest, 75 miles. Women’s only bike ride through scenic Morgan Valley. 5.5-mile climb to top of Big Mountain. All receive gifts, fastest 3 win jerseys. Stacie Palmer, Erika Beckstrom, 801-628-6416, wildflowerpedalfest.com

## Aug 19: Prison Loop RR - NMRS #10

Santa Fe, NM. Part of New Mexico Road Series. nmccycling.org

## Aug 20–26: USA Pro Cycling Challenge

Various, CO. International race. 600 miles in 7 days. 128 of the world’s best Pro Tour riders compete on some of the toughest terrain the region has to offer. Durango to Denver, the long way around. US Pro Cycling Challenge, usaproccyclingchallenge.com

## Aug 21–23: Aspen/Snowmass Women’s Pro Challenge

Aspen, CO. Prologue, 35-mile circuit race, criterium and RR/hill climb from Aspen to top of Independence Pass. Jan Pieter Koorn, AJAX Tavern Cycling Team, 970-920-6306, teamajaxtavern.com

## Aug 24–26: Hoodoo 500

St. George, UT. 519 miles, with 30,000’ of climbing. Solo and team divisions. Loop start/finish in St. George. Breathtaking scenery. Voyager start 5am, solo 7am, 2-person relay 9am, 4-person teams 11am. Deb Bowling, Planet Ultra, 818-889-2453, hoodoo500.com

## Aug 25: Crits for a Cure #4

Albuquerque, NM. Tentative date. EventLab, 505-410-9521, eventlabrp.com

## Aug 26: RGRT TT

Belen, NM. nmccycling.org

## Aug 31–Sep 3: Steamboat Springs Stage Race

Steamboat Springs, CO. Four days of racing. ITT prologue, circuit race, road race and downtown criterium. 8 categories. GC calculated on time. Held under stage race rules, must enter/finish all events. Corey Piscopo, Steamboat Velo, 970-879-1676, bikesteamboat.com

# TOURING SERIES

## Challenge Series Short Course

May 6, 26; Jun 23; Sep 8

Various, CO. 4-event series. 50-100 miles with challenging climbs. Overall season standing calculated on time. rmccrides.com

## Triple Crown Series

Jun 16; Jul 1, 28; Aug 11

Various, CO. 4-event series featuring the toughest of the RMCC Challenge Series. Timed one-day double centuries designed to push cyclists to the limit of endurance. Complete 3 and get the coveted Colorado Trip Crown finisher title. Overall season standing calculated on time. Events also part of Ultracycling Cup. Rocky Mountain CC, rmccrides.com

# ROAD TOURING

## JUNE

## Jun 23: Boulder Sunrise Century

Boulder, CO. 75- and 100-mile options. From easy plains-cruising to high-altitude fast rollers and moderate climbing. For the 100 add the Peak to Peak rollers and climb to Nederland. Start 6:30am. Limit 1,500 riders. Traci Brown, Bikerpelli Sports, 303-875-9000, bikerpelli.com

## Jun 23–30: Cycling Cowboy Country

Laramie, WY. Laramie to Walden to Kremmling and Steamboat Springs and back with a detour to Saratoga. Average 68 miles/day, with a good amount of vertical. Nate Dick, Colorado Heart-Cycle Association, 970-231-1068, heartcycle.org

## Jun 23–24: El Sangre De Cristo

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

## Jun 23: Lap the Lake 50 Ride

Leadville, CO. At 10,200’ elevation, the highest 50-mile in Colorado and around Turquoise Lake in the majestic Sawatch Mountains. Also 22-miler. Start 9am. Enjoy the majestic Sawatch Mountain Range scenery with the two highest peaks in Colorado as backdrop. Larry Colley,

Lake County Recreation Dept., 719-486-7484, lakecountyco.com

## Jun 23: RATPOD

Dillon, MT. 1 day, 130 miles with 5,500’ of climbing to benefit Camp Make-A-Dream, a cost-free medically supervised camp program for children, teens, young adults and families affected by cancer. Limit 650. Jennifer Benton, Camp Make-A-Dream, 406-549-5987, ratpod.org

## Jun 23: RMCC - Mt Evans Challenge

Golden, CO. Colorado ultimate hill climb event. 48 miles, 9,000’. Start 6am. Golden, Lookout Mountain, Bergen Park, Squaw Pass, Echo Lake, Mt. Evans Summit. Part of Challenge Series Short Course. Mark Lowe, Rocky Mountain CC, 303-895-9532, rmccrides.com

## Jun 23–24: St. Vrain Canyon

Louisville, CO. 400, 600 & 1000km. Lights required. Start 4am. Register by 6/16. John Lee Ellis, Rocky Mountain CC, 303-604-1163, rmccrides.com

## Jun 23: Wright Stuff Challenge Oak Hill Challenge

Norwood, CO. Hill climb. Also 5 and 10 km run. Wright Stuff Community, 970-327-4021, wrightstufffoundation.org

## Jun 24–28: Bryce-Zion Family

St George, UT. Phenomenally gorgeous Bryce and Zion National Parks are the perfect place for a family tour on car-free roads. Sunday-Thursday. Average 20 miles per day. All levels. All meals included. Bicycle Adventures, 800-443-6060, bicycleadventures.com

## Jun 24: Creekside Dirty Century

Parker, CO. 20, 50, and 100 miles, also 100km route on dirt and pavement. Mass start 7am. Start/end Creekside Bikes. Kirk Webster, 720-851-8600, dirtycentury.com

## Jun 24: Southeastern Colorado Ride for the Cure

Fountain, CO. Choose 20, 40, or 70 miles. S/F at John Metcalf Memorial Park. Fully supported, breakfast, shirt, swag, post-ride festival. At least \$150 fundraising required. komensecolorado.org

## Jun 24: Tour de Poudre

Fort Collins, CO. Ride 35 or 60 miles along the Poudre river and raise money for tree planting and research. Includes snacks, lunch and t-shirt. Courses open from 7am-4pm. isarmc.org

## Jun 24: Tour of the Carson Valley

Genoa, NV. Mormon Station State Park. Fully supported 11-mile family ride, 20- and 44-mile options. Curtis Fong, Bike The West, 800-565-2704, bikethewest.com

## Jun 27: Bike to Work Day

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

## Jun 30: Bike MS Colorado - 1 day

Fort Collins, CO. Choose the 25- or 40-mile options. Start/finish on CSU campus, join the 2-day riders for end of day celebration. Course open 7:30am. Benefits Colorado-Wyoming MS chapter. Alexis Bradley, National MS Society, CO/WY Chapter, 303-698-5403, bikemscolorado.org

## Jun 30–Jul 1: Bike MS Colorado-Wyoming

Westminster, CO. 2-day, 150-mile inspirational ride of moderate difficulty. Enjoy majestic scenery while riding to Fort Collins for the night and return via a different route. All levels, age 12+. Limit 3,000. Benefits Colorado-Wyoming MS chapter. Alexis Bradley, National MS Society, CO/WY Chapter, 303-698-5403, bikemscolorado.org

## Jun 30: Mt Nebo Century

Payson, UT. One of Utah’s most breathtaking century rides. Go over one of the highest and most picturesque peaks and enjoy the secret Goshen Canyon. Start 8am with 30, 65, and 100-mile options. Benefiting Huntsman Cancer Institute and Southern Sudan Humanitarian. Jeff Sherrod, 801-654-2886, reason2ride.org

## JULY

## Jul 1: Colorado Death Ride

Ridgway, CO. 225 miles, 16,000’ of climbing, 19-hour limit. Lights required. Start 2am. Epic, scenic ride across the San Juan Skyway. Part of Triple Crown Series. Mark Lowe, Rocky Mountain CC, 303-895-9532, rmccrides.com

## Jul 7–14: Cycle Washington

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

## Jul 7: Gran Fondo de Taos

Taos, NM. Tentative date. EventLab, 505-410-9521, eventlabrp.com

## Jul 8–13: Black Hills Classic Tour

Rapid City, SD. Moderate to challenging 6-day tour takes you to Mt. Rushmore, Needles Highway, Custer State Park and Crazy Horse Memorial, and historical mining towns such as Deadwood, Rochford, Hill City, Keystone and Custer. Also available 9/16-9/21. Jim Books, Dakota Bike Tours, 605-359-5672, dakotabiketours.com

## Jul 8: Red Rocks Century Powered by Primal

Morrison, CO. Charity event featuring amazing summits, beautiful rock formations, and challenging elevations. Scenic 62- and 100-mile courses with challenging riding through and around Front Range landmarks and mountain towns. Also a family ride. Fully supported, includes meals, T-shirt and swag. Start at Red Rock Elementary School. Benefits Trips for Kids Denver. Leslie Caimi, 303.745.8442, redrockscenury.com

## Jul 8–14: San Juan Loop

Gunnison, CO. 6 days, 358 miles, 24,000’ elevation gain, 5 mountain passes. A challenging cycling vacation. Richard Merrick, Cycling Escapes, 714-267-4591, CyclingEscapes.com

## Jul 9–12: Colorado High Country 1200

Louisville, CO. 1200km brevet with 1000km option. From Louisville to Laramie, WY, Steamboat Springs, Granby, back to Louisville. Total climbing 28,000’, highest elevation 10,700’. Limit 50. John Lee Ellis, Rocky Mountain CC, 303-604-1163, rmccrides.com

## Jul 10–15: Mountains and High Altitude Tour

Salida, CO. Many rides will start above 6,000’ and climb up to 12,000’. Climb mountain passes, descent long, curvy routes while experiencing spectacular views of the Continental Divide and Rocky Mountains. Finish Line Cycling, 720-295-0758, finishlinecycling.com

## Jul 14: Cache Valley Gran Fondo

Logan, UT. New event. Rolls through Logan and Hyde Park, climb to Amalga and Weston Canyon then Oxford, Dayton and Preston before hitting Trenton, Benson before the gran feed in Logan. A 70-mile option also available. Benefits Logan Regional Hospital Foundation. Troy Oldham, 435-716-5378, cachegranfondo.com

## Jul 14: Capitol Reef Classic

Gran Fondo  
Torrey, UT. New event. Gran Fondo 90 and 50-miles options. Tina Andersen, Team SR3, 435-425-3491, capitolreefclassic.com

## Jul 14: Color Country Century

## Killer Loop

Cedar City, UT. Tentative date. 65-, 100-mile unsupported ride starts at 8am. Brian Jeppson, Color Country Cycling Club, 435-586-5210, colorcountrycyclingclub.org

## Jul 14: GLMR Ride for Hope, Healing and Happiness

Payson, UT. Metric century to raise awareness of mental illnesses and the resources available. In memory of Gary Ludlow. Benefits NAMI Utah and ASFP. Zack Ludlow, 801-808-2569, glmrinfo@gmail.com

## Jul 14: Kaiser Permanente

## Moonlight Classic

Denver, CO. Pedal through the deserted streets of Denver with the strange light of the moon defining the course. 10-mile, non-competitive late night charity bike ride through historic neighborhoods. Benefits Seniors Inc. Families start 10:30pm, others 11:30pm. Scott Harris, Event Marketing Group LLC, 303-282-9020, moonlight-classic.com

## Jul 14: Pikes Peak Cycling Hillclimb

Manitou Springs, CO. Ride Pikes Peak - formerly called Assault on the Peak, follow the multiple turns up the 24.5-mile climb to the top. 4,720’ elevation on traffic free road. Average grade 7%. Tour or USA Cycling Race. Fully supported. Ride down or take the shuttle. Option to finish at Glen Cove. Limit 1,500. Summit Cycling Production, ridepikespeak.com

## Jul 14–15: Triple Bypass

Evergreen, CO. Day 1 - East: Evergreen to Avon. 120 miles and more than 10,000’ elevation gain over 3 mountain passes (Jupiter, Loveland, Vail). Limit 3,500. Day 2 - West: Avon to Evergreen inaugural ride. Limit 2,500. Double Triple Bypass: Ride both days. Patience Baldwin, Team Evergreen Bicycle Club, 303-473-1998, teamevergreen.org/triple

## Jul 21–23: Courage Classic

Leadville, CO. 3-day, 176-mile tour climbs from Leadville to Copper Mountain and back with a few detours. Goes over sasses. 55 to 100 miles each day. 35 miles family ride and century ride on Saturday. Supports the Children’s Hospital. Rebecca Neelis, The Children’s Hospital Foundation/Courage Classic, 720-777-1768, courage tours.com

## Jul 21: Desperado Dual

Panguitch, UT. Fully supported 50-, 100- or 200-mile 1-day event. Ride through the heart of the old West along scenic back roads, passing Nat’l Parks and historic communities. 2 loops, Outlaw and Big Fish. Ryan Gurr, SpinGeeks, 435-229-6251, spingeeks.com

## Jul 21: Glen Haven Gallivant

Louisville, CO. 200km ACP brevet. Start 8am at Louisville Park and Ride. Climb St. Vrain Canyon and descend Devil’s Gulch. John Lee Ellis, Rocky Mountain CC, 303-604-1163, rmccrides.com

## Jul 21: Grin & Barrett Charity Ride

Montrose, CO. Moderate 33-, 50-, 75-mile loops and 112-mile “Black Canyon Buttkicker.” Fully supported. All routes are in the Montrose to Delta Valleys of Western Colorado. Post-ride celebration. Benefits the San Juan Healthcare Foundation. Tom Barrett, Caring Friends, 970-249-2461, gbbiketour.com

## Jul 21: Tour de Steamboat

Steamboat, CO. 3 route options: 26, 40 and 110 miles through some of northwest Colorado’s most spectacular terrain. Controlled mass start 7am. Also family friendly distance on the Yampa Valley Core Trail. Supported ride benefiting the Sunshine Kids. Katie Lindquist, Rocky Peak Productions, 970-879-0480, tourdesteamboat.com

## Jul 22–28: Tour the Passes of Summit County

Frisco, CO. Expect 31,000 feet of climbing, but everyday also has a shorter, less strenuous option. CrestLoveland, Montezuma, Vail, Boreas, Fremont, Tennessee passes and more. Distance range from 45-95 miles daily. Richard Crocker, Colorado HeartCycle Association, 719-237-3350, heartcycle.org

## Jul 28: Bike2Build - San Luis Valley Century

Alamosa, CO. A 100 mile benefit bike ride that tours the beautiful San Luis Valley and help Habitat for Humanity at a short time. Fully supported. A \$100 donation fundraising needed to register. SVL Habitat for Humanity, 719-589-8678, slvhabitat.org

## Jul 28: COCO Century

Ordway, CO. Century ride on the flat rural roads through Southeast Colorado. couple of small hills. Also 9- and 40-mile options. Pancake breakfast, Support the Arkansas Valley Hospice. cococentury.com

## Jul 28: Colorado Cycling Challenge

Longmont, CO. 30, 60 and 120-mile rides start at Prospect Park and head toward the Rockies. Fully supported. Also 200- and 400-mile races. Part of RAAM Challenge. Soul Events, 720-381-6053, colorado.raamchallenge.com

## Jul 28: Comcast Colorado Eagle River Ride

Avon, CO. Century, metric century, 42-mile rides take cyclists from Beaver Creek to Wolcott and Dotsero and back along the rural setting of Hwy 131 and the Colorado River. Fully supported, fundraiser for SOS Outreach. Nicole Fava, SOS Outreach, 970-926-9292, sosoutreach.org

## Jul 28–Aug 4: Tetons to Yellowstone

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

## Jul 28: Tim Kalisch Memorial

## Grand Loop

Golden, CO. 200 miles, 15,500’ of climbing, 18-hour limit. Colorado’s most spectacular ride traverses Rocky Mountain Nat’l Park and test your lungs on Trail Ridge Road at 11,000’. Lights required. Start 3am. Part of Triple Crown Series. Mark Lowe, Rocky Mountain CC, 303-895-9532, rmccrides.com

## Jul 28: Tour de Park City Gran Fondo

Park City, UT. Fully supported 50, 100 and 170 miles. Timed course through Northern Utah’s beautiful mountain valleys. Ben Towery, 801-389-7247, tourdeparkcity.com

## AUGUST

## Aug 4: Colorado Cyclist Copper

## Triangle

Copper Mountain, CO. One of Colorado’s classic alpine road rides. 78 miles, it crests three mountain passes. Starts/ends at Burning Stones Plaza between 5:45 and 7:45am. Post-ride Alpine celebration. Benefit the Davis Phinney Foundation. Scot Harris, Rocky Mountain Events, Inc., 303-282-9020, coppertriangle.com

## Aug 4–11: Colorado Rocky Mountain Bike Tour (CRMBT)

Grand Junction, CO. Fully-supported tour through some of the best mountain towns and over some of the best mountain passes in Colorado. Limit 500. Peter Duffy, CRMBT, 720-379-5593, crmbt.com

## Aug 4: Peak to Peak

Louisville, CO. 300km brevet. Start 5am at US-36 Louisville-Superior exit. Climbs Coal Creek Canyon, traverses Peak-to-Peak Hwy, descends from Estes Park over Devil’s Gulch thru Glen Haven. 10,600’ of climbing. Lights required. ACP-sanctioned. John Lee Ellis, Rocky Mountain CC, 303-604-1163, rmccrides.com

## Aug 4–5: Ride with the Winds

## Bike Tours

Saratoga, WY. 50-, 75-mile and century ride options both days. Complete with rest stops, SAG, mechanical/ medical support, meals, massage, indoor/outdoor camping options. Under 18 must be accompanied by adult. Margaret Salisbury, Wyoming Cares, 307-237-7035, wyomingcares.org

## Aug 4: ULCER

Lehi, UT. 27th annual. Century ride around Utah Lake gran fondo style. 35, 65, 111 miles. Fully supported. Mild to hilly. Start at Thanksgiving Point. Mary Margaret Williams, Bonneville Cycling Club, 801-641-4020, bccutah.org

## Aug 5–11: Ride Idaho

New Meadows, ID. Ride from New Meadows to Moscow on this 7 days, 410 miles, fully supported ride. Food, luggage transportation, included. Limit



# Be Here Now

By Maynard Hershon

I'm on 29th, headed west out of Denver toward Golden. I'm stopped, first in line, at the light at Federal. The light goes green, I start across the intersection and as I reach the other side of Federal, a city bus comes alongside me, evidently passing me.

He's passing me and heading for the bus stop just a few car-lengths ahead. The bus already looks huge next to me but it gets bigger as the driver steers for the curb at the bus stop. I can hardly believe it but he's squeezing me into the curb.

I come to a stop realizing that the driver has left me nowhere to go. He drops someone off via his front door and steers back into the traffic lane. He's gone before I can ride alongside and look in at him, see if he's got horns and a tail.

I make a mental note of the number on the back of the bus. I never have trouble with bus drivers, I think. I consider stopping and calling the bus company, complaining about the guy's driving, not that I know it's a guy. I'm feeling angry and disappointed by a so-called professional driver and wondering at the same time if a complaint will get the guy fired.

I ride another half-mile. There's a bus company repair truck waiting at a stop sign. I ride up to the passenger door. The driver sees me and rolls down the window. It's so high I reach up and open the door. I tell him about what happened, where and when. He says he'll call it in. Done. I did it.

I ride another half-mile on the right of the lane-edge line. A white van passes me maybe a foot from my elbow. Empty road. Scares me. I see that the van gets stopped at the next light. I wonder if I'll catch him or her, and will I say something?

I'm thinking about the bus and the van and discourteous drivers and the three-foot passing law and the number of cyclists on the streets and how usually when I do this ride nothing at all happens and how today I am seeing drivers at their worst.

And I realize I've ridden right past my Pierce Street turn.

I see that the two things that happened, that I've been upset and brooding about, are over. They're old news. But I'm still focused on them — to the detriment of what's happening now, meaning turning left onto Pierce. I've been a distracted rider.

My butt's been on my bike but my mind has been elsewhere. If a third thing had happened I wouldn't have been present and ready to deal with it.

The bus cutting me off was a close call. The van skimming by startled me. Either event could have had a new or nervous rider on the ground. But the bus and van were only briefly dangerous, threats for an instant each.

In my indignant preoccupation with two incidents that did not hurt me, I put myself in

a position to hurt myself. The guy on the blue bike was a greater threat than the drivers of the huge bus or the white van.

I backtrack a few blocks to Pierce and get back on my ride route. I try to clear my mind, to think about my situation right now. I manage to find my way to Golden, to Starbucks at 13th and Washington. I lean my bike against a wall, get a cold green tea and sit at a table outside. Nice.

I'm looking at my bike against the wall and noticing how level the saddle looks against the top of the wall. I notice that the top of my saddle is only a little higher than my bars. Almost not higher at all...

I think: Could your seatpost have sunk into your frame? Damn seat looks awful low.

I look across the street and see a sign: Peak Cycles. I finish my tea and recycle the bottle. I ride across the intersection to the bike shop. I lean my bike against the front of their building and walk inside, asking the first guy I see if I can borrow a tape measure.

Sure enough, my seat is over a half-inch low. I'm embarrassed to say that I have no idea how long it's been that way, how long I've been riding an ill-fitting bicycle. A lugged steel, Joe Bell-painted, handmade bicycle ... that didn't fit.

I borrow a five-millimeter hex wrench from the same guy who loaned me the tape. I raise my saddle what seems like a mile and tighten the binder bolt. I thank the guy for the loan of the tools ... and tell him I feel like a fool.

I've been riding for 37 years, writing about cycling since '83. I've raced and ridden centuries and a double century. I've been to Campagnolo and Colnago and Serotta Cycles. But I've been riding my bike with the saddle so low it's a blessing I didn't trash my knees.

I should know better, is what I'm saying.

I put my knees at risk *and* I missed my Pierce Street turn by riding while my mind was somewhere else. My focus was not where it should have been, on the act of riding. I wasn't doing anything necessarily distracting, not texting or listening to music or talking with a riding buddy, but I wasn't paying attention. I only thought I was.

As unable as we cyclists are to control our environments, I'm convinced that we have to control ourselves. We have to be aware, present in the moment, you could say. We have to be on top of our game, ready for the unpredictable thing to happen — as it surely will.



## Calendar

350. Susy Hobson, Ride Idaho, 208-830-9564, rideidaho.org

**Aug 11-17: Colorado Wildflowers and Rivers ☼**  
Silverthorne, CO. Enjoy central Colorado, pedaling mostly on paved, car-free pathways with non-stop views of the spectacular Rockies surrounding ski areas such as Breckenridge and Vail. Fully supported. Adventure Cycling Assoc., 800-744-2453, adventurecycling.org

**Aug 11: Cripple Creek Crippler**  
Littleton, CO. New event. 207 miles, 17,000' of climbing. Get the grinny gear out.! Relentless rollers and steep climbs, no flat. Part of Triple Crown Series. Mark Lowe, Rocky Mountain CC, 303-895-9532, rmccrides.com

**Aug 11-12: Double Divide Ride**  
Helena, MT. Cross the Continental Divide twice! McDonald Pass on Saturday, return Sunday over Flesher pass. 139 miles (83 miles the first day, 56 the next). Fully supported. Bob Worthington, 406-443-6572, helenabicycleclub.org

**Aug 11: Gnarly Nebo Populaire / 200km Brevet**  
Payson, UT. 128 km or 80 miles. Also 200km Brevet. Minimally-supported ride from Payson, up and over the Mount Nebo Loop road to Nephi, through Goshen Canyon and back to Payson. Richard Stum, Salt Lake Randonneurs, 435-462-2275, randorichard.com

**Aug 11: HeArt of Idaho Century**  
Idaho Falls, ID. Flat to rolling 25-, 62-, and 100-mile options through scenic Snake River Valley. Great Teton views and desert vistas. Fully supported, benefits Art Museum of Eastern Idaho. Miyai Abe Griggs, Art Museum of Eastern Idaho, 208-524-7777, theartmuseum.org/Century.htm

**Aug 11: Stonewall Century**  
La Veta, CO. Scenic ride on Hwy 12 to Segundo and back. 25-, 50-, 102-mile options available. 7,500' elevation gain. Start/stop in La Veta Town Park. SAG, start 6:30-8:30am. Benefits Red Cross and various local organizations. Sandy Borthick, Spanish Peaks Cycling Club, 747-5702, spcycling.org

**Aug 11: Ted McVay Roll for the Cure ☼**  
Hobbs, NM. Largest and most supported event in southern NM. 25, 50, 100km routes for novices to experienced cyclists. Benefits the American Cancer Society and Relay for Life. Bob Reid, City of Hobbs, 575-318-8089, rollforthe cure.net

**Aug 11: The Ultimate Challenge - Tour de Utah**  
Park City, UT. From Park City to Snowbird Mountain Resort, 96 miles with 11,000'+ of vertical gain. Ride the toughest stage of the nation's

toughest stage race. Jackie Tyson, Tour of Utah, 801-325-2500, tourofutah.com

**Aug 11-18: Volcanoes of Washington Challenge ☼**  
Seattle, WA. 2 wheels, 4 mountains, 8 days - and a million memories. Washington's Mt. Rainier, Mt. Adams, Mt. St. Helens and Oregon's Mt. Hood. Intermediate to advanced. Average 55 miles per day. Bicycle Adventures, 800-443-6060, bicycleadventures.com

**Aug 17: Gran Fondo Cannondale Vail**  
Vail, CO. Scenic 50 and 120 miles. Chris Laskey, Star Events, granfondousa.com

**Aug 18: Aspen Snowmass Ride for the Cure**  
Snowmass, CO. Koch Park. Fully supported 10, 62, or 100 miles to benefit the Susan G. Komen Foundation. Opening ceremony, dinner at package pickup on Friday night, finish line party and more. Min. fundraising \$100. Take part in the only century ride dedicated exclusively to fighting breast cancer. Logan Hood, Aspen Affiliate of Susan G. Komen for the Cure, 970-920-0250, komenaspen.org

**Aug 18-19: Bike MS: Close Encounters Ride ☼**  
Sundance, WY. 2 days, 2 loops, figure 8 course, 150 miles of open road routing through the Black Hills of SD. Team up or do it solo. Min. fundraising \$250. Fully supported including training rides. Age 12+. Alexis Bradley, 303-698-5403, bikemswyoming.org

**Aug 18: Black Forest**  
Castle Rock, CO. 200km ACP brevet. Start 8am. John Lee Ellis, Rocky Mountain CC, 303-604-1163, rmccrides.com

**Aug 18: Circle the Summit - Bob Guthrie Memorial**  
Frisco, CO. 21, 45, 60 and 100 miles. Start at Frisco Rec. Center. All rides circle Lake Dillon on paved bike paths and roads. Century top Arapahoe Basin, Ute and Vail Passes. Fully supported, fabulous lunch and beer garden. Monique Mustard, 303-579-6828, circlethesummit.com

**Aug 18: I Think I CANYons**  
Salt Lake City, UT. Climb more than 12,000' over 110 miles. Crest 2 or 4 of Little Cottonwood, Big Cottonwood, Millcreek, and Emigration Canyons. Shorter 43 miles. Start at Skyline High School 6:30am. Benefits Fourth Street Clinic, a non-profit that provides free healthcare to the homeless. Alex Rock, Friends of Fourth Street, 801-913-3282, ithinkcanyons.com

**Aug 18: Tour de Cure Colorado ☼ ☼**  
Longmont, CO. Starts at Boulder County Fairgrounds. 10-, 20-, 50- & 100-mile rides. Family

20-mile on the Longmont Greenways Trail system. Century goes up to Carter Lake. Fully supported, lunch & wellness village at finish. Min. fundraising \$200. Kelly Jackson, American Diabetes Association, Colorado Office, 800-diabetes ext. 7020, tourdecurecolorado.com

**Aug 19: Deer Creek Challenge ☼**  
Denver, CO. The toughest century ride in the US. 4 courses: 33, 62, 89 miles and full century. First 16 miles gain 4,200', century totals 12,751'. Start/finish at Johns Mansville facility. Fully supported, swag, catered lunch, post event party, free beer. Benefit the Mountain Resource Center. Pat Downing, Downing Event, 303-798-7028, deercreekchallenge.com

**Aug 19-27: USA Pro Challenge Tour ☼**  
Denver, CO. Watch stages of the USA Pro Cycling Challenge throughout the Rocky Mountains, while riding some of the same demanding terrain the pro's do. Finish Line Cycling, 720-295-0758, finishlinecycling.com

**Aug 20-26: USA Pro Challenge Colorado ☼**  
Denver, CO. Advanced. Ride between 40 to 101 miles per day. Ride the epic landscapes of Colorado's Rocky Mountains and the Continental Divide. Bicycle Adventures, 800-443-6060, bicycleadventures.com

**Aug 25-26: Bike MS: Pedal los Pueblos**  
Pojoaque, NM. Ride through beautiful northern NM to fund research, programs and services. Fully supported 2-day ride. 36 or 86 miles Saturday and 40 or 55 miles Sunday. Caters to all rider levels. Maggie Schold, MS Society - Rio Grande Division, 505-243-2792, bikemsnewmexico.org

**Aug 25: CASVAR**  
Afton, WY. Start at Canyon Park. 20-, 45-, 65-, 85-mile and Saddle Sore century rides. You will see bison, but not many cars. Howard Jones, 307-883-9779, casv.org

**Aug 25: Summit Challenge**  
Park City, UT. 15-, 50-, 100-mile ride to benefit the National Ability Center. Rides start 8:30am. Training rides available. Rena Webb, 435-649-3991, summitchallenge100.org

**Aug 25: The Epic 200**  
Saratoga Springs, UT. Fully supported one-day 200 mile ride. Enjoy an epic day of cycling over the scenic Nebo loop, though an old mining ghost town and along the historic Pony Express route. 160, 100, and 66 mile options available. Fund-raiser for The Bucket List Foundation of Utah. Dan Burton, 801-653-2039, epicbiking.com

**Aug 26: Tour of the Valley Century**  
Grand Junction, CO. Ride at your own pace in beautiful western Colorado. 30-, 50-, 75- and 100-mile options. Century thru Colorado Nat'l Monument. Post-ride meal. Movie Saturday night. Benefits Community Hospital and 3 other organizations. Pre-reg only. Community Hospital, yourcommunityhospital.com

**Aug 26: Venus de Miles ☼**  
Longmont, CO. 5th annual. Women's only event to raise funds for Greenhouse Scholars for college. 33-, 51-, 67- and 100-mile course options. All skill levels. Starts at Prospect Park 7am. Many rest stops along the way. Teresa Robbins, Greenhouse Scholars, 303-460-1745, venusdemiles.com

**Aug 30-Sep 8: LAGBRAU VII**  
Moab, UT. 10 days, 5 national parks, 5 state parks, 4 national forests, 3 national monuments, 1 national recreation area and a variety of ancient Indian ruins along 3 scenic byways. 400 miles. Ride the 3-, 7- or 10-day option. Les Titus, 801-654-1144, lagbrau.com

## TRACK WEEKLY

### Tuesday

#### CVA Tuesday Night Racing

June 5-September 4  
Colorado Springs, CO. Schedule of events varies each week. All participants must be licensed members. A, B and C self-category racing. A must for those hoping to upgrade. No points. Racing starts 7pm. csvelodrome.org

### Thursday

#### CVA Thursday Night Racing

June 7-September 6  
Colorado Springs, CO. Weekly night race series open to A, B, C, Women's Open and Junior

riders. Points are allocated to the A and Women's group to determine both Rider of the Year winners. Event schedule varies. Racing starts 7pm. csvelodrome.org

## RACING

### JUNE

**Jun 24: USGP of Sprinting**  
Colorado Springs, CO. Noreen Landis-Tyson, 719-338-7223, coloradocycling.org

**Jun 25-30: Alpenrose Six-Day**  
Portland, OR. The only outdoor 6-day race in North America. Full program of exciting racing, including Madison events. See website for schedule. Mike Murray, 503-667-6220, obra.org

### JULY

**Jul 6-8: Hellyer Velodrome Challenge**  
San Jose, CA. ATRA NCS series. See website for schedule. Mark Altamarino, ridethetrack.com

**Jul 11-15: Junior Track Nationals**  
Trexlerstown, PA. usacycling.org

**Jul 13-15: Alpenrose Challenge ☼**  
Portland, OR. 3-day event bringing former and future Olympians, world and national champions to Portland for a race extravaganza. Includes sprint and endurance events, as well as fastest lap competition and kids races. Charlie Warner, 360-624-1801, alpenrosechallenge.com

**Jul 20-21: Marymoor Grand Prix**  
Redmond, WA. Canceled. David Mann, 206-621-8868, fsagrandprix.com

**Jul 24-29: Masters Track Nationals**  
Colorado Springs, CO. Tony Leko, USA Cycling, 719-434-4200, usacycling.org

### AUGUST

**Aug 17-18: International Omnium Track Nationals**  
Rock Hill, SC. usacycling.org



## Find event information for NM, CO, UT, & WY at

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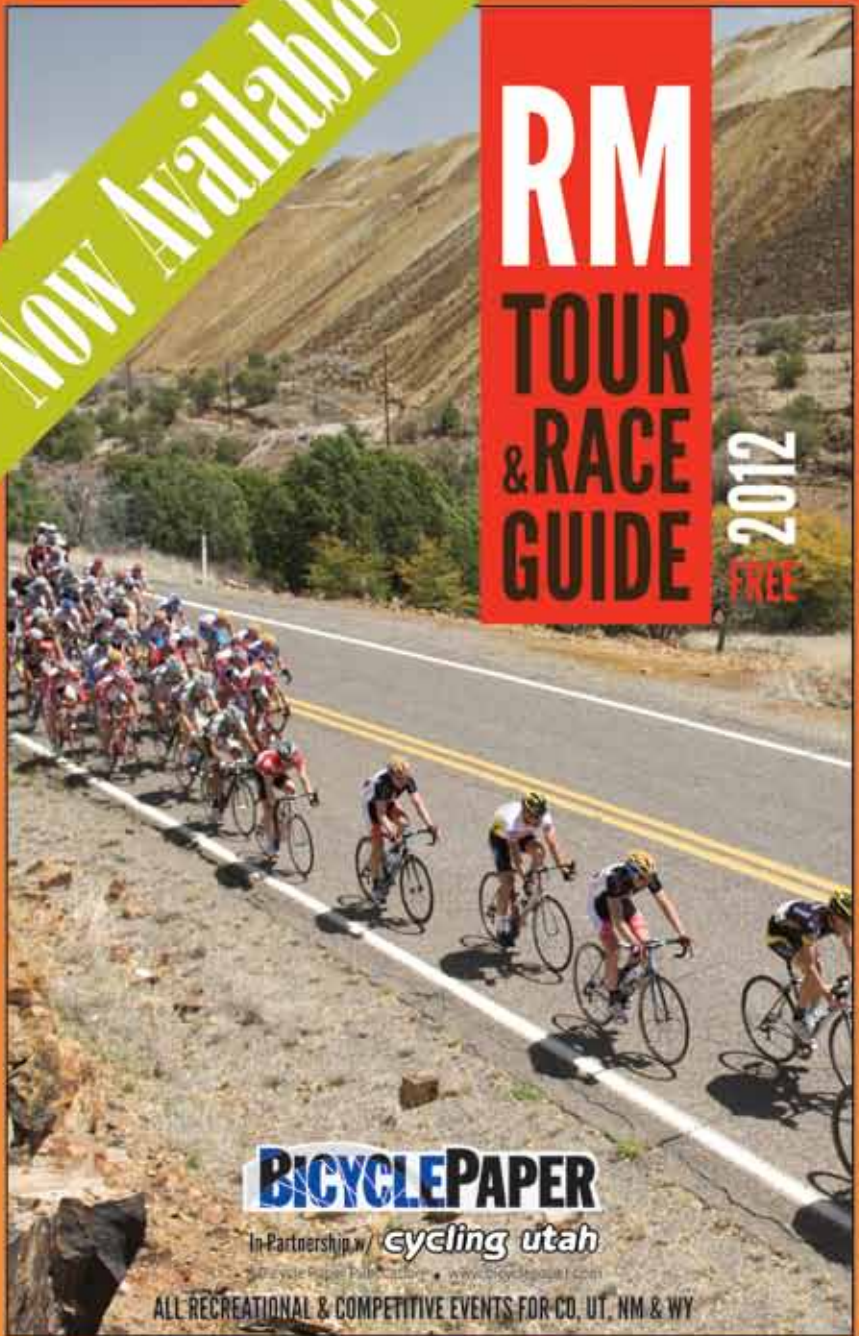
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