

Profile

Steamboat Springs — Get in The ‘Boat

By Christian Downes

Three hours northwest of Denver, Colo., you’ll find Steamboat Springs, named for its multiple geothermal hot spring sites. Also known as “Ski Town, USA,” Steamboat Springs is a haven for skiing and other various winter activities, but offers great weather in the spring, summer and autumn months, too, so there are ample opportunities for cyclists to explore. The Yampa River Valley has plenty of options to venture out into its impressive natural beauty, and the surrounding mountains feature world-class singletrack riding.

Originally the summer hunting grounds of the Ute people, the Yampatika Ute and Arapaho tribes also visited the local mineral springs and considered them to be a place of physical and spiritual healing. The Ute nation was grossly diminished through numerous conflicts and unjust treaties and was eventually moved from all of

their lands in northwestern Colorado to a reservation in Utah.

The town developed a sawmill and a depot for the railroad soon after the area was settled by homesteaders in 1874. Steamboat Springs assumed its moniker from the chugging hot springs, but soon

became one of the prominent cattle shipping locales in the West. The annual Steamboat Springs Rodeo is over 110 years old and represents the city’s long-standing ranching tradition. John Shipley of the Steamboat Springs Pro Rodeo Series proclaims, “I think the rodeo is important to our community because it reminds us of our heritage in Northwest Colorado. It helps us

keep our noses on our faces and not up in the air and our boots planted firmly on the ground.”

The industrial advancements in the area disrupted the springs, bringing an

SEE “STEAMBOAT” ON PAGE 7



Photo courtesy of Honey Stinger



Encounter stunning and diverse scenery at every switchback along the 66-mile loop. Photo courtesy of Dave Campbell

Riding the Loop Road: Lander, Wyoming

By Dave Campbell

As a boy growing up in Wyoming, the trails, lakes, mountains, and streams all along the Wind River Range’s “Loop Road” were my playground. Ruggedly beautiful in a way only the Wyoming Rockies can be, the Loop Road begins and ends in Lander and connects Sinks Canyon State Park to South Pass. My most memorable boyhood adventures happened at the many scenic mountain lakes along the gravel road in between. From the time I first started riding bikes I have wanted to pedal it. The only question was how? All the cycling friends and outdoor adventurers I grew up with knew of no one that had ever done it and I wondered what type of bike would be up to the diverse task.

At over 66 miles, with around 8,000 feet of elevation gain and crossing the Continental Divide at just shy of 10,000 feet, the ride would be a formidable task to say the least. However, this was not the most daunting part. It was the gravel. Lots of it ... and much of it was fairly intimidating due to the mountainous nature of the terrain. Thankfully, several years ago the worst of the switchbacks from Frye Lake to Bruce’s Camp, deeply washboarded from braking 4x4s and trucks towing trailers, were paved. It now definitely seemed possible ... but on what kind of bike? About 17 miles of gravel remains and the beautiful climbs and descents of the road sections beg for a light, agile road bike. Michelin Pro Optimum 25c tires were chosen for their high volume,

supple casing, rim protection and puncture resistance. They roll great on pavement too and just barely fit into my Cannondale Evo Carbon road bike, which would hopefully offer some degree of bump smoothing ride quality. A couple tubes, patches, pump, and tire booting material as well as lots of food came on board, too.

Departing a few of days after the fourth of July, I missed the camper traffic and tourists, and a light rain the night before seemed like it would keep the dust down. The first 10 miles out of town were lumpy until the long drag up to the spectacularly beautiful Red Canyon. Formally designated a National Natural Landmark by the federal government, its color and magnitude, even just from the roadside, is breathtaking. The summit at Red Canyon is false, though, and a long gradual descent to a plateau forced another long climb back up, this time past aspen meadows and beaver dams to Limestone Mountain. Here, the winds picked up and then the sirens sang again but despite the many miles of climbing, it was not “the” summit. Following another long descent down to the old Atlantic City iron ore mine, the gusts really picked up and the last true climb looms ahead. Roadside signs tell the tale of the boom and bust that gripped this area during the 1970s. The last difficult climb on pavement, steep and against the tough Wyoming

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LAW

Could a signed event waiver stand in a court of law?

PG 4



WOMEN

Cycling isn’t a men’s-only affair; women are changing the world.

PG 5



FOOTBEDS

Who needs them and what should you know about them?

PG 6

Cycling in the Spring After the 2013 Flood

By John Lee Ellis

Last September's floods along the Colorado Front Range left their mark on communities, families, and businesses in the foothills, from which they are still rebuilding. Thanks to lots of hard work by the Colorado Department of Transportation (CDOT), Boulder and Larimer County road crews, and the National Guard, the main canyon roads were open sooner than most folks thought possible.

The flood-affected canyon roads ranged from Coal Creek Canyon at the south extent to Big Thompson Canyon at the north, plus Stove Prairie in Larimer County, and one culvert in Golden Gate Canyon. All the state and U.S. highways up Boulder and Larimer County canyons are now open to cyclists, as are iconic Boulder County roads such as Lefthand Drive, Olde Stage, and Lee Hill. While open, in many cases they are temporary roads with possible issues for motorists and cyclists.

Highways

Highways up Boulder Canyon (Hwy. 119), St. Vrain Canyon (Hwy. 7), Upper St. Vrain Canyon (US-36), Big Thompson Canyon (US-34), and Highway 7 to Estes Park (Peak-to-Peak) are posted "Bicycles Not Recommended — Ride At Your Own Risk" by CDOT. Cyclists will need to assess the situation for themselves.

Highway 7 through St. Vrain Canyon, for example, contains sections with concrete Jersey barriers on the creek side of the road, putting cyclists out into traffic. Some of the sections of US-34 in Big Thompson Canyon are similar or have narrowed shoulders. A CDOT engineer said that the signed section on the Peak-to-Peak Highway had some runoff damage, but there is also wear and tear from heavy equipment and because for a while it was the only way to drive to Estes Park.

US-36 between Lyons and Estes Park has similar challenges, plus ongoing blasting to relocate and re-widen the road. That may shift some motor traffic into neighboring canyons (St. Vrain and Big Thompson). In addition, CDOT and the counties want people to be aware there can be heavy truck traffic carrying equipment to sites, moving dirt and rocks to fill in roadways and

shoulders, and hauling away logs and other debris; they are trying to get it out of the way before the spring thaw engorges the canyon streams. All those cranes and bulldozers visible in the creek beds didn't get there by magic, and the big piles of logs stacked along the roadside aren't going to disappear by themselves. The huge effort to open the roads last fall was only Phase 1.

County Roads

Boulder County has posted signs stating, "Temporary Road — Caution — Adverse Conditions May Exist," on roads such as Lefthand Canyon Drive and Wagon Wheel Gap Road. Lefthand Canyon has a couple dozen dirt/gravel segments (29 to be precise) in the lower ten miles, plus a number of areas where the road has been scoured away almost to the (former) centerline. As with the CDOT roads, the issue is not passability per se — after all, local cyclists are used to climbing steep grades on Poor Man or Sunshine Canyon on dirt — but safety with car and truck traffic.

In Larimer County, one of two closures in the narrow canyon part of Buckhorn Road remains, blocking an ascent to Stove Prairie from the south. Even out on the plains, visitors will still see the marks of the flood. Larimer County Rd. 1 / Boulder East County Line Road, east of Longmont, is closed with a precipitous drop-off

at Boulder Creek. There's also a reconstruction delay because a bald eagle pair have decided to nest there this spring.

Users need to check and assess. It's an ever-evolving picture ... mainly for the positive, but as remedial or permanent road projects get underway, some roads may be closed to cyclists for a while, or there may be delays.

That said, this is the "good" time of year, when roads up to 9,000' are cyclable but vacationers aren't here yet. Here are some valuable websites (no doubt there are more, but these are excellent and

authoritative) to check while planning your route:

- Boulder County Road Closures for Cyclists - maps.bouldercounty.org/roadclosuresbicycles
- Larimer County Road Closure Map - larimer.org/maps/road_closures.cfm
- CDOT - coloradodot.info/projects/floodrelatedprojects

Our hearts go out to those rebuilding their lives and businesses, and our amazement goes to the hard work of road crews and engineers. There are still real cycling possibilities around the Front Range, but all cyclists need to assess the situation before getting in the saddle.



Photo courtesy of John Lee Ellis

John Lee Ellis is the regional administrator for the Colorado Randonneur events. Feel free to contact him or any Rocky Mountain Cycling Club volunteer via their website, rmccrides.com, for more information about brevet and long distance cycling in the state.

Kuurne-Brussels-Kuurne

Paired up with the Omloop Het Nieuwsblad, this race forms the opening weekend of the Belgian professional cycling season, kicking off the Spring Classics. Typically featuring rugged late February or early March weather, this event has been cancelled three times since its inception in 1946 due to snow. After starting in Kuurne, it actually falls 25 km short of Brussels before heading back through numerous challenging climbs in the Flemish Ardennes, including the Oude Kwaremont. How much do you know about this less heralded but highly coveted Classic?

- Q1: Tom Boonen triumphed in this event last month to become the most decorated rider in the event's history with three victories (2014, 2009, 2007). Who held the previous mark?
- Q2: Despite three triumphs here, Boonen never claimed back-to-back victories. Two riders have and it happened in the 1970s. Can you name them?
- Q3: One Belgian family is responsible for five victories in this Belgian Spring Classic. Since they had their own reality show in Belgium for several years, you can likely guess the family, but can you name the years of their successes and which men won?
- Q4: What is the best American result at KBK?
- Q5: Belgians who grow up riding these narrow, winding, occasionally cobbled roads of Flanders have a distinct advantage in the Springs. Not surprisingly, only 10 foreign riders have won this event over the course of 65 editions. Who was the first and when did this occur?

Answers on page 10

Dave Campbell has been writing race trivia since 1992. He began racing in 1982 in Wyoming, moving to Oregon in 1987. After years of racing triathlons, he returned to his roots as a competitive cyclist, now racing in the Masters category. Dave is a high school science and health teacher and cross-country coach in Newport, Ore.



ROCKY MOUNTAIN BICYCLE PAPER

May / June 2014

Volume 3 • Number 1

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Distribution

Distribution & Mailing Get Active Colorado, LLC

BICYCLE PAPER



Calendar Powered by
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Rocky Mountain Bicycle Paper is published 3 times per year from March to November by Seattle Publishing. Subscription is \$14 per year; \$26 for two years.

68 South Washington St., Seattle, WA 98104
Phone: 206-903-1333 and Fax: 206-903-8565
Toll Free: 1-888-836-5720

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Rwanda and New Blood: Tim Lewis's Land of Second Chances

By Christian Downes

Rwanda is perhaps more recognizable for its history of genocide and poverty, not the small, lush country positioned on the equator with a long tradition of cycling. *Land of Second Chances* illuminates the country's new reputation and identity, growing desperately out from its tradition of victimization, rising like the new day on the shoulders of its new hero, Adrien Niyonshuti.

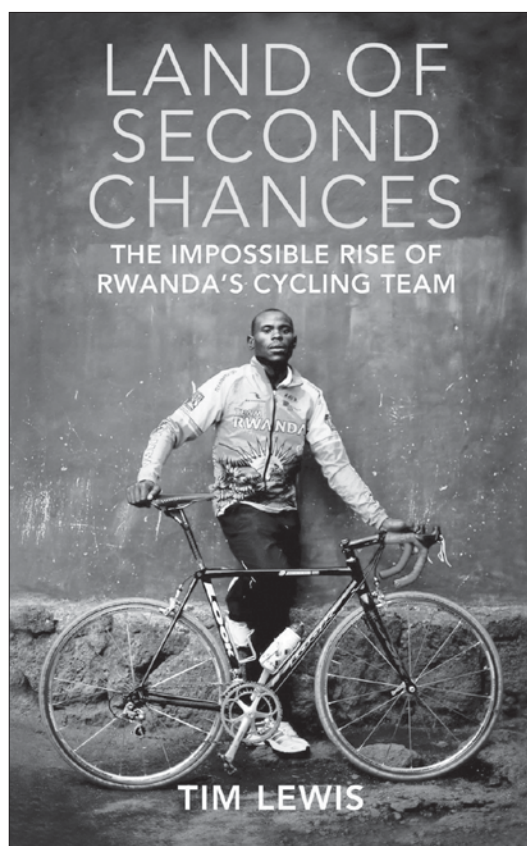
The book is engrossing, if for no other reason but an ethical reading of the text prompts a great deal of independent research. What you'll discover imbues the story with much needed perspective. You will learn a great deal about Rwanda, cycling on the continent, and the country's history of foreign investment, without egregiously pointing to two Americans whose unquestionable devotion to cycling has perhaps overshadowed their questionable motives. The inherent appeal of the title is a rhetorical one, and Lewis's perspective begs the question, *a second chance for whom?*

Many chapters include succinct historical summaries that provide a helpful frame of reference to Rwanda's challenges, be they economic and political instability or other factors contributing to ethnic division and genocide. His accounts shed light on elements of Rwandan history many of us — myself included — have come to find palatable. At least one refugee, at the infamous Hotel Rwanda, claims there was a darker side to the hotel owner's *courage*. Much of the novel prompts reflection (consider the account of a genocide progenitor, served graciously by a survivor) and includes hardly palpable genocide statistics: 5.5 deaths per minute, for 100 days.

But according to Lewis, the bicycle is the "one object, more than any other, that encapsulates Rwanda's past, present and future."

The chapters dealing with the origins of cycling's history and influence on the continent support the paradoxical symbol of hope and progress: "A bicycle was a sign of civilization, big social status" and "a status symbol beyond the dreams of most citizens." Bicycles are available to a privileged few, and so not merely a lifestyle choice but more so a culturally fundamental means of survival. It is customary in Rwanda to pass a bicycle to the next generation of riders, as Niyonshuti's Olympian uncle did for him, along with some arguably simple advice: "If you want to do cycling, don't waste your time. You have to focus your life on it completely. And don't drink beer."

I read half of the book in the first sitting, but grew impatient with Lewis's effete reporting style. While many of the chapters proved informative, I waited for him to assert more than the tone of an elongated glamour magazine feature. His inclusion of the major players in Rwanda's growth begs the reader to research and draw conclusions to the presence of entities in the country: AmWay, The Seventh Day Adventist Church, Stumptown, Costco, Starbucks and an Orange County mega-church.



Whether he chose to avoid implications of these companies and individuals duplicitous motivations, the inferences are easy to make. I only wish Lewis had more courage to posit inquiries in the same manner with which he demonstrates insightfulness. Though doubtful such bravery would have made an immediate difference, convicting those companies — with the knowledge that the world is speculating on their interests — would perhaps instigate more reverent behavior. Coffee conglomerates have a chance like never before to do as the Belgians did with Rwandan rubber. The mega-church is using its affluence to create inroads into the nation's government, in efforts to substantiate its international presence. How are these organizations and individuals truly influencing the future of Rwanda and its people?

Tom Ritchey certainly found a way to cop the humanitarian title while leasing his new bicycle model to coffee farmers, ensuring they would be able to carry greater loads over brutal terrain. The scheme increased productivity for the dealings of "President Kagame, like the Belgians and Habyarimana before him" with Costco, Starbucks, Stumptown and Intelligensia. Ironically, the bikes were built in China — the country that once supplied half a million new machetes to Rwanda just prior to the genocide.

Always viewing the project as an "investment and not aid," Ritchey established hotels and bike-tours with the accumulated profits and what he saw to be the promise of "adventure travel and ecotourism." Under closer examination, even the inception of Team Rwanda proves less than noble. With a small investment, Ritchey "wanted to roll the dice" by creating a national cycling group. Ritchey certainly did not gamble with Jonathan "Jock" Boyer, whose second chance afforded him the opportunity to rebuild the respect he earned for his cycling skills — overshadowed and dismissed elsewhere in the world — because of his prior felony record.

Boyer plead guilty to ten counts of child molestation (over the course of five years) of an 11-year-old girl. While Boyer demonstrated remorse in the courtroom, his interviews assert a cold omission of guilt: "It's a very unfortunate situation," he said following the trial. When Boyer was asked if he thinks what happened affected

his victim, he told Steve Friedman of *Bicycling*, "If you let something destroy you, whose fault is that?"


At times, Lewis seems to provide subtle credence to the gross comparison of Boyer's crime to the mass slaughter of (Team Rwanda) riders' families. Niyonshuti lost 40 relatives, including his father and six siblings, to ethnic cleansing when he was just seven years old. Boyer served a little over eight months of a one-year sentence. Of all that Lewis chooses not to say about second chances, failing to qualify the experiential equality of Boyer and Niyonshuti is not only irresponsible, it's repugnant.

The book seems to imply second chances accrue for those with money, its accessibility and accumulation. For instance, Lewis interviewed a local woman operating a milk bar. When she, a survivor of the slaughter, served a former judge who had perpetrated the genocide in that area (Rwamagana), Lewis was puzzled. She responded, "What I need is money. How can I survive if I don't welcome any person to buy things. We've built a mechanism to cope with the situation."

It becomes easy to understand how, following the genocide, *I don't remember* and *impossible* became characteristic Rwandan sayings. The behavior of the populace demonstrates survival characteristics of victimization. Unfortunately, it appears as though the fledgling goodness rising organically from the country's bloody past, appears to have attracted the western desire for growth — a perversion of social justice and capitalization of a nation's wealth. Except now, the nation's greatest resource is its people, and it is the responsibility of Lewis to have asserted such, and that of all readers to acknowledge as much.

Read the book to challenge yourself and your perspective. You don't need to be a cyclist to appreciate the tireless commitment to the multi-dimensional sport, but you do need to develop an informed opinion and not be afraid to use your heart in the process. In a *Land of Second Chances*, it's not just the only thing some have left, it is the right thing to do.

Land of Second Chances by Tim Lewis is available in hardcover, and was first published on July 23, 2013, and later on October 18, 2013, by Velo Press. ISBN: 1937715205



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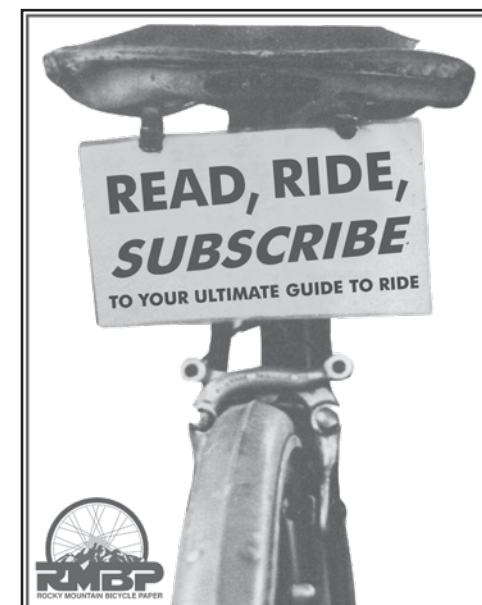
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“Is That Thing I Just Signed Worth The Paper It’s Printed On?”

By Brad Tucker

Now that spring has arrived, many Colorado cyclists will begin entering races, fun rides, charitable events, and other organized rides for which the sponsors or promoters will be requesting a signed waiver in order to participate. If you are an avid and experienced cyclist, you have likely signed dozens, if not hundreds, of these over the years. You’ve probably even been in line with others at the registration table and heard someone say, “Sure, I’ll sign it, these things aren’t enforceable anyway.” Perhaps you have even made that comment yourself. Is that a true assertion? In Colorado, the answer is quite possibly not.

These types of written waivers or releases are commonly referred to as exculpatory agreements. Potentially, these agreements are enforceable contracts that can significantly impact the duties, obligations and rights of those who sign them.

In my bike law practice, I am often asked by ride promoters, clubs, and local bike shops if they should be using waivers on their sanctioned or promoted rides. Because these agreements can be written in a way that creates a legally enforceable contract, they are an excellent tool for limiting the liability of a ride or event sponsor. Any promoter, shop or club who wishes to limit its liability would be wise to use them.

In Colorado, the determination of the sufficiency and validity of an exculpatory agreement is a matter of law for the court to determine. Its validity must be determined by the following four criteria:

1. The existence of a duty to the public;
2. The nature of the service performed;
3. Whether the contract was fairly entered into; and
4. Whether the intention of the parties is expressed in clear and unambiguous language.

In the context of a cycling event, attacks against the validity of an agreement typically are made with respect to the fourth prong of the factors listed above. If the agreement clearly explains the risks involved and the limitation of liability against those released, the enforceability of the agreement is likely.

Years ago, a Colorado Supreme Court case held that a parent could not execute an exculpatory agreement on behalf of a minor child. In reaction to that court decision, the Colorado General Assembly passed a bill that was signed into law specifically creating a statutory provision that allows a parent of a child, on behalf of the child, to release or waive the child’s prospective claim for negligence associated with participating in youth sporting, recreational and educational activities where certain risks may exist. Accordingly, exculpatory agreements signed by parents on behalf of their minor children are now likewise enforceable if the standard criteria for enforceability are met.

Enforceable exculpatory agreements cannot be used to shield liability for all conduct. Generally, their use is limited to acts of negligence. Negligence means a failure to do an act that a reasonably careful person would do, or the doing of an act that a reasonably careful person would

not do under the same or similar circumstances to protect one’s self or others from injury or damage. Simply put, most negligence cases are ones involving an accident, involving carelessness, a bad decision, or bad judgment. Exculpatory agreements cannot be used to shield a released party from their reckless, intentional, willful and/or wanton conduct. Signing an exculpatory agreement, therefore, does not create a scenario where the released parties are insulated from any harmful conduct. Accordingly, efforts to argue against enforceability often require an attempt to show that the released party’s conduct was more than negligent and was at least reckless.

Because exculpatory agreements are potentially enforceable in Colorado, clubs, shops and promoters are wise to use them. Further, participants in cycling events should carefully read and understand the document they are signing, as it quite possibly is worth considerably more than the paper it is printed on.

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. If you have questions concerning legal issues affecting cyclists, you can contact him by e-mail at Brad@ColoBikeLaw.com, or by phone at 303-694-9300.

Product Reviews

Outdoor Tech Buckshot

By Darren Dencklau

In a stroke of good luck, late last year I received yet another Bluetooth wireless speaker system (see boomBOTTLE review in July 2013 *Bicycle Paper* issue). This time it was a much more compact unit from Outdoor Tech called the Buckshot, a water resistant cylindrical-shaped rubber-encased speaker that also serves as a microphone/speakerphone for cellular calls. It fits within the palm of a hand and comes with a bicycle mount and charger all wrapped in a nifty box — the company does a great job of packaging and marketing their products, as evidenced on their website.

To charge it, use the included cable and plug into any computer’s USB port. To sync, just hold the “on” button for a few seconds while your phone searches for the signal. Once “OT Buckshot” appears on your screen and reads “connected,” you’re ready to rock (or soul, or swing, or whatever you’re into at the moment). The battery life is supposed to last 16 hours and although I never counted every minute the device was actually on, I believe it to be accurate, as I don’t have to charge it often. The Buckshot’s signal range is rated at 33 feet — depending on cellular signals and obstacles such as walls.

For a device this small, I am thoroughly impressed by the sound. Although it isn’t as audibly lush and doesn’t have as much depth, definition and bass response as the boomBOTTLE, it is



loud enough to hear even during the busiest of commutes. I’ve mounted it on my handlebars, on backpack straps and on the stems of my bikes; I prefer the latter position for even frequencies and keeping the bars free from clutter. With the rubber mounting strap it stays put relatively well, although after launching off a curb or having a

little “face time” with a pothole, it sometimes needs some adjustment — it has never fallen off. While riding, the Buckshot is much safer than headphones (which I never wear) and I can hear traffic from all directions. Needless to say, it’s a hit anytime I meet up with cycling buddies and there’s a great song blasting out of it. I also often use it

when doing yard work or tinkering in the garage.

Now for the downsides... The tiny buttons for powering it on and off and for adjusting the volume are difficult to access since they’re so small. Those same buttons could be marked better as well, as they are hard to see. Perhaps color coding each button would do the trick to make them stand out from the black background. Also, when turning the device off it makes an annoying squeal; the upside of that is there’s no doubt it is off! Overall, the Buckshot is a simple system that provides a more than adequate sound when on the move at an affordable price.

MSRP is \$49.99 and they come in black, red, electric blue, “army” green and “glow in dark.” Visit outdoortechtechnology.com for more.

Montane Minimus Jacket

By Darren Dencklau

I received the Montane Minimus jacket back in October 2013 and was starting to wonder if I’d ever be able to truly test its waterproof capabilities. After a particularly cold and dry first half of winter, it finally started raining again in the Pacific Northwest. For that, we should all be thankful, even if it is nice to see so much of the sun.

The Minimus is a lightweight rain shell constructed of Pertex® Shield + nylon with micro-taped seams for keeping water from penetrating. Additional features include articulated arms, adjustable cuffs, an internal storm flap, reflective details, and a wired peak on the front of the hood for more stability during downpours. The whole jacket can be placed in the included stuff sack for compact storage and easy carrying.

I’ve worn the Minimus almost every day since it was delivered and it has proven to be an effective windstopper as well as a durable waterproof garment. Montane knows their gear and the little details put into construction do wonders. The longer and articulated arms are perfect for cycling and the cuffs stay put over

gloves without pulling up and exposing the wrists. The ample-sized chest pocket is perfect for quick stashes of a phone or wallet or for putting those gloves away after warming up.

At 215 grams, it is light and perfect for touring, backpacking, or commuting when weight savings is at a premium. I’ve recently been in

numerous rainstorms while wearing it and I have arrived at my destination dry, save for the sweat. That

said, one feature that would be nice is a pair of pit

zips for extra ventilation, though it’s certainly not a deal breaker; the

front pocket can be unzipped and the mesh backing allows air

inside, nearly accomplishing the same thing. The red color

I chose provides extra visibility while riding during the day and the

reflective details add to that at night. The hood

can be rolled up and there’s a Velcro tab that secures it to

keep it from unfurling when a blast of air catches it just right.

I would easily recommend the Minimus to anyone looking for something that keeps the rain out while also looking stylish. Machine wash in warm water, drip dry. MSRP is around \$240.



Women Cyclists Change the World

By Christian Downes

The bicycle has an impressive history, even more so when considering its impact on cultural development — specifically women's suffrage. The tremendous popularity of cycling among men and women in the late 19th century provided opportunity for women to make inroads to the dissolution of patriarchal social-norms. Today, women are still using the two-wheeled cultural icon to redefine the landscape of equality and empowerment for everyone.

In 1896, bicycles were sold in great numbers, averaging one per 30 citizens. That year, *The Great Bicycle Exhibition* held in Madison Square Garden, New York, could not accommodate the expansive crowd of enthusiastic attendees, eager to be part of the carnival of new models, products and demonstrations. The women's rights movement had also gained significant ground and popularity during this period and discovered the bicycle to be a tool to help achieve the "New Woman" moniker, subsequently redefining femininity while eschewing conformity to the immobility of traditional women's roles. Consider these "don't's" from advice given to women by the *New York World* circa 1895: "Don't attempt a century. Don't criticize people's legs. Don't go to church in your bicycle costume. Don't ignore the laws of the road because you are a woman. Don't cultivate a bicycle face." It's no wonder Susan B. Anthony said, "I stand and rejoice every time I see a woman ride by on a wheel."

The 2014 Colorado Bicycle Summit experienced a similar zeal from a sold out crowd. The summit encouraged discourse between attendees on a range of topics, one of which was the focus on how to get more women riding "to make them feel like they really belong out on the roads, paths and trails around the state." A study by the League of American Bicyclists shows that women make up 43 percent of the annual bike share riders in North America. In 2009, it was closer to 24 percent of *all trips* taken by bicycle. These statistics continue to prove that women's participation is the key to success for many programs and their involvement has the power to dramatically impact cultural norms, political processes and economic viability. Whether it's a ride to the gym, errands or a quick cruise for a little quiet, the point is to get in the saddle, hit the road and encourage others to do likewise.

The following women — some of whom spoke at the February summit — continue to prove the dynamism of cycling's potential and its far-reaching influence. These individuals represent a fraction of those achieving inspirational work here and abroad. Helping to foster a new and truer perspective on the equality of cycling will contribute to the success of increased ridership, because its inclusivity and compatibility apply to every person regardless of gender, ethnicity, culture or territorial boundaries; women have been proving that from the beginning.

Kristin Gavin, a speaker at the 2014 National Women's Bicycling Forum, started an organization called *Gearing Up* that brings bicycling to incarcerated women and to those in transitional homes who have struggled with drug and alcohol addiction. Cycling is used as supplemental treatment for anxiety and depression and as positive reinforcement for their physical, emotional and social needs. She works with approximately 200 women annually. Visit gearing-up.org for more information.

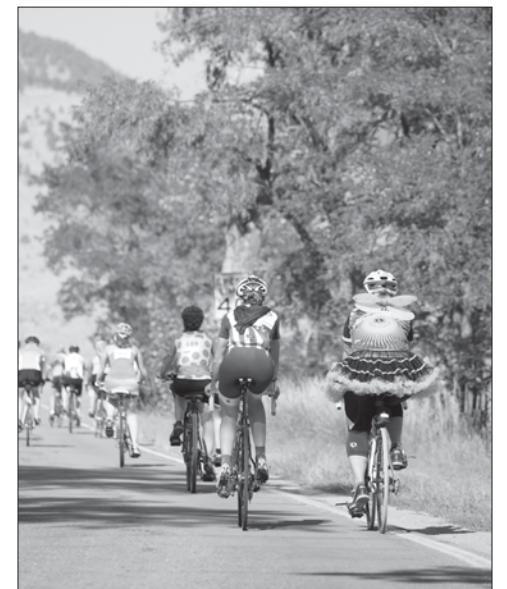
Jamie Whitmore continues to inspire others with her story of courage and determination during the ravages of cancer at the peak of her career. Whitmore, 37, has dominated the Xterra circuit with 37 wins. She is a 5-time Xterra national champion and world champion twice over. Despite the rigors of learning to walk, to heal, to be told of her subsequent infertility (due to the cancer treatment) she pressed on anyway to prove that "impossible" is subjective. Whitmore continues to race and has celebrated the birth of twins. "The only way you fail is by not being out there," she says. Maybe I'm

not winning, but...I make it my mission to show people that there's life beyond cancer." See more at jamiewhitmore.com.

Ample resources exist for families seeking to join the cycling culture. *The Family Ride* seeks to inspire others with their tales of long-distance family touring, gear testing and advice on how best to make it all work. They have been featured in *American Bicyclist* and *Outside Magazine*. *Tales of a Mountain Mama* has evolved to a *Mountain Family* and continues to inspire parents and children to get outdoors and have an adventure. Both provide helpful and insightful information, whether its the issue of taking children out into the world of traffic for the first time, trusting their determination and focus, preparation for family rides or poignant, experience-based motivation.

Colorado philanthropist Shannon Galpin has been accomplishing inspirational feats in her numerous trips to Afghanistan with *Mountain2Mountain* and domestically, with *Strength in Numbers*. She too, spoke at the 2014 National Women's Bicycling Forum about "the power of the bike, beyond sport." In 2009, Galpin became the first woman to mountain bike in Afghanistan — a country renowned for its subhuman treatment of women. Her work seeks to educate and create opportunity for women and girls in regions of conflict to be the catalyst for positive change within their community and culture. Visit shannongalpin.com for current project and news.

Jen Charrette began her blog, *Velomom.com*, in 2010, advocating women cyclists with a dedicated page for inspiring mothers to ride. She too is a cyclist, mother and wife. In February of 2013, her son Axel was killed in Sayulita, Mexico. This loss created the Axel Project, a non-profit organization that honors his memory and is dedicated to the belief that a productive, happy life begins with bikes. All proceeds from the Axel Project Bicycle Classic (August 30, 2014) benefit the project, whose mission is to introduce



Venus de Miles. Photo courtesy of Tiia Norsym Photography

and nurture a lifelong passion for cycling to children and their families.

The newly created Women's Cycling Association (WCA) is a membership organization of female cyclists that supports the advancement and success of women's cycling in the U.S. They develop, maintain and support a network of riders and supporters, policies of governing bodies and print and online media sources to help advance the interests of female ridership and racing equality.

Many tours and races work to inspire women to start riding, incorporating fervor for female camaraderie and services that are tailored for riders of all experience and abilities. The Goldilocks Women's Ride, Venus de Miles, and Tour de Ladies, all show continuing commitment to supporting women's cycling. No longer are the roads and trails dominated by men, as females around the globe continue to prove that cycling is a sport and lifestyle suited for everyone.

News

Boulder Still Skinny

According to a Gallup and Healthways survey that collected data from 2012 and 2013, the residents of Boulder, Colo., rank at the top of the healthy list with an adult obesity rating of 12.4%. Fort Collins-Loveland and Denver-Aurora residents also made the top 10 skinniest cities with an 18.2% and 19.3% score, respectively. In comparison, the most obese city, Huntington-Ashland, WY-KY-OH, posted a 39.5% result.

Nationwide, the obesity rate has increased to 27.1% in 2013, the highest level recorded since 2008 according to the Gallup-Healthways Well-Being Index, which uses self-reported data to calculate Body Mass Index



(BMI) scores. Results over 30 on this scale are considered obese. The data was compiled for 189 Metropolitan Statistical Areas.

When looking at the results for cities with a population base above one million, Denver-

Aurora ties for first place with San Diego-Carlsbad-San Marcos, Calif. The national average for cities of that size is 25.7%, which places them below the national average and indicates that residents of smaller towns are more likely to be obese.

These findings suggest that Colorado attracts active residents that are involved with a plethora of outdoor activities such as road and mountain biking, which encourages healthy lifestyles.

Boulder Valley Velodrome "Soft" Opening this June

By Darren Dencklau

After a rash of setbacks the past few years, mostly due to Mother Nature, the Boulder Valley Velodrome (BVD) is scheduling a tentative soft opening sometime in June 2014.

Located in Erie, Colo., the velodrome, once completed, will become a training facility for cyclists ranging from youth to Juniors to Olympic hopefuls and will offer a safe controlled environment where parents can get their kids involved in the sport.

In 2005, Frank Banta and Doug Emerson formed Boneshaker, LLC, and the following year the partners purchased the land where the velodrome now sits and began construction soon after. Since then, the owners experienced various setbacks that have kept the facility from opening, but it was almost finished when disaster struck last year.

On August 3, 2013, severe weather in eastern Boulder County wreaked havoc and partially flat-

tened the Boulder Valley Velodrome, still under construction. Workers began diligently repairing the damage before the planned opening.

The following month, a slow moving front stalled over Colorado's Front Range and central mountains. The subsequent rains dumped more than 15 inches of precipitation within a few short days, resulting in widespread flooding in the foothills and mountains. The rivers dumped their excess water out onto the plains, where Erie is located, resulting in substantial damage. Again the BVD was affected.

Emerson is excited to finally have an official opening of the velodrome and looks forward to a summer and fall season of racing.

For updates on construction, additional information and to purchase clothing that supports the BVD, visit bouldervalleyvelodrome.com.

Bicycling Footbeds

By Erik Moen, PT

A numb and/or sore foot can really ruin the joy of cycling. Feet are subject to numbness or pain due to their function in the pedaling motion as the foot/ankle transfers force from the torque of the hip and leg to the pedal, therefore the feet are exposed to frequent compressive loading. Poor foot positioning and/or support can lead to irregular shear and compression, which equates to numbness and pain. The scope for the foot/ankle in bicycling starts with a properly fitted shoe, a well-fit bike, a correctly positioned cleat, and good pedaling skills; these being ranked in order of functional importance. A footbed is most appreciated after the aforementioned points have been managed. As an attempt for increased comfort and cycling function, however, it will not make up for poor pedaling skills, bad shoes and poorly positioned bike/cleats.

What is a footbed?

A bicycling footbed generally supports the foot in the action of cycling. The terms of “footbeds” and “orthotics” are oftentimes thought to be the same, however, footbeds are defined as “an insole that is usually cushioned or contoured so as to provide orthopedic support and/or better fit”¹. Orthoses or orthotics are defined as an orthopedic “appliance or apparatus used to support, align, prevent or correct deformities or to improve function of movable body parts.”² In other words, orthoses are footbeds but footbeds are not necessarily classified as orthoses. Orthoses are intended to correct some sort of foot dysfunction and are manufactured by well-trained healthcare professionals. Footbeds are generally accommodative, purchased off-the-shelf and often require some sort of trim-to-fit process, while orthoses (orthotics) are generally prescriptive.

The Foot

Let’s take a moment to appreciate the foot. It is sectioned into basic quadrants of thirds: the forefoot, midfoot and rearfoot. The forefoot is the primary contact point to the pedal and has pressure sensitive inter-digital nerves (between toes), blood vessels, terminus of tendons, and some sesamoid bones under the big toe that accentuate the leverage of muscle and tendon. The foot itself features a series of arches not unlike any well-supported structure. Of interest are the longitudinal and the transverse arches. The first runs the length of the foot from heel to toes along the inside of the foot (media) with its apex found within the midfoot. The transverse arch is in the forefoot and maintains the spatial relationship of the metatarsals. The rearfoot’s anatomy of infamy is the heel bone or calcaneus. The rear and midfoot are supported by a series of leg muscles coming across the ankle.

Designed to move, the foot and ankle offer varying levels of mobility and are classified as either hypermobile, normally mobile or hypomobile. This movement allows it to adapt to varying surfaces, accentuate torque moments and attenuate load (shock absorption). Excessive collapse or dysfunction of either the transverse and/or longitudinal arch can create irregular friction and compression of the elements of the forefoot, thus increasing the possibilities of numbness and pain. Irregular foot motion can also have implications at the knee level. A scientific research established a possible relationship between irregular foot mo-

tion and irregular knee alignment and injury. It acknowledged that the foot should be considered with regard to the health of the knee. It did not define differences in foot motion or control for bike fit parameters and did not discuss or suggest the most appropriate method of management. However, excessive rigidity has possible implications to structures above and below, such as the Achilles and bottom of the foot.

Function of Footbeds

A footbed is thought to decrease foot fatigue, improve shock absorbency and improve mechanical efficiency. It achieves this by supporting the longitudinal arch through its length. Over-correction or support eliminates the foot’s roll in balance correction, load attenuation and “float” for the health of the knee. Construction and material of a footbed will help lessen vibrational and compressive loading of the plantar aspect (bottom) of the foot. It has been well established in occupational health journals that prolonged exposure to vibration and compression can be a hazard for underlying tissues. Pedaling a bike is no exception. There are no valid studies (large enough or non-product biased) that substantiate significant power gains with the use of orthoses or footbeds in spite of some industry claims. Most evidence is anecdotal.

Shoes

Most people can agree on the concept of increasing mechanical efficiency by stiffening the lever to the pedal. This is done more effectively at the base of the shoe. Carbon shoes are light and stiff... perfect for mechanical efficiency, right? Of course, the math does not lie; there are drawbacks from a rigid shoe. A study compared peak plantar compressive forces of a polycarbonate (plastic) shoe versus a carbon one. Researchers found that the foot experienced greater compressive forces through the stiffer, carbon shoe. In other words, these cyclists feel the road more, which is not necessarily a good thing for longer rides on chip-seal. The shock-absorbing role of a footbed can be an important facilitator of comfort in this case. A super stiff, light shoe would be the perfect choice for shorter, velodrome-type events.

Shoes have traditionally been sold to bicyclists by suggesting a snug fit. This leaves very little room for a footbed, let alone an orthotic. Bicycle shoe inserts must be space-conscious, or shoes should be purchased with a footbed in mind if there is an obvious need.

Footbed Models

Most commonly, bicycle shoes come with footbeds or inserts that offer minimal support. Although manufactures are experimenting with more substantial options, it is hard to generalize for all, as people have various needs. There are multiple variations in the generic type of footbeds to fit most. The proper selection should be based on the individual’s arch shape and shoe size as well as performance requirements; in other words, they should fit comfortably and present the appropriate level of absorption.

A custom, accommodative footbed should be considered if a basic footbed can’t be found. Heat-molded footbeds should reflect the athlete’s natural arch shape, which may differ from a person’s “normal,” full weight-bearing, collapsed, hypermobile foot architecture. An appropriate footbed will make the shoe fit well and encourages

comfort. For these consult a person who has appropriate training and manufacturing knowledge to appropriately shape them.

When to Pursue Orthoses

Orthotics made by qualified healthcare providers should be looked into only after appropriate fit of equipment and trials of footbed options have been exhausted, or there is an obvious orthopedic dysfunction. Healthcare providers will be most effective with cyclists when they problem solve with bicycling equipment in mind. Orthoses must be able to fit in riding shoes and must be well supportive through to the foot connection to the pedal, which may vary from normal in some cases.

Other Foot Comfort Improvements

Pedaling skills can make a difference in foot comfort independently from footbed or well fit shoes. Lower cadence mashing or quad biased pedaling will create greater foot compression when compared to higher cadences. Improving pedaling mechanics by lifting on the backside of the pedal stroke has been shown to decrease negative torque (net foot compression). Improving this skill will increase comfort.

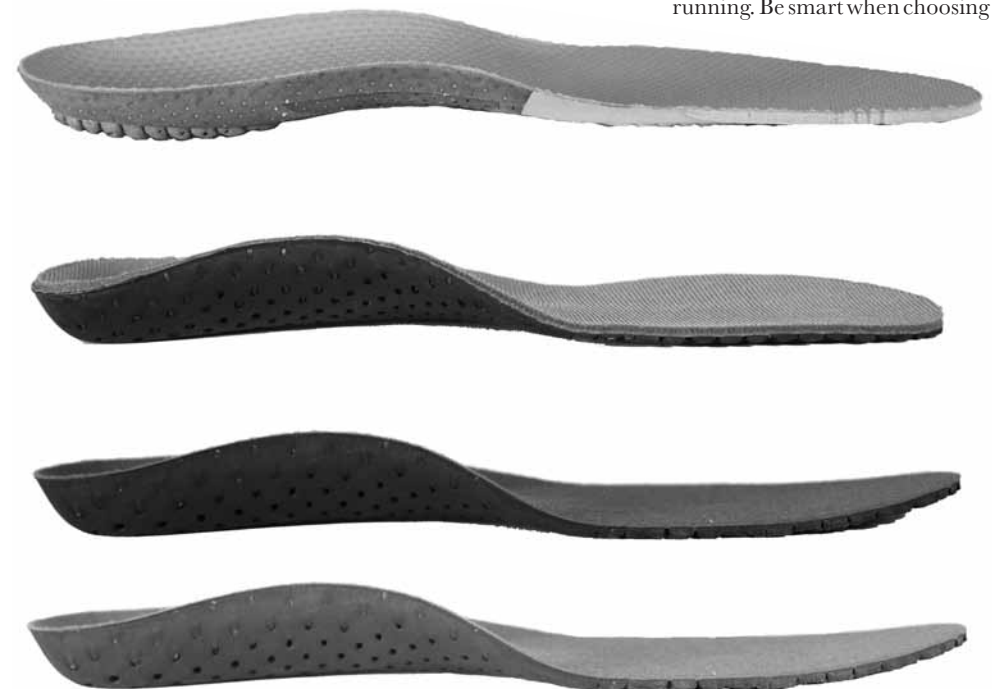


Photo courtesy of Scarpa

Can I use my current orthotics?

Cycling footbeds and orthotics differ from typical running and walking orthotics, as they must extend through the longitudinal arch of the foot to the connection point of the foot to the pedal. Running or walking orthotics are typically rearfoot dependent and will not extend out as far. Often times these orthoses are simply too wide for bicycling shoes. They simply fulfill different strategies and needs.

Erik Moen PT, Owner and founder of Corpore Sano Physical Therapy (www.CorporeSanoPT.com) and BikePT (www.BikePT.com) in Kenmore, Wash. Erik has over 20 years of experience with clinical bike fits for injured cyclists as well as world champions. He is a regular educator on BikeFit techniques and biomechanics for the healthcare professional. He has extensive experience in racing, coaching, soigneur work, and as team director and classifier for Paralympic cycling.

Do I need to have bicycling orthotics or footbeds?

Growing levels of running and walking researches show a migration away from highly structured orthoses. These studies suggest that there may not be significant differences between off-the-shelf footbeds and custom orthotics. Bicycling does not enjoy the same breadth of research. People have been riding bikes for years with minimal foot support and those who tolerate less support are generally those with rigid midfeet, average arch, and those with clinically flat feet. The determining factor when considering footbeds can be as simple as comfort.

Summary

Most bicycling-related foot complaints can be minimized or eliminated with a few fairly simple steps. These include proper equipment, bike fit, foot support and pedaling skills relative to a person’s goals and typical riding environment. Cycling seems to be following the running world, albeit 20 years behind. Current trends suggest that the more support and locked up the better that it will cure all and make one more powerful. This thinking will run its course just like it did in running. Be smart when choosing

footbeds — more support is oftentimes not better. The proper choice in equipment will make your feet more comfortable and functionally efficient. Consult an appropriate healthcare provider if you experience difficulties finding the right solution. Life is too short to ride with painful feet.

Reference:

1. Merriam Webster and Oxford dictionaries
2. The Free Dictionary

Writers Wanted

RMBP is looking for contributors
Contact Darren Dencklau
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Town Challenge MTB race series runs every other Wednesday from June to Mid-August.
Photo courtesy of City of Steamboat Springs

end to their characteristic *chugging*. Today, Steamboat Springs thrives on a tourist economy and is the most populous city (12,086 people) in Routt County. Skiers and snowboarders migrate there during the winter months, while the summer proves popular for cycling, fishing, hiking and river sports. Fish Creek Falls offers short easy hikes with great views and opportunities for the family to experience a few natural wonders with little effort as well as some of the most technical mountain biking trails around.

Steamboat Springs is not your average resort town. The city's monthly events abound with cycling-specific activities and a relaxed atmosphere. Have a picnic, dine out, soak in natural hot springs and do a little shopping. Steamboat even holds a hot-air balloon festival. During the summer, *The 'Boat* offers a free concert series and hosts a marathon, triathlon and an extensive July 4th celebration. The underlying culture of cycling is led by the strength of local clubs, Routt County Riders and Steamboat Velo, and their belief — like the rodeo riders — that *The 'Boat is best when ridden*. The League of American Bicyclists heralds it as a Golden Level bicycling community.

The town also hosts the Tour de Steamboat (July 19) and the STARS Biking the Boat Charity ride (early August), the Stinger Mountain Bike race (August 16) and the Steamboat Springs Stage Race (August 30 - September 1), and last year, the USA Pro Challenge designated *The 'Boat* as the race finish for Stage 3 and the start of Stage 4. The annual Bike Week takes place August 16-24 and this year it will feature new events as Steamboat has the distinct honor of hosting the IMBA's World Summit on August 20-24, the first city to do so in Colorado's history. The summit will consist of two distinct one-day conferences: "A Day Dedicated to Chapters" on August 21 and "Destination Dirt" on August 22, as well as host a trail-building school and other activities.

The area offers plenty of routes to suit everyone's mountain biking, road, downhill and cruising desires. Cross-country trails are plentiful and expansive with varying mileage and elevation. Try some of the local favorites like the Stinger Loop, Twenty Mile Road, River Road or the 110-mile Gore Gruel. For a true epic, experienced riders can choose to start at the top of Rabbit Ears Pass (9,680') southeast of town and traverse their way by numerous lakes to Buffalo Pass, before descending back to town via Fish Creek Trail. Emerald Mountain's 5,000 plus acres of public land and extensive network of technical singletrack are all accessible from the heart of downtown. Steamboat Bike Park features more than 50 miles of downhill and freeride terrain, accessible by lift. The cost is \$37 for adults, \$27 for youth 12 and under.

The Yampa River Core Trail is a multi-purpose route featuring over seven miles of flat pavement, traveling along the Yampa River to the city's botanical garden and Old Town. Need extra motivation? Steamboatbiketown.com offers trail images, videos and maps to help visitors choose the routes that best suit their skills. The Yampa Valley offers road warriors a mix of quick routes and all-day rides, highlighted by undulating miles of beautiful country. See bike steamboat.com for

more information pertaining to upcoming events, program details and races.

Navigating any part of these routes requires familiarizing yourself with the local laws. Here are a few things to take note of when riding:

1. Ride single file on roadways, in the right lane, although "two abreast is permitted." This means riding side-by-side is fine, but don't impede traffic — yield to vehicles attempting to pass.
2. Lincoln Avenue in downtown Steamboat can be challenging. The speed limit is 25 miles per hour and — considering the number of parked cars — there is a greater chance of a run-in with an opening car door. Oak Street and Yampa Street are safer options and run one block away from and parallel to Lincoln Avenue.
3. As in most places, be sure to obey traffic laws; stop at stop signs and signals. Helmet and lights (at night) are mandatory.
4. When enjoying the many trails offered in the valley, follow the usual rules and show respect to fellow trail users and the land you're cruising. Ride only open trails, staying within the boundaries; avoid widening the trails by going around puddles or obstacles.
5. Yield to uphill traffic.
6. Don't antagonize the wildlife.

Various companies dealing in outdoor gear and activities hail from Steamboat, such as Moots Cycles, Eriksen Cycles, Honey Stinger, Big Agnes, and Smartwool. Each offers formidable influence to Yampa Valley culture. Moots Cycles and Kent Eriksen Cycles have been striving to offer the finest handcrafted, high-performance titanium frames for road, mountain and cyclocross bicycles, while Honey Stinger makes a variety of honey-based foods for cyclists, runners, and triathletes. Big Agnes offers impressive camping and backpacking products for all types of excursions, while SmartWool clothing and socks introduced wool as a performance material that

proves superior than other fiber products on the market. It's a great place to update your gear list and see where it's crafted.

There are quite a few cafes and restaurants to help you power up for a busy day or relax and enjoy its passing. Located on Lincoln Avenue, Mahogany Ridge Brewery & Grill is a favorite spot of residents and travelers alike. With free beer samples and vegan-friendly options, the place is sure to please all types of discerning palates. Another popular destination is Truffle Pig, located on Après Ski Way, by the gondola at the base of the mountain. Voted "Diners' Choice" by OpenTable.com, Truffle Pig offers casual and elegant cuisine, fine wine and patio fireside seating. They have ribs, burgers and pizza, too — even dessert by candlelight. For menus, directions, pictures and reviews of Steamboat's other restaurants and eateries, visit SkiTownRestaurants.com; there's even a guide to the local bars and nightlife.

The 'Boat features bed and breakfast options to fit any style and budget. If sleeping under the stars is more your thing, camping in the area is abundant and encouraged. When camping at high altitudes, visitors may even find snow in June! Reservations are accepted at most parks like Routt National Forest and Stagecoach State Park, but many sites are first-come, first-served. Routt offers camping at numerous wilderness lake sites complete with a plethora of elk, moose and other wildlife. Stagecoach is a great place for boating, fishing and camping at its 820-acre reservoir. Twenty-seven miles north of town you'll find that Steamboat Lake Park has close to 200 campsites available in a laid-back atmosphere. Options are limited off-season, so be sure to plan ahead.

With so much to see and do in Steamboat Springs during any month you choose, it's time to start planning your next excursion. Take it slow and enjoy yourself. With so many options for food, lodging, trails and gear, all you really need to bring is your bike and the desire to discover something new each day.

Trail Building Volunteer Opportunities

May 3: Buffalo Creek, Little Scraggy

Join Colorado Mountain Bike Association (COMBA) for the first day of trail building this season. Meet at 9 a.m. at the Pike National Forest, Buffalo Creek Recreational Area in Jefferson.

New to trail building? No problem, COMBA members will tell you what to do and provide the tools you'll need for the day. Dress up in layers and wear sturdy clothes such as long pants, long

sleeve shirt, boots, work gloves and a hat. Bring water and food.

Can't make it on that day? A second work party at the same location is scheduled for May 17-18. Additional opportunities will also be available later in the year, including on National Trails Day (June 7) in the Lakewood area.

For more information email info@comba.org or let them know you're going by signing up at comba.org.

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Reinventing the Wheel

By Katie Hawkins



It doesn't look like much but it does give a boost. Photos courtesy of Superpedestrian Inc.

Many people say there is no use in reinventing the wheel. Some students from MIT decided to take on the challenge by developing a self-power generating hub. The Copenhagen Wheel adds a lightweight motor, connectivity, and a smartphone app to any bicycle, giving a 21st century approach to the invention thought to be created in 3500 BC.

In 2009, the city of Copenhagen (where 36% of its citizens travel approximately 400 km of bike lanes per day) asked Massachusetts Institute of Technology's (MIT) SENSEable City Lab to come up with a way to make biking more accessible to people in urban areas.

"The main motivation was to make cycling a competitive alternative to car travel and public transport, while preserving the pleasures of normal cycling," Assaf Biderman, associate director of the lab and co-inventor of the wheel, told *Fast Company*.

As opposed to an e-bike, or even an e-bike kit, the Copenhagen Wheel is more of an e-wheel. It can be added to any bike with 700c and 26" rims — more sizes are in the works — and is powered by regenerative braking, transforming the kinetic energy used to slow a rider's speed into stored power — the same basic principal behind hybrid cars. When you brake or go downhill, the battery recharges, similar to a pedal e-bike. It operates on a 350-watt electrical motor with a 48-volt lithium-ion battery, which can produce an output of energy more than four times that of the average cyclist.

The wheel reads your effort through the pedal sensory and control algorithms. As the rider pushes harder, like when going uphill, the wheel increases power. Pedal options range from "Turbo," causing the largest energy boost; "Flatten Cities," which helps with an incline; and "Eco," which adds a small push when pedaling seems slow. The additional energy from exercise mode is also captured to regenerate energy.

Elegantly packed into one hub are the motor, 3-speed internal hub gear, batteries, torque sensor, GPRS and a sensor kit that monitors CO, NOx, noise (db), relative humidity, and temperature. While riding, the sensors are collecting information about air and noise pollution, congestion and road conditions.

To top it off, the wheel is controlled through a smartphone. Its Bluetooth module syncs with that of the hub. Through a phone users can also lock and unlock the bike, change gears, select preferred motor assist mode, and view collected environmental information. It also collects data about the cyclist's riding habits, effort, calories burnt, distance covered, and elevation climbed. All the data

can be used to plan healthier bike routes, achieve exercise goals, or as a tool to share with friends on online social networking sites. It is also possible to connect using electronic tablets.

The wheel can work without a smartphone, but many of its most useful functionalities can be attained through the app.

The Copenhagen Wheel has won multiple awards, including both the Green Award and the Green Dot Award for inspired eco-friendly transportation, as well as the prestigious James Dyson Award for outstanding student design.

So what makes it different from an electric bike? Though many e-bikes also incorporate pedal integration, they can be heavy and expensive, weighing between 50 and 60 lbs and costing between \$2,000 and \$4,000. The Copenhagen Wheel adds only 13 pounds to a bicycle's weight.

Depending on the model, throttle e-bikes have a range of about 15 miles (although some models with high ahm-hour ratings can reach close to 30), while the Copenhagen Wheel maxes out at about 31 miles if used in its standard mode. A pedal assist system e-bike can last between 40 to 60 miles, and its battery recharges while coasting and braking. Some e-bikes can reach up to 35 mph, while the Copenhagen Wheel maxes out at 20 mph.

There is the ability to add an e-bike kit to a traditional ride for \$1,500 to \$2,500, adding about 18 pounds to the bike. And, if a rider decides to convert back, he/she simply has to remove the battery and replace the wheel.

A specialized mechanic is needed to troubleshoot problems that may occur with an e-bike's battery or motor. Stores that specialize in these types of bicycles have their own trained mechanics — meaning a shop would ideally need to be accessible to the rider. If users experience any problems with the Copenhagen Wheel, they need only to go online as wheel issues can be diagnosed via a smartphone.

For a traditional e-bike, a Lithium-ion battery must be charged for at least 30 minutes (two to four hours for regular use). Their batteries typically last between three and five years, and cost about \$300-500 to replace. Four hours are needed to recharge the Copenhagen Wheel's 48-volt battery, which lasts approximately 1,000 cycles. After 1,000 cycles, the battery is still usable, though capacity could be reduced to as

low as 70%. The Copenhagen Wheel can be charged in two easy ways: by either connecting the charger directly to the wheel or removing the battery from the wheel casing for charging in a more convenient location.

Of course, the benefits to a traditional e-bike apply to the Copenhagen Wheel as well. Riders still get exercise with as much help as they like, avoiding a sweaty commute, or perhaps going easy on an injury.

Factor in the satisfaction that it contributes no emissions; for every 500 miles an e-bike is used in place of a car, a combined amount of 30.5 pounds of hydrocarbons, carbon monoxide, and nitrogen oxides are prevented from polluting the air. Consider the savings of never having to get gas, as for every 500 miles an e-bike or the Copenhagen Wheel is used, an average of 25 gallons of fuel is saved as opposed to using a car.



The wheel is compatible with many smartphones.

With the added technology of the Copenhagen Wheel's sensors, users can contribute data, anonymously, with their city by sharing the environmental and infrastructure data collected. Ultimately this information can influence how cities allocate resources, respond to environmental conditions, and implement transportation policies.

In addition to the 26" rim requirement, a 120mm dropout spacing is needed for a singlespeed set-up and for a multi-speed, a 135mm dropout is required. The wheel is fully compatible with 7, 8, 9 and 10-speed cassettes.

The Copenhagen Wheel Limited Edition can be pre-ordered for \$799. A Developer's Edition specifically designed for software developers can be purchased for the same price, and along with the wheel, owners will get access to Superpedestrian's API, receive developers' support, and a subscription to the developer's newsletter. Both will be made and delivered on a first-come, first-served basis. Buyers will also receive a user manual and charger with international adapters. Additional spokes and batteries may also be purchased through Superpedestrian's accessory program. The first generation will feature the red hub with silver spokes and rim. Color variations may be offered in future releases. Shipping begins this summer.

Thousands of years after the invention of the wheel, it doesn't hurt to add a modern touch for a wireless, compact, data collecting, social networking tool that improves urban cycling and gets more people out on bikes. Who knew the wheel could be reinvented?

“WYOMING” FROM PAGE 1



Well-packed gravel roads almost felt like pavement... almost! Photos courtesy of Dave Campbell

wind brought me up to the Louis Lake Road turnoff ... and the gravel.

Lander was 31 miles behind or 35 miles ahead if the loop was to be completed. 3,000 feet of elevation had been gained in at least twice that amount of climbing. A great Forest Service sign laid out all the obstacles, sights, and mileage ahead. The opening two miles of gravel climbs over washboard ruts rattled my teeth and bones, and made me question this endeavor. Progress was painfully slow. I bent my elbows and let the bike dance around as much as possible to soak up the shock. I stopped and pulled on thin oversocks to keep the dust out of my well-ventilated shoes and to feel more Euro on my epic Wyoming Roubaix. Thankfully, once I thought I could take no more, the road leveled out, smoothed out, and the real dream began.

The first big open area is Granier Meadows at just under 8,900 feet of elevation. It's expansive, covered in wildflowers, and beautiful. The peaks of the Winds, still streaked in snow, were now ever visible, and surrealistic piles of Shale and Granite appear along Forest Service Road 300. A few brown beetle-killed trees stand out amongst the sea of green Lodgepole Pine and Douglas Fir as my childhood frog hunting grounds come into view ... Louis Lake. I filled up my bottles at the campground and got some bewildered stares at my skinny-tired steed and me from surly fisherman. After crossing the absolutely beautiful Little Popo Agie River on a wooden bridge, I saw more frog ponds of my youth, and finally and dramatically the much larger Fiddler's Lake came into view. Most of this gravel was nearly as smooth as pavement. Just beyond this beautiful

canoeing and camping site is the old Blue Ridge Fire Lookout. Constructed by the Civilian Conservation Corps, the stone steps yield an amazing view of the high mountain lakes and meadows. My serene moment at Fiddlers was brief as the steep, bumpy climb up to Blue Ridge itself began.

The summit, Blue Ridge, was not only the highest point on the ride at 9,576 feet, but also on the Continental Divide. From here the road twists and winds, quite bumpy at times and with a bit of washboard in spots requiring very astute line choice and ample bending of the elbows. I threw caution to the wind and let it rip down the final stretch into Worthern Meadows where the vibration was intense but brief, but it managed to bounce off my chain, thankfully the only mechanical of a truly perfect day.

After passing the turnoff to Roaring Fork Lake, the gravel ended dramatically right at Frye Lake, where the Forest Service signs announced 16 miles to Lander. There is a short but steep climb up to the “top of the switchbacks” as everyone in town referred to them throughout my youth. Lander is home to NOLS (National Outdoor Leadership School) and is chock-full of rugged outdoor enthusiasts. People here are all about the Wind River Mountains.

The view of the limestone Sinks Canyon is awe-inspiring, as is the five miles of 6 percent grade descent. The minimal traffic, frequent constant-radius turns, and good road surface mean that this is nothing short of a cyclists' playground. Pure descending gold. At the bottom, where trailheads to hike to the Popo Agie Falls or Bruce's Camp can be found, there is a spot to refill bottles. I did not stop, though, as the wind typically blows down the canyon and speeds in excess of 50 mph are possible, and I have even hit over 60 with the right conditions. The curves of Sinks Canyon are gentle and the walls of the canyon flank the plunge until the road levels out and the cattle ranches dot the countryside just outside of Lander.

My journey back to my parents' home is always special but to finally realize a near lifelong dream on an idyllic summer day was mind blowing and full of emotion. The loss of a friend with a young family brought me home this time. Making the big ride just two days after her service, the spirit of these mountains and all their beauty and recreational opportunity drove me as well as the memory of Tammy. This story and this ride are dedicated to my lifelong friend David Milleson, who survives and thrives in this beautiful part of the country with their three children. The ride of a lifetime! I highly recommend it.



Little Popo Angie River.



Up head, Blue Ridge Fire Lookout.

Caffeine and Performance

By Ellen Chow, MS, RD, CSSD, CD

Caffeine is a natural stimulant. One of its most noticeable effects is increasing alertness, making us “more awake.” This is accomplished by complex neurological interactions in the central nervous system. While occasional caffeine users may experience increased heart rate and tremors, habitual users typically acclimate to their usual intake. Caffeine is found in coffee, tea, energy drinks and also as a dietary supplement in pill forms.

Caffeine and Exercise

When it comes to caffeine and cyclists, most people fall into one of two groups: those who habitually consume it and wonder if it is harmful to their health during exercise, and those who are interested in using it as a performance booster. Current research indicates a low dose, under 300 mg per day, is not harmful in healthy people.

Although caffeine has been shown to improve performance in resistance training, its benefits in endurance activities are inconclusive. This may be in part due to the dosage used in different research studies. A moderate dose at 5-6 mg/kg body weight ingested one hour before exercise has been observed to improve performance in time and distance trials. It was also found to increase anaerobic contribution and compensate for low muscle glycogen¹. Significantly more subjects reported the perception of decreased efforts and delayed onset for muscle soreness². However, subjects who were non-caffeine users experienced tremors, slight nervousness, and other side effects after the exercise session.

It is important to note that the dosage in these studies were similar to or higher than the subjects’ usual intake. Given the common symptoms of caffeine withdrawal at even a 50-100 mg decrease, it is not known if individuals who habitually consume more than 5-6 mg/kg would improve athletic performance at this level.

Mind vs. Body

How does it work? Caffeine acts on a neurological level in the central nervous system. The neurotransmitter adenosine slows down brain activities and increases vasodilatation, whereas dopamine aids in seeking rewards, thus enhancing attention. Caffeine binds to adenosine receptors at the blood-brain-barrier while it simultaneously increases dopamine release. It improves motivation and reduces perception of efforts and pain³. Based on its physiological actions, some scientists argue that caffeine’s performance enhancing effects originates in the brain⁴.

Yet more recent research was able to manipulate muscle glycogen store, measure aerobic vs. anaerobic workload, and last but not least, other metabolites such as lactate, interleukins, platelets, and more. Such studies yield evidence that caffeine increases anaerobic output in skeletal muscles¹. However, the enhancement is minor when put in a recreational context and was rarely tested in exercise lasting over two hours.

In short, there is no easy answer to how or how much caffeine improves performance individually. A mental state is only as good as the body’s ability and the body depends on the brain to facilitate action.

Pills, Coffee, and Energy Drinks

In order to administer precise dosages, most studies used straight caffeine. But it was found that coffee beverages were also effective in delivering caffeine and improving performance⁵. Caution should be used with energy drinks, as the additional ingredients are far from standardized and they may elicit post-exercise inflammation⁶.

The form of caffeine did not appear to differ on user safety, as long as the amount was moderate. Caffeine peaks in blood concentration approximately one hour following ingestion and has a half-life of roughly five hours. Habitual intake of more than 1,000 mg per day is generally considered a dependency. Should one decide to decrease regular intake during post-cycling season, it is best to reduce the amount by 50 mg every few days. In “cold turkey” scenarios, be ready for potentially intense headaches for a 2-3-day period; drink plenty of water and get adequate sleep.

Is it worth it?

This is a personal choice. How important is it to gain a few minutes in a half-day race or perhaps to remain alert in a 24-hour race? Some athletes also couple caffeine with fasting to compensate for low carbohydrate intake. There is no proven protocol given the individual variability — training goals, original performance level, metabolism, tolerance, health/medications, etc.

As a sports nutrition coach, I discourage performance-oriented caffeine use in those with heart disease, high blood pressure, mood and sleep disorders, Autism-spectrum disorders, eating disorders, and exercise addiction. Children and teenagers should also be deterred from using any substance, albeit legal, with the mindset of gaining an edge in competitions.

If interested, check with your healthcare provider for clearance. To start, I recommend acclimating caffeine intake over a few days to 5 mg/kg body weight and ingest it approximately one hour before training. Keep other fueling and hydration schedules while using a notebook to track time and perceived efforts. Note hydration status by frequency of urination, estimated volume, and its color (can also weigh yourself). Also, track all physical symptoms, mainly potential headaches throughout the day, to avoid withdraw or toxicity. Happy training!

Beverage	Caffeine Amount
5-hour Energy shots, 2 oz.	207 mg
7-Up, 12 oz.	0 mg
Coke Zero, 12 oz.	35 mg
Crystal Lite Energy, 16 oz.	120 mg
Diet Coke, 12 oz.	45 mg
Homebrewed tea, 8 oz.	50 mg
Latte, 16 oz.	154 mg
McDonald’s coffee, 16 oz.	100 mg
Monster Energy Drink, 16 oz.	160 mg
NOS, 16 oz.	260 mg
Red Bull, 8 oz.	77 mg
Starbucks Bold Pick of the Day, 16 oz.	300 mg
Starbucks Espresso Roast, 1 oz.	75 mg
Starbucks Grande Americano, 16 oz.	225 mg
Starbucks Tazo Awake Tea, 16 oz.	135 mg
Rockstar, 16 oz.	160 mg

Here’s a short list of typical beverages containing caffeine⁷.

References:

1. Lane SC, et al. Caffeine ingestion and cycling power output in a low or normal muscle glycogen state. *Medicine & Science in Sports & Exercise*, 2013 Aug; 45(8):1577-84.
2. Hurley CF, et al. The effect of caffeine ingestion on delayed onset muscle soreness. *The Journal of Strength and Conditioning Research*, 2013 Nov;27(11):3101-9.
3. Killen LG, et al. Effects of caffeine on session ratings of perceived exertion. *European Journal of Applied Physiology*, 2013 Mar; 113(3):721-7.
4. Meeusen R, et al. Caffeine, exercise and the brain. *Nestlé Nutrition Institute Workshop Series*. 2013; 76:1-12.
5. Hodgson AB, et al. The metabolic and performance effects of caffeine compared to coffee during endurance exercise. *PLoS One*. 2013;8(4):e59561.
6. Phillips MD, et al. Pre-exercise energy drink consumption does not improve endurance cycling performance, but increases lactate, monocyte and IL-6 response. *The Journal of Strength and Conditioning Research*. 2013 Oct 29.
7. caffeineinformer.com Accessed 1/27/2014

Ellen is a Seattle-based sports and wellness nutritionist who works with athletes of all ages. She also works extensively with athletes who have stable cardiovascular and metabolic diseases. Ellen can be contacted at endgamenutrition.com.



Trivia Answers


Answers from page 2


- A1: Eight men — Belgians Andrei Tchmil, Johan Museeuw, Walter and Joseph Planckaert, Roger DeVlaeminck, Frans Verhaegen, and Dutchmen Jan Raas and Steven DeJongh — have all won the event twice.
- A2: Belgian Roger De Vlaeminck in 1970-71 and his countryman Frans Verhaegen in 1975-76.
- A3: The Plackaerts! Joseph won in 1955 and 1960. Walter won the race in 1973 and 1979 and then Walters’s son Willy took the 1999 edition.
- A4: American George Hincapie won back in 2005 while sporting Discovery Channel’s colors.
- A5: It was a Dutchman, of course. Piet Rentmeester stole the Belgians thunder in 1962.

DON'T MISS ANY EVENTS THIS SEASON!

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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

APRIL

Apr 26: BikeABQ Bike Swap

Albuquerque, NM. Sport Systems parking lot. bikeabq.org

MAY

May 1–31: National Bike Month

Various. bikeleague.org/content/national-bike-month

May 16–18: Angel Fire Bike Park Opening Bash

Angel Fire, NM. angelfirebikepark.com

CAMPS

APRIL

Apr 25–27: BRAC Regional Junior Road Camp

Larkspur, CO. Ponderosa Retreat & Convention Center. coloradocycling.org

JULY

Jul 2–5: Camp of Champions

Leadville, CO. Ride every mile of the course, and your preview comes with special attention to the most grueling sections. Q & A with instructors Dave Wiens and Rebecca Rusch. Also on 7/6-9. Abby Long, Lifetime Fitness, 719-219-9351, leadvillercaseseries.com

BMX

MAY

May 17: USAC BMX Amateur Nationals

Albuquerque, NM. usacycling.org

MULTISPORT

APRIL

Apr 26: Icebreaker Triathlon

Vernal, UT. Utah Community Center at 9am, 250-yard indoor swim, 8-mile bike ride and a 3-mile run. Individual or team. Uintah Recreation District, 435-781-0982, uintahrecreation.org

Apr 26: Rio Grande Retro Triathlon

Albuquerque, NM. Featuring: 3.1-mile flat and fast run, 10.22-mile bike (2 loop criterium style), 400yd outdoor pool swim. riograndetriathlon.com

MAY

May 3: Fourth Street Clinic Tri and 5k

Salt Lake City, UT. 300m swim, 10km MTB ride, 5km run. All proceeds benefit Fourth Street Clinic, which provides free health care to homeless Utahns. 801-364-0058, fourthstreetclinic.org

May 3: Ironman St. George 70.3

St. George, UT. 1.2-mile swim, 56-mile bike, 13.1-mile run. 50 qualifying slots for the official Ironman 70.3 U.S. Pro Championship in Quebec. ironmanstgeorge.com

May 10: South Davis Splash n' Sprint

Bountiful, UT. For every level. Sprint (swim 350 yds, bike 12 mi, run 3.35 mi), relay (split the Sprint between 2-3 racers), and novice (swim 150 yds, bike 2.4 mi, run 1.5 mi). Start 8am at South Davis Recreation Center. Finisher medals, race bags, custom tees for all racers. southdavisrecreation.com

May 11: Jay Benson Triathlon

Albuquerque, NM. Mother's Day at West Mesa Aquatic Center. Brand new location and course. 505-837-9400, nmsportsystems.com

May 17: TriUtah Women of Steel Triathlon

American Fork, UT. Staging at American Fork Recreation Center, start 8am. 300m pool swim, 12.75-mile bike, 2.9-mile run. SOLD OUT. 801-631-0965, triutah.com

May 17: Woman of Steel Tri & 5km

American Fork, UT. 9th annual women-only pool sprint. 300m pool swim, 12-mile bike, 3-mile run. 2- and 3-women relay teams welcome. Custom medals/charms, division awards, chocolates, on-site massages, prizes/awards from Elase Day Spa and other sponsors. triutah.com

May 25: Timp Trail Marathon

Orem, UT. Run on mountain trail and fire road. Sections of ascent and descent are very technical; possible snow, possible stream crossings, and rocky/steep areas with exposed cliffs. Trail mara-

thon set up like an ultra marathon. Half-marathon option. 801-769-3576, t3triathlon.com

May 30–Jun 1: Wild Canyon Games

Antelope, OR. Adventure race includes sprint, run, biking, geocaching, off-road triathlon, chariot race, zip-lining, climbing and more over 3-day weekend. Teams of 3 or 7 members. wildcanyongames.org

May 31: Adventure Xstream - Buena Vista

Buena Vista, CO. Sprint (3-6 hrs), Sport (6-12hrs) courses. Kayak, orienteering, trek, rappel, MTB. Solo, 2-person teams, unsupported or supported. 8am start. Gravity Play Sports Marketing, 970-403-5320, gravityplay.com

May 31: Salem Spring Triathlon

Salem, UT. 11th annual. Sprint distance triathlon. Racetri Event Series, racetri.com

May 31: 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.com

JUNE

Jun 5–8: GoPro Mountain Games - Ultimate Mtn Challenge

Vail, CO. Compete in 10km spring run-off, XC, Road TT, and either Class II Down River Sprint or SUP Surf Sprint, fastest combined time wins. Scott Bluhm, 970-777-2015, mountaingames.com

Jun 7: Daybreak Tri

South Jordan, UT. Sprint, Olympic, and Aqua-Velo option. Relays welcome. Swim in open water. Cody Ford, US Trisports Race Management, LLC, 801-432-0511, ustrisports.com

Jun 7: Desert Sharks Shark Attack Tri

Riverton, UT. 13th annual. Pool sprint distance triathlon with a kids distance triathlon, too. desertsharks.com

Jun 7: DinoLand Triathlon

Vernal, UT. 8th annual. Sprint and Olympic distance. Huge cash purse for 1, 2, 3 place winners and speed prizes for both events. Kids tri. Mark Mason, Dino Tri, 435-828-6436, dinotri.com

Jun 7: HRCA Tune Up Triathlon

Highlands Ranch, CO. 7th annual. 500-yd swim indoor pool, 13-mile bike through Highlands Ranch, 3.1-mile rail run behind Westridge. Perfect first race for beginner triathletes not used to open water swimming. Valerie Kuhns, Highlands Ranch Run Series, highlandsranchraceseries.com

Jun 7: Ironman 70.3 Boise

Boise, ID. Half-Ironman. 1.2-mile swim in Lucky Peak Reservoir, 56-mile bike, 13.1-mile run. Bike and run course along Boise Greenbelt, finish in downtown Boise. Ironman North America, ironmanboise.com

Jun 7: Xterra Four Corners

Farmington, NM. 1-mile swim on west side of Farmington Lake, 17-mile MTB course and scenic 6-mile running loop that skirts Farmington Lake. Ingrid Gilbert, 505-326-7602, xterrafourcorners.farmingtonnm.org

Jun 12–15: FIBArk Festival

Salida, CO. MTB races, water sport, hill climb run, and more. Christopher Kolomitz, fibark.net

Jun 13: Lunatic Triathlon

Price, UT. 5th annual. Race under the full moon. Includes a 5km run, 9-mile bike ride, 300-yard swim. Individual and relay teams, Start 10pm. Carbon County Recreation, lunatictriathlon.com

Jun 14: Marathon & Heavy Half

Leadville, CO. Run through the historic mining district's challenging old mining roads and trails, high of 13,185' at Mosquito Pass. Time limit 8.5 hours. Abby Long, Lifetime Fitness, 719-219-9351, leadvillercaseseries.com

Jun 14: River Rampage Tri

Green River, UT. PR swim course at approx. 5-8 mph down the beautiful Green River. Sprint or olympic bike and run courses among Book Cliff Mountain range. Plaques for division winners and great homestyle atmosphere. Camp at race finish. triutah.com

Jun 14: Rock Cliff Tri

Salt Lake City, UT. Sprint and Olympic. Swim in fresh mountain water, bike scenic course, run on

the Utah State Park's beautiful boardwalks. US Trisports Race Mangement, LLC, racetri.com

Jun 14: Ruidoso Sprint Triathlon

Ruidoso, NM. High altitude event starts with 3.5-mile lakeside trail run, 10-mile hilly bike ride ends with 400-yard indoor swim. Benefits Ruidoso Trails Coalition. Limit 200. Pre-reg only. Bicycle Ruidoso CC, 503-863-4228, bicycleruidoso.com

Jun 15: Atomic Man Duathlon

White Rock, NM. USAT Rocky Mountain Regional Duathlon Championship. 2 options: Fat Man (intermediate course) - 10km run/40km bike/5km run; and Little Boy (short course) 4km run/15km bike/4km run. Cash prizes. triatomic.com/duathlon

Jun 22: Xterra Curt Gowdy

Cheyenne, WY. Uses Curt Gowdy State Park trail system. 1200m swim in Granite Reservoir, 14 miles of singletrack riding through aspen groves and open meadows, 5.4-mile trail run finishing at Aspen Grove Trailhead. Without Limits Productions, withoutlimits.com

Jun 28: Santa Rosa Triathlon

Santa Rosa, NM. Chasing 3 Race Production, chasing3.com

Jun 28: Spartan Race

Midway, UT. 3-mile trail race with 15 obstacles, mud and more. 435-654-2002, spartanrace.com

Jun 29: TriBoulder

Boulder, CO. Challenge yourself at mile high elevation. Sprint and Olympic distances. bbsctri.com

MOUNTAIN BIKE SERIES

Big Mountain Enduro

Jun 21–22, 28–29; Jul 12–13; Aug 23; Sep 3–7

Various. Epic trail rides in incredible destinations with timed race sections on the descents. Moderate to advanced. Multi-day, multi-stage format. 5 events. Brandon Ontiveros, bigmountainenduro.com

Colorado Endurance Series

Apr 5, 12; May 18; Jun 7, 28; Jul 12, 19; Aug 10, 31; Sep 6, 20, 27; Oct 4

Various, CO. 10 grassroots events. No fee, no prize, no support. Riders keep track of their time. As the event travels through back country, it is reserved to experienced riders only. coloradoes.wordpress.com

Enduro Cup

May 3; Jun 27–29; Jul 19

Various. Three races, crowns a series winner based on points. Third race date and location TBD. Chad Ross, 801-560-6479, endurocupmb.com

Epic Singletrack Series

Jun 14, 28; Jul 12, 26; Aug 9, 23

Winter Park, CO. 6-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 subcategories: Beginner, Sport, Expert, and Pro. Start 10am. 970-726-1590, epicsingletrack.com

Go-Ride Gravity MTB Series

May 24–26; Aug 2, 16–17, 31–Sep 1

Various. GC based on 4/5 DH or 2/3 SD. Points to top 10 at each event. Categories for men and women - Junior, Senior, Master and Pro - Cat 1 and 2. Wolf Mountain date is TBD. utahdh.org

Intermountain Cup Series - ICup

Mar 1; Apr 5, 19, 26; May 10, 24, 26; Jun 14; Jul 5, 26

Various, UT, WY, CO. 10-race series offers individual and team competitions. Overall calculated on points, all races count. Cash and merchandise. Racers should carry their own health insurance. No mechanical assistance. Individual, team and high school competition. utahbikeracing.com

New Mexico Endurance Series - NMES

Apr 19; May 31; Jun 21, 28; Jul 12; Aug 2, 16; Sep 13, 13, 27; Oct 18

Various, NM. 8 self-sufficient endurance hardcore grassroots endurance MTB races. Not suited for younger or inexperienced riders. Participants keep track of their own time and distance. Race for bragging rights. Lenny Goodell, nmes.wordpress.com

New Mexico Off-Road Series - NMORS

Mar 30; Apr 27; May 3, 10; Jun 7–8; Aug 3, 17, 23–24; Sep 6, 14, 27; Oct 4

Various, NM. Series of 12 events run throughout the season. Open to all categories and singlespeed. Overall calculated on points - top 7 results count, min of 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

Pro XCT Series

Mar 1, 15, 23; Jun 14, 20–22, 21; Jul 12, 26

Various. Series of 7 cross-country events raced across the nation. \$15,000 prize purse. Includes 4 UCI sanctioned events (USA Cycling US Cup). Overall standings for men and women pro racers. usacycling.org

Rocky Mountain Endurance Series

Apr 19; May 3, 17, 31; Jul 12

Various, CO. Series of 5 events presenting Endurance (50-60 miles), XC (30 miles) and Appetizer (20 miles) races. Categories: men, women, open. Multiple age divisions. Overall calculated on points for XC and endurance. Event points to top 20. Series pass available. Juniors 11-18 race free. 10% of all profits goes to various charities. Thane Wright, 970-401-1422, rockymountainendurance.com

Trestle Gravity Series

Jul 5–6, 19–20; Aug 30–Sep 1

Winter Park, CO. 3-weekend race series at Winter Park Resort. Downhill morning races start at 10am. Sunday races are USAC sanctioned, only riders wanting to qualify for USAC National Championships need a USAC licence. Men's classes: U14, 15-18, 19-29, Master 30+, 40+, 50+ and Pro. Women's classes: U14, 15-18, 19+ and Pro. 970-726-1590, trestlebikepark.com

Zia Rides Race Series

Feb 1; Mar 15; Apr 12; May 17; Jun 14–15

Various, NM. 4-event series. Must ride at least 3 to win. Men's solo and singlespeed, women's solo, duo and teams of 4. Recognizes top 3 men and women. If you ride as a team, points still accrue as individual. Points to the top 10 in each category at each event. Lindsay Mapes, ziarides.com



North Boulder Classic Park Criterium. Photo courtesy of Bicycle Racing Association of Colorado

WEEKLY

Tuesday

Laramie MTB Series

Jun 17–Aug 12

Laramie, WY. Series of 6 events. Start at 6pm at Tie City parking lot. No license required. Beginner, sport and expert classes. Courses change every week and length varies upon category. Overall calculated on points, total 5/6 races count, wheelite contest tiebreaker. Evan O'Toole, laramiemtbseries.com

Mid-Week MTB Series

Apr 29–Aug 26

Various, UT. 8 classes, points to the top 60. All races count towards the overall GC. Reg begins at 5pm. Kids race at 6pm on a special course, main event at 6:30pm. Beginners: 1 lap. Sport: 2 laps. Pro/expert: 3 laps. Nightly drawings. Rain out option dates: 5/13, 27, 6/10, 8/26. Brooke Howard, 385-227-5741, midweekmtb.com

Spring Training Circuit — MTB

Apr 29–May 27

Various, NM. Tentative dates. Training races start at 6:30pm. Bosque course (tentative) for first 2 races, Deadman course for the last one. Hawke Morgan, 505-259-6885, bcdcracing.com/informalspring13.html

Wednesday

Ascent Cycling Series

Jun 4–Jul 19

Colorado Springs, CO. Series of 5 races with categories for all ages. Weekend races are worth

10 points, starts 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. Race #5 at Cheyenne Mountain State Park on Saturday. Lapped riders will be pulled. Must start last race to count for overall series standings. Andy Bohlmann, 719-591-4671, sandcreeksports.com

Mt. Ogden Midweek XC Race Series

Jul 2–Aug 20

Snowbasin Resort, UT. Tentative dates. Three categories. A: Pro/Expert. B: Sport. C: Beginner. Reg. from 5:30 to 6:15pm at Grizzly Center. Start 6:30pm. Kids race at 6:45pm. Nightly drawings. Points based on finish and number of racers. Course varies each week. Ben Towery, 801-389-7247, mtogdenraceseries.com

Summit Mountain Challenge - SMC

Jun 11–Sep 7

Summit County, CO. Series of 6 short events for boys and girls U10, 11-12, 13-15, 16-18 - run under the MTB Junior League - and older categories in Beginner, Sport, Expert, Open and Pro classes. Starts around 5pm, distance and location vary at each event. Series final Fall Classic on Sept 7. Jeff Westcott, 970-390-4760, mavsports.com

Sundance / Soldier Hollow Weekly

Apr 30–Aug 13

Sundance, UT. Wednesday nights, May - August at 6:30pm. Venue alternates between Soldier Hollow and Sundance. Pros/Experts 1hr race time, Sports 45', Beginners 30'. Kids race at 5pm. Must participate in 10 events to be eligible for season overall points. Weekly points allocated to top 15 in each category. Double points on 8/8. Mark Nelson, 435-654-1392, weeklyraceseries.com

Town Challenge Race Series

Jun 11–Aug 20

Steamboat Springs, CO. Tentative dates. 7-race series that includes hill climb and cross-country events. Top 15 get points each race, overall calculated on best 6 out of 7. Multiple categories and age groups. 970-879-4300 x 355, townchallenge.com

Zia/Devo STXC Series

Apr 16–Jun 25

Durango, CO. Weekly series for Juniors. Course changes every week. B's at 6pm, A's at 6:30pm. Zia Eliminator on 5/22, Super Duper Fun race 5/28. Sarah Tescher, 970-779-8480, durangodevo.com

RACING

APRIL

Apr 25–27: The Whiskey Off-Road

Prescott, AZ. 15, 25, 50 miles. Fat tire and clunker crit. Benefits the Yavapai County Food Bank (YFB), Prevent Child Abuse Arizona and other local and national non-profit organizations. Sallye Williams, Epic Rides, Inc., 520-623-1584, epicrides.com

Apr 26: Showdown at 5-Mile Pass - ICS #4

Lehi, UT. XC race on fun course. 11-mile loop with rolling hills. First start 9am for U12, others 11am. Part of Intermountain Cup Series - ICup. 801-209-2479, utahbikeracing.com

Apr 27: High Altitude Classic - NMORS #2

Cloudcroft, NM. XC State Championships. Start/finish in downtown Cloudcroft. 9-mile singletrack loop on railroad grade and forest roads. 800-8900' elevation gain. Pro/Cat 1/SS: 27 miles. Cat 2: 18 miles. Cat 3: 9 miles. \$1500 cash purse and trophies. USAC sanctioned. Benefits American Cancer Society. Part of New Mexico Off-Road Series - NMORS. Mark Castelo, ZiaVelo Racing Club, 575-649-8292, highaltitudeclassic.blogspot.com

Calendar

MAY

May 2-3: 18 Hours of Fruita

Fruita, CO. Kick off the season with Colorado's only 18-hr team MTB race. Midnight start at High-line Lake State Park. 7-mile loop. Solo or teams of 2, 4, 6-8. Must reg by April 29. Limit 100 teams. Mike Heaston, Event Marketing Group LLC, 970-858-7220, fruitamountainbike.com

May 3: Barking Spider Bash

Nampa, ID. National qualifier. Fun, easy 9-mile loop on rolling terrain includes the famous "Skateboard Park" descent. Pro to Juniors and Singlespeed as well as Trailblazer kids race. New climbing section in 2014. Darren Lightfield, Wild Rockies, 208-608-6444, wildrockiesracing.com

May 3: Battle the Bear - REM #2

Lakewood, CO. No license required. 10-mile fast loop with 5 short climbs and singletrack at Bear Creek Lake Park. Marathon 60 miles, half-marathon 30 miles, XC sport 20 miles, beginner 10. Runs clockwise (aka Front Range 60). Part of Rocky Mountain Endurance Series. Rocky Mountain Endurance, warriorscycling.com

May 3: Enduro Cup - Moab

Moab, UT. Uses Magnificent 7 trail system with a few trail adjustments for more singletrack. 17.5 miles of red rock terrain with 4 timed stages totaling 6.5 miles. 1800' descending and 650' ascending. Part of Enduro Cup. Chad Ross, 303-726-4488, endurocupmtb.com

May 3: La Tierra Torture - NMORS #3

Santa Fe, NM. XC only. Start 9am. Pro/Cat 1/SS: 3 laps. Cat 2/SS: 2 laps. Cat3: 1 lap of a 9-mile, 1075' climbing course. Age class includes 60+. Free jerseys for first 100 to register. Part of New Mexico Off-Road Series - NMORS. Jan Baer, LLT Organizing Committee, laterrorture.com

May 10: 12 Hours of Mesa Verde

Cortez, CO. Sold out. Grassroots race on network of singletrack in the shadow of Mesa Verde. 16 miles on Phil's World trails. Solo, duo and 3-, 4-person teams. Proceeds benefit local non-profit Montezuma County partners. Kids race. 12hoursofmesaverde.com

May 10: Call to Sundance - ICS #5

Sundance Resort, UT. XC. 2 loops: 7.1 miles topping out at 7100', and the small 0.5-mile on lowest part of Archie's Loop. First race 9am for U10-12. Part of Intermountain Cup Series - ICup. Marek Shon, 801-209-2479, utahbikeracing.com

May 10: Desert RATS MTB Race

Fruita, CO. 61-mile test of stamina includes new 13-mile Zion Curtain Loop Trail. Course includes challenging technical terrain, grueling climbs, fast flats and tricky descents. Geared or SS. Finishers within 10 hours receive "Enduro" award, sub 6hr "Gonzo" award. Reid Delman, Gemini Adventures, 303-249-1112, geminiadventures.com

May 10: Gunny Enduro P2P

Grand Junction, CO. Little Park Trailhead. A 4-mile point-to-point down the Gunny Loop of the famous Lunch Loop Trail system. 800' of descending and 200' of climbing, good for the everyday trail rider. More downhill than uphill. U14 to Master and Open categories. 30' intervals. Mike Driver, LTR Sports, 970-904-5708, ltrvents.com

May 10: OakFlats - NMORS #4

Tijeras, NM. Oakflats Campground. All categories from first time racers to Pros. Distance varies based on category. Separated course for first timers and kids. Fast and flowing, easy to technical singletrack with passing options, some rocky sections. Cash prize. Part of New Mexico Off-Road Series - NMORS. Antonia DeHorney, OKY Race Promotions, 505-604-2177, oakflatsmtb.com

May 11: Unravel the Scratch Gravel

Helena, MT. At Scratchgravel Hills. All categories. 5.8-mile loop, 70% double track, 30% singletrack. Start/finish at Echo Drive Trailhead. Juniors (11-14) race short course for 3 miles. Kids race available. Jason Steichen, Big Sky Cyclery Race Team, 406-899-7702, bigskybikes.com

May 17: Dawn 'til Dusk

Gallup, NM. Fun, laid-back, grassroots 12-hour on 100% sweet singletrack course. 13-mile loops with 1600' climbing. Authentic Native American art as prizes. Solo, SS, duo, teams of 4 and fun categories. Kids race. Start 7am. Part of Zia Rides Race Series. Lindsay Mapes, Zia Rides, 505-863-4228, dawnntilusk.com

May 17: Firebird 40

Eagle, CO. Distances 8-40 miles depending on category. Open M/W, citizen, singlespeed, duo M/W. Firebird Hotlap for Junior and citizens. Ripping singletrack. Outdoor expo and more. Part of Eagle Outside Festival. Mike McCormack, 970-485-5847, eagleoutsidefestival.com

May 17-18: Flagstaff Frenzy

Flagstaff, AZ. Fort Valley Trail Network. Saturday: XC and marathon. Sunday: Super D. MBAA, mbaa.net

May 17: Gowdy Grinder

Laramie, WY. Curt Gowdy State Park in southeastern Wyoming. 7 categories, first start 10am. Limit 50 riders per category. No license required. Kids and push bike races. Evan O'Toole, gowdygrinder.com

May 17: Indian Creek - REM #3

Sedalia, CO. 20, 32 or 50 miles. Junior and kids race. 20-mile loop on scenic singletrack and double track of juniper, ponderosa, aspen, and rolling hills. 3-minute intervals between categories. Free camping. Awards ceremony. Trail run race



Mountains to Desert, September 20, 2014. Photo courtesy of MzD

on Sunday. Part of Rocky Mountain Endurance Series. Rocky Mountain Endurance, rockymountainendurance.com

May 18: Dirty Double Fondo

Salida, CO. Salida to Harstel, Guffey, Salida on mostly dirt/gravel roads, little pavement. Bring lights. 200km at high altitude in the middle of nowhere race. Improved course. MTB or "cross bike. Unsupported event limited to 74. Part of Colorado Endurance Series. Colorado Endurance Series, coloradoes.wordpress.com

May 24-25: Half Growler / Growler

Gunnison, CO. Saturday: Half Growler 32 miles (1 loop) Sunday: Growler 64 miles, 2200' of climbing from Gunnison to Mt Crested Butte and back. Also Late Bus 32 miles (1 loop) and Townie Takeover offers 1.5-mile loops around town. Fundraiser for Gunnison Country Partners Youth Mentoring. Janice, Gunnison Country Partners Youth Mentoring, 970-349-1195, gunnisonmentors.com

May 24-26: Sundance Showdown

Sundance Resort, UT. Super-D Saturday, DH Monday. Part of Go-Ride Gravity MTB Series. Ron Lindley, Sundance Resort, 801-375-3231, go-ride.com

May 24: Wimmers Bicycle XC - ICup #6

Wellsville, UT. Sherwood Hills Resort. Multiple laps. First start 8am for beginner men. Last start 12:30pm. Part of Intermountain Cup Series - ICup. utahbikeracing.com

May 25: Iron Horse Classic - Fort Lewis

Durango, CO. A multi-lap course originating from Factory Trails area on the FLC campus will challenge all abilities. Flowing singletrack, steep climbs, and fast downhill. Multiple categories. IHBC Director, 970-259-4621, ironhorsebicycledclassic.com

May 26: Stan Crane Memorial XC Race - ICS #7

Draper, UT. 8th annual. First start 10:45am for U10-12. Part of Intermountain Cup Series - ICup. utahbikeracing.com

May 31-Jun 1: Erook Sunrise to Sunset

Castle Rock, CO. 1st annual. Formally 24 Hours of Erook. Greenlane Open Space. Solo or team of 2-5 persons. 8.25-mile loop with stunning views of Pikes Peak and the Rampart Range. Chip timing. Part of Elephant Rock Cycling Festival. Scot Harris, 303-282-9020, 24hoursoferoock.com

May 31: Pajarito Burnout - NMES #2

Los Alamos, NM. Start at Pajarito Brewpub. 63 miles with 10,500' of climbing. Option for 25

and 38 miles. Limit 74. See race series for details. Dylan Harp, nmes.wordpress.com

May 31: PV Cycle Derby - REM #4

Elbert, CO. Valley Scout Ranch. Roll through prairie grassland and plains of eastern CO. 22-mile loop winds through low hills of black forest and ponderosa pine. 14, 22, 44, 66 miles. Kids race. Part of Rocky Mountain Endurance Series. Rocky Mountain Endurance, warriorscycling.com

JUNE

Jun 1: Beti Bike Bash

Lakewood, CO. Women's only MTB race and festival. All levels welcome. 4-mile loop, 300' climbing per lap, non-technical, mostly singletrack. Expo, prizes, kids race and great swag bag. Bring the whole family. Sarah Rawley, 720-878-7363, betibikebash.com

Jun 5-6: GoPro Mountain Games - Slopestyle

Vail, CO. Practice Thursday. Qualifier and finals on Friday. Presented at Golden Peak. FMB Silver event. Scott Bluhm, Vail Valley Foundation, 970-777-2015, mountaingames.com

Jun 7: GoPro Mountain Games - MTB Race

Vail, CO. The Ultimate Mountain Challenge. XC for all categories including Juniors at Golden Peak. Kids race, freeride dual. Scott Bluhm, Vail Valley Foundation, 970-777-2015, mountaingames.com

Jun 7: New Mexico Enduro Cup #1

Angel Fire, NM. Sandia Peak. facebook.com/events/625779410803764/?ref=22

Jun 7-8: Oso High - NMORS #5

Angel Fire, NM. Beginners to Pros. Special category for first-time racers. Distance between 6-25 miles includes the "luge" berms section. Short track and XC events. Proceeds benefits ALS research. Part of New Mexico Off-Road Series - NMORS. Hogan Koesis, 505-255-4222, osohigh.com/Oso_High_MTB_Race.html

Jun 7: Salida Big Friggin Loop

Salida, CO. Singletrack, high elevation. Ride the base (88 miles) or long (106 miles with 13,000' of climbing) loop. Start at Cafe Dawn 6:30am. Unsupported event limited to 74. Part of Colorado Endurance Series. Tom Purvis, Colorado Endurance Series, coloradoes.wordpress.com

Jun 7: Sundance Single Speed Challenge

Sundance, UT. The only true singlespeed race in Utah, this proves to be an incredible event. Singlespeeders get a unique chance to race head to head. Czar Johnson, Sundance Resort, 801-223-4121, sundanceresort.com/explore/sum_biking_races.html

Jun 7-8: The Captain

Colorado Springs, CO. Saturday: Stage #1: Pipeline to 7 Bridges, followed by Palmer Park Enduro (5 stages for Pro). Stage #2: St. Mary's Trail. Sunday: Total 16+ skill testing miles. After race party. Tim Scott, Palmer HS Cycling Team, 719-651-6037, captainrace.com

Jun 7: Wasatch Back 50 - USCS #2

Wasatch County, UT. 50-mile race course for adults. Juniors and adult mini is 27 miles. Starts east of US 40, finishes at Homestead Resort. Limit 350. Bob Saffell, MTB Race Productions, LLC, 801-588-9020, raceuscs.com

Jun 14-15: 24 Hours in the Enchanted Forest / USAC 24-Hour MTB Nationals

Gallup, NM. At McGaffey Campground. 18 miles of singletrack on pristine and premier trails outside Gallup in the high Zuni Mountains. Solo, duo, teams of 4-5 or corporate. Start 11am. Kids races, yoga, live band and more. Also 6- and 12-hour races. Part of Zia Rides Race Series. Zia Rides, 24hitef.com

Jun 14: Bailey Hundo Epic Race

Bailey, CO. Invitational event. 100-mile race with over 45 miles of singletrack. New 50-mile event. Benefits youth biking initiatives in Colorado. Min fundraising \$250. Limit 300, apply to register. NUE Series event. Brenda Hobgood, bailey100.com

Jun 14: Colorado Springs - US Cup #4

Fontana City, CA. Part of USA Cycling's PRO XCT and a UCI C1 event awarding top points. Part of USA Cycling's US Cup. See race series for details. usacycling.org

Jun 14: Desert Scorpion - ICup #8

Dugway, UT. Part of Intermountain Cup Series - ICup. utahbikeracing.com

Jun 14: Epic Singletrack Series #1 - HC

Winter Park, CO. A 5.3-mile non-technical hill climb with 2160' elevation gain. Start 10am at base of Winter Park Resort climbing to top of Mary Jane Ski Area. See race series for details. Winter Park Competition Center, 970-726-1590, epicsingletrack.com

Jun 20-22: Black Hills Fat Tire Festival

Rapid City, SD. XC, DH and SD races with tons of singletrack, everything from mild-to-wild. Check out a demo bike, ride with new friends on great trails, enjoy fun socials. Kristy Lintz, Rapid City Parks and Rec., 605-431-8989, bhfatirefestival.com

Jun 20-22: USAC Gravity MTB National Championships

Angel Fire, NM. usacycling.org

Jun 21-22: Big Mountain Enduro - Snowmass

Snowmass, CO. 5-6 stages with both lift served and backcountry access to the starts. NAET event. See race series for details. Big Mountain Enduro, LLC., bigmountainenduro.com

Jun 21: Dixie 200

Parowan, UT. Self-supported, 200 miles of trail between Bryce Canyon and Brian Head. Virgin River Rim, Thunder Mountain, Grandview and several other trails. Start 7am at intersection of 2nd Left Hand Canyon and Hwy 143. Dave Harris, 2-epic.com/events/dixie200.html

Jun 21: Mad Cow 180 Road Gravel Grinder - NMES #3

McGaffey Lake, NM. Endurance CX/road ride. Meet at Stumbling Steer and Circle K. 180-mile "mixed media" race. Includes 5 dirt sections (55 miles) and 123 miles of pavement with 18,000' of climbing. Start 4am. Cross or MTB, suspension not required. See race series for details. Chris Herford, NM Endurance Series, nmes.wordpress.com

Jun 25-29: USAC Juniors Track National Championships

Carson, CA. usacycling.org

Jun 28: 40 in the Fort

Fort Collins, CO. At Lory State Park. Two tough laps for 40 miles with 7000' of climbing. Beginners, "Just for Fun," where 2 riders do one lap each simultaneously and combine time. Solo race 2 laps. Benefits Overland MTB Club. Overland MTB Club, 970-430-5336, overlandmtb.org

Jun 28-29: Big Mountain Enduro - Durango

Durango, CO. Big descents and high alpine. Kennebec Pass and other infamous trails. Expect 3-4 big stages and elevations topping out above 12,200'. See race series for details. Big Mountain Enduro, LLC., bigmountainenduro.com

Jun 28: 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. 97 miles. Short loop 82 miles. Start 6am at San Juan Cycles, finish at Durango Brewing Co. Part of Colorado Endurance Series. Colorado Endurance Series, coloradoes.wordpress.com

Jun 28: Epic Singletrack Series #2 - XC

Winter Park, CO. Hit the singletrack with our super loop course. Racing for all ages and abilities. Check-in starts at 8am. The race begins promptly at 10am. See race series for details. Winter Park Competition Center, 970-726-1590, epicsingletrack.com

Jun 28: Santa Fe Big Friggin' Loop - NMES #4

Santa Fe, NM. Minor route. 70 miles, 14 of climbing, or option of medium loop of 60 miles

and 11k of climbing or shorter 52km. Unsupported, not for beginners. Start 6:30am from 2nd St. Brewery. Limit 74 riders. See race series for details. Scott Broome, nmes.wordpress.com

Jun 28-29: USAC US Cup

Colorado Springs, CO. Colorado State XC Championships. AMBC race. uscup.net

JULY

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. Non-sanctioned. Jeff Westcott, Maverick Sports Promotions, 970-390-4760, mavsports.com

Jul 5: Fire Road Cycling - Dirt Fondo

Cedar City, UT. 25, 60, 100km distances, start at Main Street Park, 8am, 7500' total elevation gained for 100km; 5000' total for 60km. 25 qualifying slots for the Leadville 100 up for grabs for 100km event. dirtfondo.com

Jul 5: The Rage at Snowbird - UT State Championship - ICS #9

Snowbird, UT. Utah State Open XC Championship, open to all, near Snowbird Center (entry 2). Course: 5.2-mile loop with 802' of climbing per lap. First race 2:30pm for beginner men. Part of Intermountain Cup Series - ICup. utahbikeracing.com

Jul 5-6: Trestle Gravity Series #1

Winter Park, CO. See race series for details. Winter Park Competition Center, 970-726-1590, epicsingletrack.com

Jul 5: USAC Marathon MTB National Championships

Sun Valley, ID. usacycling.org

TOURING

APRIL

Apr 27: Bergen Park Loop MTB Ride

Evergreen, CO. Round-trip 22 miles with 2550' elevation gain. Optional 33 miles with 4500'. Meet at Tanco Center across from Taco Bell at Highway 74 and Stagecoach Blvd. Team Evergreen Bicycle Club, 303-433-1071, teamevergreen.org

Apr 27: Mt Falcon-Pence-Lair of the Bear

Denver, CO. Wide cinder pathways, double track, singletrack, a few obstacles and a good climb. Meet at center of the Lower Mt. Falcon parking lot. Team Evergreen Bicycle Club, teamevergreen.org

Apr 29: Bear Creek Lake Park MTB Ride

Golden, CO. 14 miles, 500' elevation. Meet at 10am at Bear Creek Lake Park. Team Evergreen Bicycle Club, teamevergreen.org

MAY

May 1-4: Kokopelli Trail

Fruita, CO. 4 days, 142 miles of singletrack, jeep trails and retired railroad. Rest stops and lunches. Camping, gear transportation. Limit 90 riders. Bikerpelli Sports, 303-875-9000, bikerpelli.com

May 2-4: P.A.S.S. Bookcliffs Trailfest

Price, UT. Tentative. Trail rides, free camping, food, live music, chaos and mayhem, Friday afternoon warm-up ride. Saturday and Sunday we ride for real. Ranges from short and mellow to ridiculous. Fuzzy Nance, 435-637-2453, FuzzyTheBikeGuy@msn.com

May 8-11: Kokopelli Trail

Fruita, CO. 4 days, 142 miles of singletrack, jeep trails and retired railroad. Rest stops and lunches. Camping, gear transportation. Limit 90 riders. Bikerpelli Sports, 303-875-9000, bikerpelli.com

May 10: Desert RATS MTB Ride

Fruita, CO. The 50km supported ride is a fun out-and-back on the Kokopelli Trail. Riders will have 10 hours to complete the course. Reid Delman, Gemini Adventures, 303-249-1112, geminiadventures.com

May 10: Mission to Ride

Montrose, CO. Variety of distances ranging from mellow to arduous. Spectacular views in Black Canyon National Park. Starts at Montrose Pavilion. Benefits Montrose Medical Mission. Kevin Davis, 970-596-4108, missiontoride.com

May 11: Amazing Earthfest

Kanab, UT. 8th annual. Week-long celebration of outdoor adventure features the Grand Staircase Escalante National Monument scenic 37-mile out-and-back. Also 10-20 miles non-technical loop and an optional 60 miles. Rich Csenge, 888-588-8970, amazingearthfest.com

May 16-18: MECCA Spring MTB Festival

Green River, UT. Guided rides, ranging from beginner to advanced. Family friendly. Kim Ployer, 435-653-2440, biketheswell.org

May 24: Indian Creek MTB Ride

Golden, CO. Moderate 14 miles with 2360' of climbing. Meet at the Indian Creek Trailhead. Start 10am. Steve Bussey, teamevergreen.org

Family Friendly Ride

Supports Bicycle Colorado

Commercial

Rocky Mountain Road Cup Point Scale

Bronze, Silver, Gold

May 31: The Great Bicycle Carnival 🇺🇸
Colorado Springs, CO. Presented at Bear Creek Park. Solo and duo madness challenge, kids races, bunny hop contest, obstacle contests. Festival atmosphere. Nikki McComsey, Kids On Bikes, 719-355-3573, kidsonbikes.net

JUNE

Jun 1: Subaru Elephant Rock 🇺🇸 🇧🇪
Castle Rock, CO. 27-, 32-, 62- or 100-mile off-road with rolling hills, high plains and canyons. Dirt roads, paved roads and bike paths. 8-mile family ride. Starts/ends at the Events Center at the Douglas County Fairgrounds. Scot Harris, elephantrockride.com

Jun 6–11: Grand Staircase Escalante Mountain Singletrack 🇺🇸
St. George, UT. 6-days. The Grand Staircase Lower Canyons provide exploring, camping and backcountry MTB opportunities. Also available 8/3 and 8/31. Escape Adventures, 900-596-2953, escapeadventures.com

Jun 7: National Trails Day
Various. Events of all sorts, including trail building and rides, presented by various organizations in all parts of the country. imba.com

Jun 15–20: Bryce and Zion National Parks 🇺🇸
St. George, UT. 6-day, 140-mile guided tour through Brian Head, Red Canyon, Navajo Lake Trail, Virgin River Rim and hiking the Zion Narrows. Includes 5-night camping and one inn or 5-night all inns, transportation and food. Also available throughout the summer. Escape Adventures, 800-596-2953, escapeadventures.com

Jun 21: Bear Lake Monster Cross
Montpelier, UT. Dirt fondo along the back roads of Bear Lake Valley. 100- or 62-mile options with KOM and other challenges for those with competitive streaks. Cyclocross or MTB are your best options. BearLakeMonsterRide.com

Jun 21: Beaver Dam 49er Gravel Grinder
Caliente, NV. 35 miles of gravel and dirt. Ride the Rim and see the park from a different perspective. Pedal down an old churning road, wind through pinyon and juniper trees, back to the main park road and down into Campground B where hamburgers await. Road bikes with wider tires, cross or MTB. Dawn Andone, 775-728-4460, parks.nv.gov

Jun 21: Beaver Dam 49er Gravel Grinder
Caliente, NV. 35 miles of gravel and dirt. Ride the Rim and see the park from a different perspective. Pedal down an old churning road, wind through pinyon and juniper trees, back to the main park road and down into Campground B where hamburgers await. Road bikes with wider tires, cross or MTB. Dawn Andone, 775-728-4460, parks.nv.gov

JULY

Jul 5: Fire Road Cedar City - Dirt Fondo
Cedar City, UT. 25, 60, 100km distances, start at Main Street Park, 8am, 7500' total elevation gained for 100km; 5000' total for 60km. 25 qualifying slots for the Leadville 100 up for grabs for 100km event. fireroadcycling.com

ROAD

SERIES

Great Western Cycling Series - Project 14

May 9, 10, 11; Jun 14, 27–28; Jul 12
Various. Series of 8 criterium or circuit races in Idaho and Utah. Open to riders 19+ men and women, split over 5 categories. Omnium points scoring. \$12,000 pay-out for team and solo racers at the end of the series. racedayeventmanagement.com

NMBRA Road Series

Mar 8–9, 21–23; Apr 5–6; Jun 1, 8
Various, NM. A series of 8 races, possibly 9 (TBC). Overall calculated on points, must do a minimum of 3 to qualify. Out of district riders eligible for series prizes. All races scored separately, not on omnium. Final race counts for 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. Pros not eligible for points. Event identify at NMBRA. Jennifer Buntz, nmccycling.org

Rocky Mountain Road Cup (RMRC)

Mar 9, 15–16; Apr 5, 19, 26; May 4
Various, CO. Points competition for individual and club members. Gold level events awards points to the top 30, silver events top 20 and bronze top 15. [Incomplete calendar at press time see website for more]. coloradocycling.org

TOUR SERIES

Challenge Series Short Course

May 4, 24; Aug 16
Various, CO. 3-event series. 80-130 miles with challenging climbs. Overall season standing calculated on time. rmccrides.com

Planet Ultra Gran Fondo Triple Crown

Apr 5, 26; Oct 11
Various, UT, NV. Complete the Gran Fondo Las Vegas, Zion Gran Fondo and Tri-States Gran Fondo and earn bragging rights as a winner of the Planet Ultra Gran Fondo Triple Crown. granfondotriplecrown.com

Triple Crown Series

Jun 14; Jul 5, 26; Aug 9, 16
Various, CO. 5-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 Joe, Death Ride and Grand Loop in a single calendar year and get the coveted Colorado Triple Crown finisher title. Overall season standing calculated on time. Events also part of Ultracycling Cup. rmccrides.com

WEEKLY

Wednesday

Boulder TT and TTT Series

May 7–Aug 6
Lyons, CO. 4-event series, 12-mile long rolling course. Start in downtown Lyons at Sandstone Park and head to Boulder. Benefits the Lyons rebuilding efforts. Without Limits Productions, withoutlimits.com

Inspired Training Midweek Series

May 28–Jul 2
TBD, CO. Deirdre Moynihan, 303-931-6455, inspiredtrainingcenter.com

Karen Hornbostel Memorial TT Series

Apr 16–May 21
Aurora, CO. Series of 6 TT races at Cherry Creek State Park. All categories from Junior 9-10 to Master 75+, retro, tandem, SS and handcycles. Start at 4:30pm, 20-second intervals, chip mandatory. Shorter 5.5-mile course for 2014 features fast turns, rolling terrain and an uphill finish. Overall best 5 of 6. Fundraiser for BRAC and Junior racing program. Alain Boisvert, 720-536-5934, limabeanscycling.com

P2P Midweek Series

Jun 11–Aug 27
Golden, CO. Two series of 4 events each. Cat 4/5 race at 6:15pm, Cat 1,2,3 at 7pm. Presented at CSP training track. Jonathan Heidemann, Peak to Peak Training Systems, 303-902-9603, peaktopeaktraining.com

Saturday

Mesa Del Sol Circuit Series

Apr 12–May 24
Various, NM. Training races. Mesa del Sol road circuit 3.3 miles, start at University Ave (near Glass Building). Next two race courses longer. Start 8:30am for Juniors, Cat 5 M/Cat 4 W at 9, Cat 3/4 men/ women 1/2/3 at 9:50, men Cat 1/2/3 and W Cat 1/2 at 11:15. Kids race at 11am. Stephen Williamson, 505-238-8638, activeknow.com

RACING

APRIL

Apr 26: Denver Federal Center Classic
Lakewood, CO. 6.5km challenging circuit at Federal Center. Chip timing. Open to all categories. Distances vary between 50-90 min. 100-rider limit per field. \$2000 in cash prizes. Must have picture ID to enter grounds. Part of Rocky Mountain Road Cup (RMRC). Marianne Tolbert, Colobikelaw.com, coloradocycling.org

Apr 26–27: Ft. Davis Hammerfest
Ft. Davis, TX. 3-stage race with a lot of climbing. 16-mile HC and 2 RRs. Cash prize, open to all. Peri Mashburn, ppattx.org

Apr 26: Tour of the Depot Road Race
Stockton, UT. Put your winter training to the test. 20, 48, 69 and 87 miles. Junior 10-14 to Pro 1/2/3 categories. Head to Rush Valley, over Johnson's Pass (6500') into Skull Valley. 18-mile loop(s) near Dugway and return. Shorter distance go part way on same route. Jeremy Smith, Utah Premier, 801-558-7215, tourofthedepot.com

Apr 26: Zion Gran Fondo
Springdale, UT. 77-mile route including Quail Creek and Sand Hollow State Parks. Century option into Zion National Park. Spectacular views. Fully supported. Deb Bowling, 818-889-2453, ziongrantfondo.com

Apr 27: Deer Trail Road Race
Deer Trail, CO. 43- and 58-mile out-and-back done once or twice depending on category. Flat with some long rolling hills. Finish line 4 miles past last turnaround. Pre-reg online only. Juniors must be 15+ to race. Stephen Haydel, Swift Cycling, 303-868-4236, cyclingevents.com

Apr 30–May 4: Tour of the Gila 🇺🇸
Silver City, NM. 5-day stage race for Elite, Cat 1 to 4 men, women and Master men. 3 RR, 1 TT, 1 criterium. Distance varies based on category. Citizen criterium on Saturday. UCI men's sanctioned event. Jack Brennan, Tour of the Gila Inc., 575-590-2612, tourofthegila.com

MAY

May 2–4: USAC Collegiate Road Championships
Richmond, VA. Micah Rice, 719-434-4200, usacycling.org



Colorado Eagle River Ride participant. Photo courtesy of CERR

May 3: Antelope Island Classic
Antelope Island, UT. Starts at the Marina, across the causeway towards the ranch and ends on the island. Number of loops depend on category, 18 to 73 miles. Junior 10-14 to Master 55+. \$2000 cash prizes. James Ferguson, Bountiful Mazda Cycling Team, 801-476-9476, bmbcc.com

May 3: Cafe Velo Tri-Lakes TT
Palmer Lake, CO. 15.2-mile challenging TT on Wet Fox Farm Road and Spruce Mtn Rd. Finish at Palmer Lake. No U10. Brad Mosier, CP Racing, 719-331-4361, cpracingteam.com

May 3: Chino Grinder 100
Chino, AZ. 42 or 106 miles. Relay options. Chino to Williams. 60/40 gravel/paved ratio. 480-442-7694, epicgravelrides.com

May 3: Gran Fondo Moab 🇺🇸
Moab, UT. Race the spectacular Manti-La Sals on Loop Road. Start/finish in Moab. Climb +5500' in 60 miles. Mass start. Steep climbs, rolling hills, flat sections, gorgeous scenery. Timed. Benefits Moab Trails Alliance. Scott Guzman Newton, Poison Spider Bicycles, 435-654-8650, granfondomoab.com

May 4: Koppenberg Road Race
Superior, CO. 5.5-mile circuit course with 300' elevation gain, including 2-mile dirt road with short 17% hill climb. The queen of spring time cycling in Colorado. Distances vary according to category: 1 to 8 laps. Kids race. Chip timing. Part of Rocky Mountain Road Cup (RMRC). Lance Panigutti, Without Limits Productions, 303-882-8304, withoutlimits.com

May 9: Utah City Crits - Ogden
Ogden, UT. L-shape flat course with 4 corners and 1 left turn. Start/finish on 25th street. 45' race time for all but Cat 1/2 men 60'. Start 4pm. Part of Great Western Cycling Series - Project 14. Dirk Cowley, RaceDay Event Management, 801-699-5126, racedayeventmanagement.com

May 10–11: Albuquerque 50+ Games
Stanley, NM. Open to Albuquerque/Bernalillo county residents aged 50 by December 31. Age divisions. Top 3 move on to NM Senior Olympics. Events include 1 mile, and 5, 10, 20, and 40K time trials. Peter Stibris, City of Albuquerque, 505-299-8442, nmseiorolympics.org

May 10: RAAM Oregon Cycling Challenge
Hillsboro, OR. Enduro unsupported 200 and 400 miles, terrain varies based on distance. Start at Civic Center Plaza. Expo and post-event party. The 400 miles is a qualifier for RAAM. Rick Boethling, Race Across America, 720-381-6053, raamchallenge.com

May 10: Utah City Crits - Bountiful
Bountiful, UT. Staged in old downtown. 4 right hand corners with slight uphill finish on Main St. Race time 45 to 60' depending on category. Start 4pm. Part of Great Western Cycling Series - Project 14. Dirk Cowley, RaceDay Event Management, 801-699-5126, racedayeventmanagement.com

May 10: Wheels of Thunder
Littleton, CO. Criterium, 1.6-mile closed loop with undulating terrain and uphill finish. Good pavement. Kids of Thunder Race. Richard Beutner, Int'l Christian Cycling club, 303-818-4420, christiancycling.com

May 11: Utah City Crits - SLC
Salt Lake City, UT. Flat, fast, 4-corner right-hand turn course. Race time 45 to 60' depending on category. Start 10am. Part of Great Western Cycling Series - Project 14. Dirk Cowley, RaceDay Event Management, 801-699-5126, racedayeventmanagement.com

May 16–18: Bear Lake Classic
Garden City, UT. Day 1: 3.4-mile climb, starting at the "Garden City Office Building" up to the Rocky Point lookout. Day 2: 51-mile flat loop with some rolling hills. Day 3: 5-man TTT,

third wheel counts. Each event scored independently. Kevin Rohwer, Races 2 Race, 435-770-9852, krohwer@engineeringexcitement.com

May 16–18: Superior Morgul Classic
Superior, CO. Friday: new 8.5-mile TT on rolling terrain. Saturday: criterium summit L-shaped course runs through downtown. Sunday: amended (due to construction) 12.5-mile RR features "the wall." Chip timing. Citizen's wave at 10:30am. Tony Panigutti, Without Limits Productions, 303-882-8304, withoutlimits.com

May 17: L'Eroica Historic Race
Grand Junction, CO. 102 miles, recreating the 1899-1915 (90 paved, 12 dirt) race between Grand Junction and Glenwood Springs. Epoque attire recommended for extra points. Chris Brown, Brown Cycles, 970-245-7939, browncycles.com/leroica.htm

May 17: Pony Xpress Gravel 160
Trinidad, CO. New event. 160-, 90- and 50-mile gravel grinder. Held on twisty, rolling gravel roads. Classes: M/W 18-29, 30-39, 40-49, 50-59, 60+. Pro (160-mile only). Awards for 160-mile only. Starts in Cokedale. info.px160@gmail.com

May 17: Ride for the Pass
Aspen, CO. 10-mile ride on Independence Pass. 2500' elevation gain from 8550' start. Benefits Independence Pass Foundation. Mark Fuller, Independence Pass Foundation, 970-963-4959, independencepass.org

May 18: Gran Fondo Santa Fe
Santa Fe, NM. 2nd annual. Chip-timed, well-supported, 102-mile ride down Turquoise Trail and Ortiz Mountains with big party at finish. Run concurrently with Santa Fe Century. Michael McCalla, 406-381-2690, granfondosantafe.wordpress.com

May 24–26: Colorado Mini Classic
Silt, CO. Saturday: Crit with 8 corners on 0.8-mile course around Veteran's Park. Sunday: 14-mile circuit race with challenging climbs and a trip down "Roller Coaster" on each lap. Monday: TT out-and-back along Colorado River. Awards party. Open to Juniors and U23. Omnium format. 303-885-1603, coloradocycling.org

May 24–26: Iron Horse Classic - Omnium 🇺🇸 🇧🇪
Durango, CO. Saturday Durango to Silverton RR: 47 miles, 5700' of climbing, fast descents. Sunday TT: 13.7-mile point-to-point flat to rolling. Criterium in downtown Durango. Omnium format or single event. Kids events, cruiser crit and concert. Jeffery Frost, IHBC Director, 970-259-4621, ironhorsebicycleclassic.com

May 24: Sugarhouse Criterium
Salt Lake City, UT. Some of Utah's best crit racing. Marek Shon, Crit Racing LLC, 801-209-2479, utahcritseries.com

May 24–26: USAC Pro Road & TT Championships
Chattanooga, TN. usacycling.org

May 26: Sun Crest Hill Climb Challenge
Draper, UT. Ken Murdock, 801-205-3700, DraperTrails.com

May 30–31: Salt Lake Valley B4K Stage Race
Daybreak, UT. Criterium, RR, and TT. USAC license required, one-day licenses available. Benefits Bikes for Kids. \$3700 cash and prizes. John Karen, 801-505-8481, bikesforkidsutah.com

May 31: City Park Criterium
Denver, CO. Tight, fast course through many roundabouts. All categories. Kids race. Cash prizes. Jeff Ayres, Rocky Mountain Road Club, 303-514-9852, rockymountainroadclub.com

JUNE

Jun 1: Coal Miners Circuit Race
Louisville, CO. 2-mile circuit at Colorado Tech Center. Wide open roads, sweeping corners and a new hilltop finish. Tony Panigutti, Without Limits Productions, 303-882-8304, withoutlimits.com

Jun 1: Crest Race - NMRS
Albuquerque, NM. Part of NMBRA Road Series. Randy Corcoran, nmccycling.org

Jun 4–8: Rocky Mountain Senior Games
Keenseburg, CO. TT: 5km and 20km, RR: 20 and 40km on flat course. Minimum age requirement 50. Alan Boisvert, 720-536-5934, limabeanscycling.com

Jun 7: Deschutes Brewery Snowbowl HC
Flagstaff, AZ. 6 miles, 1850' of climbing - average grade 5.6%. Start 8am. Joe Shannon, 928-523-1740, flagstaffcycling.squarespace.com

Jun 7: Porcupine Hill Climb for the Fight

Salt Lake City, UT. Start: Porcupine Pub & Grille, finishing at Brighton Ski Resort, Big Cottonwood Canyon. Mike Meldrum, Porcupine Cycling Club, 801-424-9216, porcupinecycling.com

Jun 7: Sunshine Hill Climb
Boulder, CO. 9.14-mile climb with 3200' elevation gain. Last 3.5 miles on dirt. GS Ciao, coloradocycling.org

Jun 8: GoPro Mountain Games - TT
Vail, CO. Open to all. Class for all categories. Scott Bluhm, Vail Valley Foundation, 970-777-2015, mountaingames.com

Jun 8: The Sonic Boom - Master Championships
Louisville, CO. Colorado State Master Criterium Championships plus Cat 1-2, 3 and 4. Race in historic downtown Louisville, start/finish on Main St. 6-corner course. Kids race. Andy Johnson, Sonic Boom Racing, 303-249-1624, sonicboomracing.com

Jun 8: Tour de Los Alamos - NMRS
Los Alamos, NM. 42nd annual. 27-82-mile long circuit race. Licensed and citizens categories. Rolling to hilly loop. Neutral/parade start from downtown. 27-mile race for public/citizens around National Laboratory. Part of NMBRA Road Series. David Zerkle, Roadrunners Cycling Club, 505-661-7602, tourdelosalamos.org

Jun 10–23: Race Across America (RAAM)
Oceanside, CA. World's toughest bicycle race. Non-stop 3000 miles coast-to-coast with over 100,000' of climbing. Open to solo racers and 2-, 4- and 8-person teams. Finish in Annapolis, MD. Rick Boethling, RAAM, 303-442-7223, raceacrossamerica.org

Jun 10–15: Race Across the West
Oceanside, CA. From Oceanside to Durango, CO, 860 miles open to male and female solo racers and 2- and 4-person relay teams. Support crews required. Toughest race in the West. Run simultaneously with Race Across America. Rick Boethling, RAAM, 720-425-7903, raceacrossthewest.org

Jun 13–14: Rockwell Relay
Moab, UT. 4-person relay, 3 legs per rider, covering 528 miles (average 44 miles/leg). Moab to St. George. Goes through 2 National Parks. Start 6am, 9am and 12pm at Swanny Park. Courtney Stewart, 801-643-4673, rockwellrelay.com

Jun 14: Best on Hess
Castle Pines, CO. ITT and TTT events. Doug Gordon, Rocky Mountain Health Plans Cycling Team, 303-517-0019, teamrhhp.com

Jun 15: Guanella Pass HC - Master Championships
Georgetown, CO. Road closed to traffic. Category 1 climb, 12 miles, 3150' with section of 8.9%. Cash and merchandise. Mass start per category with neutral start. All categories from Junior 10-11 to Master 65+ and citizens classes. Scott Bilyeu, CTB Racing, 303-914-4265, guanellapasshillclimb.com

Calendar

Jun 21: Ardura Relay

Snowbasin, UT. Formerly Rockwell Relay Ladies Pamperfest Challenge. Teams of 2 or 4 ladies riding 160 miles to Midway. 4-cyclist teams: each will complete 2 legs. 2-cyclist teams: each do 4 legs. Average per leg: 20 miles. Michelle Lyman, 801-941-5526, ardurarelay.com

Jun 21: High Uintas 10,000 Gran Fondo

Kamas, UT. 1-day, 80-mile, point-to-point from Kamas, UT to Evanston, WY over Bald Mountain Pass. Limit 500. Dirk Cowley, RaceDay Event Management, 801-699-5126, racedayeventmanagement.com

Jun 21: NM State Road Championships

Albuquerque, NM. 11.2-mile loop at Sedillo Hill. Distances vary between 11-68 miles. Open to all from Junior 10-13 to Master 65+. Out-of-state racers not eligible for title and medals. Richard Woodruff, Olve Rapido, 505-265-2453, nmcycling.org

Jun 21: Pedal Paddle Battle

Canon City, CO. 20-mile race starts at AAE Beach in Parkdale and heads up south side of Royal Gorge (1100') then across the famous bridge and park and down Hwy 50 for 8 miles. In conjunction with the Pro raft race. Start 6:30pm. Gordon Eckstrom, Fremont Adventure Recreation, 719-285-8169, royalgorgewhitewaterfestival.com

Jun 21: Pro/AM Tour of Westcliffe

Westcliffe, CO. Junior and Senior Colorado State Road Championships. Richard Posadas, Lima Beans Cycling Promotions, 2013tourofwestcliffe.webs.com

Jun 22: Black Forest Classic Gran Fondo

Elizabeth, CO. 62 and 85 miles of the Bijou Basin. Start at Evans Park. Colorado River Club, blackforestclassic.com

Jun 22: Wheat Ridge Criterium

Wheat Ridge, CO. coloradocycling.org

Jun 26–28: Utah Summer Games - Cycling

Cedar City, UT. TT, HC, RR, Crit with overall Omnium. Casey McClellan, Utah Summer Games, 435-865-8421, utahsummergames.org

Jun 27–29: Baker City Cycling Classic

Baker City, OR. 3 days and 4 stages with 8000+’ of climbing. Pros and amateurs race same course. Stage 1: Catherine Creek RR. Stage 2: Historic Baker City 12-mile TT. Stage 3: Tour d’Town Criterium, 30-60 minutes. Stage 4: 101-mile Tour d’Horn RR. Brian Vegter, BCCC, 541-523-5265, bakercitycycling.org

Jun 28: John Stenner Memorial TT

Keenesburg, CO. Colorado Time Trial State Championships. Yvonne van Gent, Cody Racing Team, 303-997-8550, americancycling.org

Jun 28: Utah State TT Championships

Salt Lake City, UT. Marek Shon, 801-699-5126, utahcritseries.com

Jun 28: Wright Stuff Challenge - Oak Hill

Norwood, CO. Hill climb. Also 5 and 10km run. Registration 7-7:30am. Start at 7:45am with a neutral start to city limits, then race to Miramonte Ranches. Staged at San Miguel County Fairgrounds. Wright Stuff Community, 970-327-4021, wrightstufffoundation.org

Jun 29: Girls Just Wanna Have Fun TT

Bernalillo, NM. Women only - all ages, abilities. 10-mile TT introduces the fun and challenges of road racing. Food, music and prizes. Maripat Glover, 505-328-4683, womenridingwell.com

Jun 29: North Boulder Park Classic

Boulder, CO. North Boulder Park, 0.7-mile circuit. Fields limited to 100. Cash prize. Keith Harper, Boulder Orthopedics, 720-240-3108, coloradocycling.org

JULY

Jul 2–6: USAC Amateur & Para Road Nationals

Madison, WI. Elite, U23, Juniors and Para. usacycling.org

Jul 4: Olde Capitol Criterium

Golden, CO. 979-758-4577, coloradocycling.org

Jul 5: Idaho State TT Championships

TBA, ID. idahobikeracing.org

TOURING

APRIL

Apr 26: Circle the Wellsvilles 100 - BCC SS

Odgen, UT. 98 miles. Route: Brigham City, Wellsville, Petersburg, Tremonton, Brigham, Odgen. Rolling terrain, good pavement. Start 9am. James Zeleznick, Bonneville Cycling Club, 801-564-7107, bcctah.org

Apr 26: FrontRunner Metric Century

Salt Lake City, UT. 4th annual. Point-to-point 100km (62-mile) ride from Salt Lake City to Ogden. Return to Salt Lake City via UTA’s Front Runner® train. Matt Storms, For The Win Racing, LLC, 801-230-9270, frontrunnercentury.com

Apr 26: Stove Prairie - Counterclockwise

Longmont, CO. 200km brevet. Horsetooth, Poudre Canyon, Stove Prairie. Includes 9% and 15% grades up to scenic backcountry Stove Prairie at 7440’. Start 8am at the Conoco at I-25 exit 243. John Lee Ellis, Rocky Mountain Cycling Club, 303-604-1163, rmccrides.com

Apr 26: Tour de Summerlin

Las Vegas, NV. 40-, 75-, 100-mile routes through picturesque Red Rock Canyon. Utilizes many miles of designated bike lanes. Fully supported. Benefits the Candlelighters Childhood Cancer Foundation. Randy Mcghie, Great Rides, LLC, tourdesummerlin.com

Apr 26: Zion Gran Fondo

Springdale, UT. 77-mile route including Quail Creek and Sand Hollow State Parks. Century option into Zion National Park. Spectacular views. Fully supported. Part of Planet Ultra Gran Fondo Triple Crown. Deb Bowling, Planet Ultra, 818-889-2453, ziongranfondo.com

Apr 27–May 2: Redrock Canyons Tour ☼

Grand Junction, CO. Visit world famous Monument Valley and Unaweep and Dolores River Canyons. 300-420 miles. Also 5/4, 5/11, 5/25, 9/14, 9/21, 9/28, 10/5, 10/12, and 10/19. Lizard Head Cycling Guides, 970-728-5891, lizardheadcyclingguides.com

Apr 27: Tour de Optimism

Las Cruces, NM. 50 and 100km rides. Start 8am at the Arrowhead Park on NMSU campus. Rest stops, gear drop and SAG support. Can’t ride? Register for the Couch Potato category and someone will “carry” you on ride day. Diane Wilson, Las Cruces Optimist Club, 575-640-1814, lascrucesoptimistclub.org

MAY

May 2–3: Colorado Front Range Fleche

Various, CO. Teams to set departure and routes. Must be at least 360km+, 24-hour limit. Recommended start between 7-8am on Saturday. Lights required. ACP sanctioned. John Lee Ellis, Rocky Mountain CC, 303-604-1163, rmccrides.com

May 3: Biker’s Edge

Cinco de Mayo Century Kaysville, UT. Sold out. Fully supported 100- and 50-mile ride starting in Kaysville. Taylor Arnold, 801-544-5300, bebikes.com

May 3: Gran Fondo Moab ☼☼

Moab, UT. Ride the spectacular Manti-La Salis on Loop Road. Start/finish in Moab. Climb 5500’+ in 60 miles. Mass start. Steep climbs, rolling hills, flat sections, gorgeous scenery. Timed. Benefits Moab Trails Alliance. Scott Guzman Newton, Poison Spider Bicycles, 435-654-8650, granfondomoab.com

May 3: NM Law Enforcement Memorial Ride (NMLE)

Albuquerque, NM. 3rd annual memorial bike ride honoring New Mexico’s fallen officers. 30km or 100km to Santa Fe. Start 7:30am. Return travel included. Fully supported. Benefits Albuquerque PD Chaplain Unit Fund. Patrick Hernandez, nmlememorialride.org

May 3: Tour de Brewtath

Salt Lake City, UT. The tour provides cyclists with a fun, meaningful event, engaging with Utah’s craft breweries while supporting local nonprofit organizations. Tim Stempl, 602-463-1547, tourdebrewtath.org

May 3: Tour de Cure - Las Vegas

Las Vegas, NV. 8-, 30-, 65- and 100-mile options. Live music, lunch and activities. Start/finish at the M Resort Spa & Casino. Fully supported. VIP dinner on Friday, April 26. \$150 fundraising min. Tracie Patten, 702-369-9995 ext. 7483, tour.diabetes.org

May 4: Boco Loco Bike Bash ☼

Boulder, CO. Tentative date. 8-mile family ride, 34-, 60-, 102-mile courses. S/F at Gerald Stazio Softball Fields. Expo, finish line entertainment and more. Benefits Justin Parker Neurological Institute and Boulder Community Hospital Foundation. Boulder Community Hospital, bocoloco.org

May 4: Boulder Fearsome Five

Boulder, CO. 102 miles. 1500+’ of climbing. Climb Flagstaff Mountain, Magnolia Rd, Sugarloaf Rd, Fourmile Canyon/Sunshine Canyon, and Super Jamestown in one day. How many can you climb in 11 hours?. Mark Lowe, Rocky Mountain CC, rmccrides.com

May 4–9: Bryce-Zion ☼

St George, UT. Phenomenally gorgeous Bryce and Zion National Parks are the perfect place for a tour. Sunday-Friday. Average 35 miles per day. All levels. Most meals included. Also 5/18, 5/25, 6/1, 6/15, 8/31, 9/14, and 9/28. Bicycle Adventures, 800-443-6060, bicycleadventures.com

May 4: Cafe Velo Tri Lakes Gran Fondo

Monument, CO. 2nd annual. Ride a scenic section of northern El Paso County. Choose from 1 loop (22 miles) all the way up to 5 loops (110 miles and 9110’ of elevation gain). Fully supported ride with police support at key intersections. Cool swag, BBQ. Supports local youth/Junior cyclists. Brad Mosier, 719-331-4361, cafevelobikes.com

May 4: Golden Anti-Gravity Epic Century

Golden, CO. Includes dirt and gravel roads. Part of Challenge Series Short Course. Mark Lowe, Rocky Mountain CC, rmccrides.com

May 4: Rose Hill Rally ☼

Grand Junction, CO. Family-oriented, fully supported ride through scenic farm country around Grand Junction and Fruita. 31-, 62-mile routes. Meals, T-shirt, rest stops, massage, scavenger hunt, kids activities, prizes, demo bikes. Canyon View Park 7am. Benefits Rose Hill Hospitality House. Ed Lipton, St. Mary’s Hospital & Regional Medical Center, 970-242-5940, stmarygj.org

May 10: Black Forest

Littleton, CO. 300km. A rollerfest straddling the spine of the Palmer Divide. ACP brevet. Lights required. Start 5:30am at Mineral and Santa Fe Park and Ride. John Lee Ellis, Rocky Mountain CC, 303-604-1163, rmccrides.com

May 10–11: Gila Inner Loop Super Tour

Silver City, NM. 2-day ride. Day 1: 40 miles from Silver City, NM on the Gila Inner Loop Scenic By-way with moderate to steep climbs and descents. Day 2: Mimbres River Valley back to Silver City, 34 miles. Daily options for longer rides. Fully supported. Richard Cullison, New Mexico Touring Society, nmts.org

May 10: Goldilocks Salt Lake

S. Jordan, UT. Fully supported women’s only ride. 20-, 40-, 60-, 80- and 100-mile routes. Mix of urban and rural roads through southwest Salt Lake Valley. Starts at SoDa Row 7am. Includes T-shirt, swag, lunch and finish line party. Limit 1300. Dani Lassiter, Brooksee, LLC, 801-635-9422, goldilocksrider.com

May 10: Mission to Ride ☼

Montrose, CO. Variety of distances ranging from mellow to arduous. Spectacular views in Black Canyon National Park. Starts at Montrose Pavilion. Benefits Montrose Medical Mission. Kevin Davis, 970-596-4108, missiontoride.com

May 10: Springville to Nephi - BCC SS

Springville, UT. 100 miles. Meet at Cracker Barrel in Springville and ride the orchards and Gosen Canyon south. Self-supported, non-members welcome. Start 9am. 75-mile option available. Don Williams, Bonneville Cycling Club, bcctah.org

May 10–11: STOKR

Libby, MT. 2-day loop tour in scenic western Montana. Homemade food, no traffic, fantastic community support. Benefits Kootenai Valley Partners Habitat for Humanity. Limit 400. Lottery reg. Susie Rice, 406-293-2441, stokr.org

May 10: The Ghost Ride

Tooele, UT. 100-, 62-, or 35-mile tour of Tooele Valley honoring cyclists who are no longer with us. Optional climb up Ophir Canyon, about 104 miles, with a special prize waiting at top of climb. Scenic vistas and rolling hills in Utah’s west desert terrain. Jared Eborn, 801-599-9268, theghostride.com

May 11–17: Epic Bike 5 National Parks ☼

Zion Nat’l Park, UT. 5 national parks and scenic byways in 6 days. Zion National Park, Bryce National Park, Grand Staircase Escalante National Monument, Capitol Reef National Park and Lake Powell. 435 miles, 29,000’ elevation gain. Also available 9/14. Cycling Escapes, 714-267-4591, CyclingEscapes.com

May 11–16: Whiterock Canyons Tour ☼

Grand Junction, CO. Travel the deserts, canyons and mountains in the spectacular Southwest. 250-375 miles in 6 days. Also available in May, June, August, September and October. Lizard Head Cycling Guides, 970-728-5891, lizardheadcyclingguides.com

May 16: Bike to Work Day

Various. Ride your bike to work. Stop at any of the commuter booths along the way. Check with your local clubs and bike shops. bikeleague.org

May 17: Back Roads of the Great Basin 300km Brevet - SLR

Saratoga Springs, UT. Travel west into the Great Basin of Utah, the Pony Express and past the Camp Floyd/Stagecoach Inn State Park. 300km counterclockwise loop through Vernon, past the junction to the Little Sahara Sand Dunes. Self-supported. Also 100km populaire open to all and a 200km option. Richard Stum, Salt Lake Randonneurs, sallakerandos.org

May 17–18: Bike MS: Ride the Vortex

Cottonwood, AZ. Sedona Verde Valley. Two-day ride offers 30, 50, 70 and 90 miles. Staged at Verde Valley Fairgrounds. Fully supported. Post-ride festival. It’s not just the miles that matter - it’s the unforgettable experience. Min fundraising \$250. Erin Roediger, 480-455-3960, bikemsarizona.org

May 17: Cripple Creek

Colorado Springs, CO. 300km ACP brevet. Lights required. Start 5am. Visit Colorado backroads. John Lee Ellis, Rocky Mountain CC, 303-604-1163, rmccrides.com

May 17: Cycle Salt Lake Century ☼

Salt Lake City, UT. 36-, 68-, 106-mile mostly flat rural routes with views of the Great Salt Lake. Starts at State Fair Park and goes to Antelope Island and back. Courses open until 5pm, mass start at 7:30am. Fully supported. Part of Salt Lake City Week. Jon Smith, Cycle Salt Lake Century Inc., 801-596-8430, cyclesaltlakecentury.com

May 17: First Ascent Metric Century Ride

Golden, CO. Canceled. Colorado Cycling Team, 303-522-0649, coloradocyclingteam.org

May 17–18: Jamestown Raymond

Louisville, CO. 600km. Start at US-36 Louisville Superior exit. Climbs Lefthand and James Canyons to Jamestown and then St. Vrain Canyon to Raymond, over south Horsetooth Reservoir and out onto the plains through Wellington and Windsor. 17,000’ of climbing. Route may change. 400km option. John Lee Ellis, Rocky Mountain CC, 303-604-1163, rmccrides.com

May 17: Little Red Pre-Ride - BCC SS

Mendon, UT. Self-supported 100 miles starting at midpoint of the route. Pre-ride the 2015 proposed route. Meet at Mendon Stake Center. 4 mild hills. Start 9am. Shorter option available. Don Williams, Bonneville Cycling Club, bcctah.org

May 17: Ride for the Pass

Aspen, CO. 10-mile ride on Independence Pass the weekend before road opens to car traffic. 2500’ elevation gain from 8550’ start. Benefits Independence Pass Foundation. Mark Fuller, Independence Pass Foundation, 970-963-4959, independencepass.org

May 17: Rupert Century Bikes for Kids ☼

Rupert, ID. 33-mile scenic loop starting from Rupert Square along country roads to Walcott State Park. BBQ and music follow. Benefits Bikes for Kids. Start 9am. Justin Mitchell, Southern Idaho Cycling Klub, 208-431-6014, sick-riders.com

May 17: Valles Caldera Double Cross

White Rock, NM. New route. 200km brevet. Simple out-and-back from White Rock Overlook Park to Jamez Springs with a detour to Bandalier NM Visitor’s Center. Start 6am. John Mazzola, NM Brevet Series, 505-263-7090, nmbrevets.com

May 18: Bergen Park to Echo Lake

Bergen Park, CO. 36 miles, 3800’ elevation gain. Optional 43 miles, 4300’. Start at Bergen Park and Ride at 9am. Helmets required. Team Evergreen Bicycle Club, teamevergreen.org

May 18: Gran Fondo Santa Fe

Santa Fe, NM. 2nd annual. Chip-timed, well-supported, 103-mile ride down the Turquoise Trail and Ortiz Mountains with a big party at the end in downtown Santa Fe. Michael McCalla, 406-381-2690, granfondosantafe.wordpress.com

May 18: McKee Classic Bike Tour ☼

Loveland, CO. Celebrating 26 years, the MCBT features 62-, 37-, 30- and 10-mile routes through the beautiful foothills of Larimer County. All rides begin/end at McKee Medical Center. Dawn Paepke, McKee Medical Center Foundation, 970-203-2519, McKeeFoundation.com

May 18–24: Northern New Mexico Alpiner ☼

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

May 18: Santa Fe Century

Santa Fe, NM. 29th annual. 20-, 50- and 103-mile routes. Flat, rolling terrain. Moderate hills. Includes water bottle, numbers, maps, route marking, rest stops, SAG. See 103 miles of history pass under your wheels. Willard Chilcott, 505-982-1282, santafecentury.com

May 21: Ride of Silence

Various. Cyclists worldwide take to the roads in silent procession to honor cyclists killed or injured while riding on public roadways. Many locations in each state. See website for location near you. Start 7pm. rideofsilence.org

May 22–26: Aspen Highlights

Aspen, CO. Short, steep rides daily with options for more steep climbs. Take the Maroon Creek Valley, up Independence Pass to Twin Lakes and ride Frying Pan River to Reudi Reservoir. Intermediate to advanced riders. Diane Short, Colorado HeartCycle Association, 303-763-9874, heartcycle.org

May 22–Jun 11: Middle America Tour ☼

Albuquerque, NM. 1372 miles to Champaign, IL. Fully supported. Relaxed pace, spectacular scenery. Rest day in Santa Fe. 800-971-2453, crossroadsycling.com

May 24: Foothill Climbfest

Littleton, CO. 81 miles, 8000’ of climbing. Start 8am from Ken Caryl Park and Ride. Deer Creek Canyon, Black Mountain/Brook Forest, Parmalee Gulch Road, High Drive, and Brook Forest/Black Mountain in reverse. Part of Challenge Series Short Course. Charlie Henderson, Rocky Mountain CC, 720-480-9714, rmccrides.com

May 24–25: Growler Gran Fondo

Gunnison, CO. 64 miles, 2200’ of climbing from Gunnison to Mt Crested Butte and back. Timed sections for a challenge. Townie Takeover offers 1.5-mile loops around town. Fundraiser for Gunnison Country Partners Youth Mentoring. Janice, Gunnison Country Partners Youth Mentoring, 970-349-1195, gunnisonmentors.com

May 24: Iron Horse Classic - Citizens Tours ☼☼

Durango, CO. 50-mile “Classic” route from Durango to the historical mining town of Silverton over 2 mountain passes at 10,000’. New - Mountain Horse: 27-mile ride from Durango Mtn Resort to historic Silverton. 10,000’ climb. Food and celebration at finish. Also, 25-mile Quarter Horse to Purgatory. Benefits Mercy Health Foundation and community organizations. Closed road, no technical support. 970-259-4621, ironhorsebicycleclassic.com

May 24–26: Luna Lake Tour

Springerville, AZ. 166 miles of quiet rural roads through quiet towns of Quemado, Reserve and Luna, NM. Runs through Gila and Apache National Forests. Starts in Springerville, AZ. SAG. James Harms, 520-977-3018, bikegaba.org

May 25–30: Santa Fe - Taos Tour ☼

Santa Fe, NM. 6 days. Ride New Mexico’s high desert, including Bandalier Nat’l Monument and Enchanted Circle. Explore ancient cliff dwellings, world famous art, culture and epic cuisine. Also available September 14. Bicycle Adventures, 800-443-6060, bicycleadventures.com

May 26: Memorial Day to Antelope - BCC SS

Antelope Island, UT. Memorial Day. Open to all, 4 mild hills. 100 miles. Route goes to Garr Ranch on the Island. Start 9am from Westpoint Park. Don Williams, Bonneville Cycling Club, bcctah.org

May 28–30: Beer Bikes and Boulder ☼

Boulder, CO. Casual spring tour. Ride the hills and canyons of Boulder County, sample some brews and more. Also available in August. Lynnda Chinkes, Finish Line Cycling, 720-295-0758, finishlinecycling.com

May 28–31: Road Respect Tour - Southern Utah

Cedar City, UT. Community ride that travels through Ivins (5/28), Gunlock Loop and Snow Canyon (5/29), Bryce to Torrey (5/30), and Moab (5/31). Focus on roadway safety. Sponsored by UDOT, DPS, UHP and Bike Utah. Keri Gibson, 801-273-7571, roadrespectutah.org

May 29–31: MOABA

Moab, UT. “Most Outstanding Annual Bicycle Adventure.” 3-day ride with option for river rides and MTB rides. Les Titus, 801-654-1144, moabmoaba.com

May 31: Canyons of Cache - BCC SS

Wellsville, UT. Self-supported 100 miles. Start 8am at Mendon Church. Climb Blacksmith Fork Canyon, Sardine Canyon, down into Brigham City, then along west side of Wellsville Mountains and back to the Cache Valley. Jen Green, Bonneville Cycling Club, 435-563-1212, bcctah.org

May 31: Fairplay - Canon City

Colorado Springs, CO. 400km ACP brevet. Visit South Park, Fairplay and Canon City in the Arkansas Valley. Start 4am. Lights required. John Lee Ellis, Rocky Mountain CC, 303-604-1163, rmccrides.com

May 31: Pony Express Century

Saratoga Springs, UT. Century starts at Saratoga Springs and roughly follows the Pony Express route past Faust, to Rush Valley, and back. Start 8am. Includes food, drink, T-shirt. Metric Century and 30-mile options. Dan Burton, Epic Biking, 801-653-2039, epicbiking.com

May 31: Ride for the Angels

Copperton, UT. 25 miles and metric century start at Copperton Park. The 25 ascends 1096’. Reg includes bike raffle ticket. Start 8:30am. Steve McIntyre, 801-560-6954, angelshands.org

May 31: Tour de Cure - Albuquerque Century ☼

Bernalillo, NM. 25-, 50-, 65, and 100-mile routes. Also, 10-mile fun family ride on flat roads and bike paths. Start at Balloon Fiesta Park. Ron Guerrero, Heart Hospital of NM, 505-266-5716 x7132, tour.diabetes.org

May 31–Jun 1: Tour of the Swan River Valley (TOSRV)

Missoula, MT. 2-day fun, challenging 226-mile tour through western Montana. Ride to Seeley Lake, Bigfork and back along Flathead Lake. Food stops and baggage shuttle. Limit 200. Tim Marchant, Missoulians On Bicycles, 406-250-7228, missoulabike.org

JUNE

Jun 1–7: Land of Enchantment Classic Plus ☼

Albuquerque, NM. Intermediate to advanced. Average 60 miles per day. Follow Turquoise Trail through mining towns beneath Sandia Mountains, the High Road to Taos beside the Sangre de Cristos and the legendary Enchanted Circle. Meals included. Start/finish in Albuquerque. Also September 21. Bicycle Adventures, 800-443-6060, bicycleadventures.com

June 2-8:

Jun 7: Buena Vista Bike Fest (BVBF) Buena Vista, CO. Choose the 35-, 50- or 62-mile options in Beautiful Arkansas River Valley at the foot of 14,000' Mounts Princeton, Harvard and Yale. Fully supported, lunch and party. Benefits cycling related advocacy groups and charities. Tim Lopez, Colorado Springs Cycling Club, 719-622-0439, bvbf.org

Jun 7-13: Denver Post Ride the Rockies (RTR) Boulder, CO. 473 miles and 28,265' climbing, summit 6 passes. Average 60-70 miles per day. Showcases the state's spectacular scenery. Starts in Boulder, ends in Golden 473 miles later. Limit 2000. Benefits The Denver Post Community Foundation. Liz Brown, Denver Newspaper Agency, 303-954-6703, rideherockies.com

Jun 7: Lefthand Canyon Louisville, CO. 400km. ACP brevet. Start 4am at US-36 Louisville-Superior exit. Climb Lefthand Canyon (4500' of climbing), descend St. Vrain Canyon, climb Carter Lake and south Horsetooth Reservoir. Route may change. John Lee Ellis, Rocky Mountain CC, 303-604-1163, rmcrides.com

Jun 7: Little Red Riding Hood (LRRH) Lewiston, UT. 27th annual. Women only. Fully supported, non-competitive event. Offers 27-, 36-, 50-, 70- and 100-mile options. The 100 miles through Cache Valley has 4 mild hills, no big climbs. Meet at Lewiston Rodeo Grounds. Benefits the Huntsman Cancer Foundation. Limit 3500. Don Williams, Bonneville Cycling Club, bccutah.org

Jun 7: Pedaling 4 Parkinson's Denver, CO. 55 miles. Road and MTBs welcome. A warm-up for serious cyclists and good challenge for modest riders. Free lunch, prizes and family friendly activities. Rest stops every 10 miles. Benefits Michael J. Fox Foundation for Parkinson's research. Mark Halberg, 3 4 Fighting Parkinson's, 888-548-3002, 34fighting.org

Jun 7: Ride the Gap Parowan, UT. Ride through the Parowan Gap where beauty couples with cosmic phenomena. Travel through time and see what ancient people have left behind. Fully supported, perfect weather. 30-, 55- and 100-mile options. Start 8am. Limit 1500. Ryan Gurr, SpinGeeks, 435-674-3185, spingees.com

Jun 7-26: Tour de Colorado Salida, CO. Make the trip last as long as you want; register for 1, 2, 5, 10 or 20 days. 67 to 82 miles per day, over multiple mountain passes through the entire state. Colorado Bike Adventures, 970-368-2593, coloradobikeadventures.com

Jun 8-14: Colorado Coils Silver City, NM. Stunning route through southwest Colorado's San Juan Mountains. 300-485 miles in 7 days. Also 6/15, 6/22, 6/29, 7/6, 7/20, 8/10, 8/17, 8/24, 8/31, 9/7, and 9/14. Lizard Head Cycling Guides, 970-728-5891, lizardheadcyclingguides.com

Jun 8-14: Cycle Utah St George, UT. Stellar tour through unique canyons and cliffs. Zion, Bryce Canyon and Grand Staircase Nat'l Parks. Fully supported. Adventure Cycling Association, 800-744-2453, adventurecycling.org

Jun 11-14: Red Rock Randonnee 1000/200 Kanab, UT. Tentative. 1000km brevet with 200km permanent on the end. 1200km event through Utah and Arizona into 3 national parks, a national monument and a state park. Richard Stum, 435-462-2266, sallakerandos.org

Jun 12-20: Rocky Mountain Tour Salt Lake City, UT. Tackle the Wasatch Mountains, Soldier Summit, past Book Cliffs and north of Arches Nat'l Park. Challenging at times, rolling to finish in Pueblo, CO. 601 miles over 9 days. America By Bicycle, 888-797-7057, abbike.com

Jun 14: Aspen Gran Fondo Aspen, CO. New event. 50-mile ride that follows some of the USA Pro Challenge Stage 1 and 2 routes. Something for everyone, steep climbs, to flat and beautiful scenery. Aspen Silver Cycling, 970-429-2093, aspenrecreation.com

Jun 14: Chugwater Tour de Chili Chugwater, WY. Tentative date. 10, 24 or 45km followed by Chili Cook-off event. Camping available. Benefits the Chugwater Schools Booster Club. Brandon Ray, 405-202-4310, bit.ly/tourdechili

Jun 14: Denver Century Ride Denver, CO. Father's Day ride with 4 courses: 25-, 50-, 75-, and 100-mile options. Kids bike parade. Start 6:30am. Start/finish at shops at Northfield Stapleton. Fully supported. Post-ride celebration. Supports Bike Denver. Deirdre Moynihan, denvercenturyride.com

Jun 14: Fremont Area Road Tour (FART) Lander, WY. Tentative date. In conjunction with BrewFest. Mark Lilygren, Lander Cycling Club, 307-840-3131, landercycling.org

Jun 14: G'Knight Ride Longmont, CO. Celebration of cycling. Kids festival, 1, 3 and 10 miles. Expo, kids course, food, music and beer garden. Scott, Bicycle Longmont, gknightride.org

Jun 14: Joe Lookingbill Denver-Aspen Classic Littleton, CO. Epic 180 miles, 13,000' of climbing, 17-hour limit. Lights required. Start 4am in Littleton. Travel to Aspen traversing some of Colorado's most diverse mountain scenery,

including Kenosha Pass, South Park Valley and Independence Pass. Part of Triple Crown Series. Mark Lowe, Rocky Mountain CC, rmcrides.com

Jun 14: Provo A Go-go - BCC SS Draper, UT. Self-supported ride south from Draper Park through Orem and Provo with shorter option turning at University Parkway in Provo. Meet at Draper Park. 100 miles. Don Williams, Bonneville Cycling Club, bccutah.org

Jun 14: Starlight Spectacular Colorado Springs, CO. Start 9pm. 14-, 17- and 22-mile rides through the Garden and city. Longer routes include loop through Garden of the Gods. All ages. Two cruiser bikes awarded for best illuminated bike and best costume. Benefits Trails and Open Space Coalition. Trails and Open Space Coalition, 719-633-6884, trailsandopenspaces.org

Jun 14: Tour de Cure - Utah Brigham City, UT. Designed to inspire beginning cyclists and challenge avid riders. 12.5-mile family fun ride, 20-, 40-, 60-, 80-mile routes and full century. Min \$200 fundraising. Marshall Emsley, American Diabetes Association - Utah Chapter, 801-363-3024 x 7071, diabetes.org/utahour

Jun 14-15: UBTS Overnight Bike Tour Salt Lake City, UT. 8th annual Bike Touring 101. Overnight self-supported tour for new and experienced bike travelers. Camp overnight and return next day. Louis Melini, Utah Bicycle Touring Society, 801-487-6318, lvmelini@comcast.net

Jun 15-Aug 4: Across America North Astoria, OR. Terrific touring pace for cyclists who want to see the US from their saddle or have dreamed of riding coast to coast. 3667 miles, 75 miles/day average. Fully supported. America By Bicycle, 888-797-7057, abbike.com

Jun 15-20: Grand Illinois Trail and Parks (GITAP) Dixon, IL. Scenic, energizing, down home fun on a bike. Tasty food, good fellowship and cause. Heading to northwest Illinois for a 6-day loop on country roads and the Great River Trail. Chuck Oestreich, 309-788-1845, bikelib.org

Jun 15-22: Healthy Hot Springs Salida, CO. 8-day tour through charming towns in the Rocky Mountains. Challenging routes with varied terrain for all skill levels. Soak in natural hot springs in the evenings. Lynnda Chinkes, Finish Line Cycling, 720-295-0758, finishlinecycling.com

Jun 19-21: Road Respect - Wasatch Front Tour Park City, UT. Community ride that travels through Park City to Coleville (6/19), Morgan (6/20), and Cache Valley (6/21). Focus on roadway safety. Sponsored by UDOT, DPS, UHP and Bike Utah. Keri Gibson, 801-273-7571, roadrespectutah.org

Jun 21-28: Bicycle Tour of Colorado Canon City, CO. 7-day fully supported tour in the Rocky Mountains. Camping, baggage transport, route maps, road markings, aid stations every 15-30 miles, repair services, medical support. 303-985-1180, bicycletourcolorado.com

Jun 21: Blue Cruise Idaho - Meridian Meridian, ID. Tentative date. Charity ride for all levels. 15, 30, 50, 100 miles. Each route heads south and loops back. Century elevation is 2500' with a few challenging hills. Includes nice lunch and live blues music. Benefits development of the Boise Greenbelt. Karri Ryan, Blue Cross of Idaho Foundation for Health, 208-387-6817, bluecruiseidaho.org

Jun 21-28: Cycle Montana - Bozeman Bozeman, MT. One week through Big Sky Country's spectacular mountain ranges and broad scenic valleys. Average 50 miles per day. Adventure Cycling Association, 800-755-2453, adventurecycling.org

Jun 21: Double Loop Four 400km Brevet and Yuba Res Three Nephi, UT. 400km route combines two perennials including Yuba Res Express and Rock Candy Rumble. 300km takes Yuba Res Express and adds an out-and-back. Randonneurs will ride together for first 95 miles. Self-supported. Richard Stum, Salt Lake Randonneurs, 435-462-2266, sallakerandos.org

Jun 21: High Uintas 10,000 Gran Fondo Kamas, UT. 1-day, 80-mile, point-to-point from Kamas, UT to Evanston, WY over Bald Mountain Pass. Limit 500. Dirk Cowley, RaceDay Event Management, 801-699-5126, racedayeventmanagement.com

Jun 21: Huntsman 140 Salt Lake City, UT. Held on the last day of cancer survivor Jeff Warren's epic ride from Reno, Nevada. 1, 25, 50, 75, or 140 miles out and back. Start at Huntsman Cancer Institute. Also 140-mile option point-to-point that starts in Delta. Jen Murano-Tucker, Huntsman Cancer Foundation, 801-584-5815, huntsman140.com

Jun 21: Mountain Top Experience Ride Woodland Park, CO. Beautiful century ride through Colorado history. 50, 75, or 100 miles. Fully supported. Great SAG support, lunch, beer garden, massages, T-shirt. Benefits Teller County Youth Cycling programs. Deborah Maresca, Mountain Top Cycling Club, 719-687-2489, mountaintopcyclingclub.com

Jun 21: Spiderella Ride Pocatello, ID. Women's ride featuring 5 scenic routes from 10, 22, 50, 70 and 100 miles. New 60-mile 2-person relay. Century group starts



Join other Colorado Eagle River Ride cyclists on July 26, 2014. Photo courtesy of CERR

at 6am at Ross Park. DaNae Young, Pocatello Women's Cycling, 208-221-9300, spinderellaride.com

Jun 21-23: St. Vrain Canyon Louisville, CO. 400, 600 and 1000km brevets. The 600 climbs St. Vrain Canyon, descends past Estes Park through Big Thompson Canyon, over south Horsetooth Reservoir and out onto the plains through Wellington and Windsor. The 100 goes to Ft. Morgan. John Lee Ellis, Rocky Mountain CC, 303-604-1163, rmcrides.com

Jun 21: Three Kings North Salt Lake, UT. Starts at north Salt Lake's Hatch Park, finishes at Wild Rose Trailhead Park. Offers some of the steepest climbs of the season. Choose to tackle one, two, or all Three Kings. Matt Jensen, 801-550-0778, threekings.nslcity.org

Jun 21: Tour of Westcliffe Gran Fondo Westcliffe, CO. Ride the 70-mile course used for the Colorado State Road Championships 3.5 hours before the pros. Out-and-back to Gardner. Timed event with aid station and SAG. Catch the end of the race at the finish. Alain Boisvert, Lima Beans Cycling Promotions, limabeanscycling.com

Jun 21: Black Forest Classic Gran Fondo Elizabeth, CO. 62 and 85 miles of the Bijou Basin. Start at Evans Park. Colorado River Club, blackforestclassic.com

Jun 22: Ronde Van Ketchum Ketchum, ID. Starts in Ketchum at Durance. Loop of roads in Warm Springs, then north on Trail Creek in Sun Valley, loop around Elkhorn, finish at Elephant's Perch to catch almost all hills in the area. 122km/1433m climbing. Fee \$20. Pre-reg only. Sign up at the Perch or Durance. Richard Feldman, 208-726-7693, usacycling.org

Jun 22: Tour of the Carson Valley Genoa, NV. Mormon Station State Park. Fully supported 11-mile family ride, 20-, 44- and 60-mile options. SAG. Post-ride BBQ, live entertainment. Curtis Fong, Bike The West, 800-565-2704, bikethewest.com

Jun 23: Wonder Woman Hill Climb Highland, UT. Ascend 1125' up Traverse Mountain from the Lehi side. Timed. Prize for Wonder Woman of the Hill. Finish line goodies. Start at Ridgeline Elementary at 6:30pm. wonderwomanride.com

Jun 24-Jul 3: Northern Rockies Ride Boise, ID. Ride through Snake River Valley and up the Grand Tetons to Casper, WY. 710 miles, 8 riding days. Bill Lannon, America By Bicycle, 888-797-7057, abbike.com

Jun 27: RATPOD Dillon, MT. 1 day, 130 miles with 5500' of climbing to benefit Camp Make-A-Dream, a cost-free medically supervised program for children, teens, young adults and families affected by cancer. Limit 650. Visit scenic Big Hole Valley. Min fundraising \$100. Jennifer Benton, Camp Make-A-Dream, 406-549-5987, ratpod.org

Jun 28: Bike MS Colorado - 1 day Fort Collins, CO. Choose the 25- or 50-mile option. Start/finish on CSU campus, join the 2-day riders for end of day celebration. Course open 9am. Benefits Colorado-Wyoming MS chapter. Alexis Johnson, National MS Society, CO/WY Chapter, 303-698-5430, bikemscolorado.org

Jun 28-29: Bike MS: Harmons Best Dam Bike Ride Logan, UT. 40-, 75- and 100-mile routes available on Saturday, 40 and 75 miles on Sunday. Flat and friendly routes with option to climb Blacksmith Fork Canyon. Start 7am at Cache County Fair-

grounds. Fully supported. Min fundraising \$250. Sam Smith, National MS Society - Utah Chapter, 801-424-0113, bikeutu.nationalmssociety.org

Jun 28: Hero Ride Provo, UT. 2nd annual fully supported 60-mile charity ride with 2-person relay option. Includes the Alpine Loop. Benefits children and families throughout Utah who face significant life challenges. Many improvements. Mark Staffieri, 858-442-5070, herorideutah.com

Jun 28: Holly Frontier Tour de Prairie Cheyenne, WY. 21st annual. 10-, 25-, 50-, 75- and 100-mile courses start at Lions Park. Well supported for riders of all skills and ages. Scott Phillips, Cheyenne Parks & Recreation Department, 307-637-6456, cheyennecity.org

Jun 28-29: Newmont Bike MS Colorado p/b Point B Westminster, CO. 2-day ride with 1-day option on Saturday. Day 1: 68-, 73- or 100-mile route. Sunday: 66 or 75 miles. Enjoy majestic scenery while riding to Ft Collins for the night, return via different route. All levels, age 12+. Limit 3000. 1-day option (25 and 40) staged in Ft Collins. Alexis Johnson, National MS Society, CO/WY Chapter, 303-698-5430, bikemscolorado.org

Jun 28-29: Rough Riders 200 Angel Fire, NM. Day 1: 104 challenging miles with 6000' elevation gain going through Taos, Sipapu and Mora. Day 2: famous 100-mile Enchanted Circle loop with a twist (Palo Flechado and Bobcat Passes). Ride one or both. Diane Martinez, 575-224-1595, roughriders200.com

Jun 28: Vuelta a Keystone Keystone, CO. Inaugural event. 60- and 35-mile options beginning in Keystone. Routes go around Lake Dillon through Frisco, up to Montezuma and back. The long course also goes up and down Loveland Pass. Post-event expo, BBQ. Rob Quinn, 303-522-0010, vueltakeystone.com

Jun 29: Golden Gran Fondo Golden, CO. 20, 60 and 90 miles. Follow the roads used in historic bicycle races such as the Coors Classic to Lookout Mountain and Peak to Peak Hwy. Lung busting ascent, alpine vistas and spectacular views. Registration deadline 6/16. GFNCS, 765-247-2453, granfondonationalchampionshipseries.com

July 4: Tour de Riverton Riverton, UT. 14th annual. Part of Riverton Town Days. Non-competitive ride starts at 7am at Riverton City Park. Fun 25-mile loop through Riverton and Herriman. Brad Rowberry, 801-523-8268, tourderiverton.com

Jul 5: Colorado Death Ride Durango, CO. 225 miles, 16,000' of climbing, 19-hour limit. Lights required. Start 2am. Scenic ride across San Juan Skyway. Route crosses some of Colorado's most spectacular mountain passes. Counterclockwise. Start 1:30am, 19-hr limit. Part of Triple Crown Series. Mark Lowe, Rocky Mountain CC, rmcrides.com

Jul 5: Gran Fondo: Taos-Mora-Angle Fire Taos, NM. 105, 84 or 46 miles. Longer routes follow beautiful rural terrain of the Taos, Mora, Angel Fire, Taos loop. Shorter distances are out-and-back. Start/finish at Taos Youth and Family center. Rest stops. Timed. Benefits Taos Sports Alliance. Jennifer Buntz, Duke City Wheelmen Foundation, 505-306-1443, taosports.com

Jul 5: Jim Bridger Century and Metric - BCC SS Draper, UT. Ogden area. Start at Box Elder HS in Brigham City. Figure-8 around Collinston, Garland, Tremonton, Corrine, Penrose and Thatcher. 60- and 100-mile options with plenty of C-stores. Marked course. 3 hills. Start 8am. Tom Coffey, Bonneville Cycling Club, 801-737-3241, bccutah.org

Jul 6-13: Mountains and High Altitude Tour Salida, CO. Most rides start above 6000'. Climb mountain passes, descend long, curvy routes while experiencing views of the Continental Divide and Rocky Mountains. Lynnda Chinkes, Finish Line Cycling, 720-295-0758, finishlinecycling.com

TRACK WEEKLY

Tuesday Thursday Night Racing

May 27-Aug Salida, CO. Most rides start above 6000'. Climb mountain passes, descend long, curvy routes while experiencing views of the Continental Divide and Rocky Mountains. Lynnda Chinkes, Finish Line Cycling, 720-295-0758, finishlinecycling.com

Thursday Boulder Valley Velodrome

Jun 5 - Sep 25 Erie, CO. Weekly racing on Thursday. Tentative soft opening schedule for June. See website for details. Boulder Valley Velodrome, bouldervalleyvelodrome.com.

Friday Colorado Track Cup

Jun 27-Aug 23 Colorado Springs, CO. Tentative schedule. SM P 1-2, SM3 and Women categories. coloradocycling.org

TRACK MAY

May 17-19: Matrix Track Cup Frisco, TX. Age-based races, Elite and Amateur men and women. Endurance and sprint events. NTC event. superdrome.com

JUNE

Jun 13-14: Midway Challenge Indianapolis, IN. Endurance and sprint events. NTC event.

Jun 23-28: Alpenrose Six-Day Portland, OR. Only outdoor 6-day race in North America. Full program of exciting racing, including Madison events. See website for schedule. Mike Murray, 503-661-5874, obra.org

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Can I Get an Amen?

By Maynard Hershon

I live in the middle of a city, dense with traffic for at least 10 miles in any direction. I seldom drive, preferring instead to walk or ride my motorcycle or a bicycle. So every day I'm out there among the motorists — many of whom, don't you agree — are less than perfectly considerate.

More accurately, they appear to be too impatient, distracted or self-important to burden themselves with consideration. Can I get an amen on that?

Let us further agree that whatever sense of urgency or need for distraction drivers experience appears to be more important to them than their own safety or that of others. Nod if you concur.

How, then, are we to respond to this evident truth — that most drivers couldn't care less about us?

We can't change them — the qualities they bring with them into their cars — can we? No matter what we do or say, they're going to continue to drive as they do, am I right? I've shouted at drivers and spoken to them in reasonable tones; never convinced even one of his or her folly.

We are each offered only one person we can change ... or attempt to change.

We can only watch ourselves as we respond to motorists' disrespectful, dangerous actions — at the moment and later.

We can try to sense how our reactions negatively affect our long-term mental health

and happiness, our attitudes toward others, our feelings of safety and well-being. How those reactions deepen the pools of resentment in our guts.

Years of feeling acted-upon and somewhat helpless as a rider and pedestrian have left a mark on me. When I'm threatened by some motorist's careless move, I feel what seems like disappointment (how can he ignore my safety?) but is probably a jolt of fear followed by anger.

Hey, you say, expecting bad driving is mere self-preservation. Counting on better or more attentive driving is worse than foolish. It's walking on a frozen lake, watching the cracks spread around your feet.

But can we mistrust our motoring neighbors, knowing as we do that they can't value our safety even a little, while still feeling that people are generally okay? How can we prevent one rotten apple's actions from poisoning our feelings about the 100 other drivers who treat us with reasonable respect?

Are our neighbors OK when they're outside their steel boxes and despicable when in them? Or are they faking it when they're in social situations, only to reveal their hatefulness behind the wheel? Is the truth not in someone's drinking behavior but in his or her driving?

I know that I am all too quick to blame mankind when one person offends me in traffic. Those incidents fill my head with thoughts like the ones in the last two paragraphs.

I know too that focusing on motorists' bad manners is not good for me. It is anti-happiness. Luckily I can do the things I want to do like walk and ride, but the occasional careless driver can ruin my walk or ride, my day ... or even my week. Happens far too often.

I see it in my writing. I feel gloomy after watching drivers demonstrate man's inhumanity to man. The gloom seeps (or rushes) into my stories. I love my riding and my walking, but after reading me you could imagine I hated them and had to be forced to do either. I've let myself be poisoned by the toxic two (or ten) percent of road-sharers.

I'm letting the actions of a few individuals bring me down. I can't be alone in this, can I? Many of you reading this must suffer the same sort of depression. Must.

I came to new clarity about this poisoning just weeks ago. I decided to make certain that when motorists behave decently toward me or toward another person in or out of an enclosed vehicle, I'd take that action to heart just as I would some driver's negative actions.

And when I am the witness of bad motorist behavior or the victim of it, I try to shrug it off as soon as I can. I don't dare dwell on it. I don't tell anyone what happened. It's not as if I'd be telling that person an enlightening or even an interesting tale. We're all OD'd on stories about motorist callousness and ineptitude.

And I'm better off not reliving the event in the telling, restarting that familiar queasy feeling in my belly. Focusing on an event, bringing the awful moment back by dwelling on it and telling the story ... all that is genuinely bad for me.

Just realizing that I tend to let the one bad incident spoil my day has allowed me to shrug off unfortunate incidents more easily. I can resist absorbing the actions of a few, blocking those actions from dragging a threatening black cloud into an otherwise brilliant blue sky.

I'd like to say that I'm on the road to emotional health and happiness, it's easy to say while sitting in my little office at my keyboard, not out among the hostiles as I was earlier and will be again soon. But if effort in this direction is like acting "as if ye had faith," I may be doing better. I hope I am.

Even if I never mention this again, you, my readers, will unfailingly be the first to know. Merely notice what I say about the worthy motoring public with whom we joyfully share our roads.



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