

OUTSPOKIN'



ISSUE 3 • MAY 2023



President's Paceline

BY BARBARA KANE, BCC PRESIDENT

May is here! This means we “may” be riding in 50 degrees, 80 degrees, or we “may” not be riding at all because of rain or floods. Whatever May brings us do not stop riding! I love seeing all of you starting to come out and ride, whether we meet on the train heading to Provo with our bikes in tow, or at a parking lot before we set out as a group on our 16-miler Cinco De Mayo ride. It is always a good day to see our friends. We have some new friends (members) I would like to welcome to our BCC family, Paula Fowler, Kevin Carpenter, and Taylor Barton.

Looking forward to May 20th is our Springville-Nephi ride. Whether you ride the social, metric, or endure the century you will be rewarded with a lite lunch after. It would be great to see everyone in their new club jersey as well!

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*Volunteer or find a
friend to volunteer
for Little Red 6/4.*



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Our BCC Little Red Executive Committee has yet to take a breath as they are hard at work on getting us to June 2-3. At this point we need all hands on deck to prepare for this ride. Please, if you are able to donate some time to support Little Red, contact Jackie at bikegal.65@gmail.com or myself at president@bcc.org. Together, this ride will be great!

I know some of you are already starting to collect treasures from the road. Our BCC Road Treasure Hunt will have 3 categories: Funniest Find, Most Useful, and Road Art. What is Road Art? Think of something fun to do with what you find on the road, you could make a picture or an animal just to give you a couple of ideas. 90% of your art must come from the road. As we continue our spring rides, keep an eye out for roadside treasures that might fit within these categories. Road treasure hunters will be rewarded on August 5th at our summer picnic.

Now that we are riding more, do not forget to keep track of how many rides you have done so far. It only takes 20 rides to get a FREE club jersey. Log onto bccutah.org, go to Dashboard then select My Rides, from there you can count your total rides for 2023. Email Vic Crookston memberatlarge3@bccutah.org to get your jersey.

Thank you all for being BCC members. I am so appreciative that each of you dedicate your time and talent to make the BCC all that it is. Together, we are strong! Special shout out this month to our ride leaders – without them we wouldn't have rides on our calendar. I cannot wait to see each of you out on the road because no matter what "May" brings **it's a good day for a ride!**

Cycling benefits are more than physical

I think most of us agree, there is a long list of benefits associated with cycling from physical to emotional. Dr. Allan L Reiss, presented research conducted with Stanford University at the Outride Summit in October.

"At the summit, Reiss, who's with the Stanford School of Medicine and whose lab specializes in exercise neuroscience, noted evidence-based findings of why exercise is important, which includes improving cardio health, bone and muscle health, metabolic health, and lowering the risk of most cancers."

"All exercise is good, but there's something about the zen-like motion of pedaling and the sensory balance, plus it's fun," he said. "We have an opiate crisis today, and I believe there will be a crisis that is going to come out with overmedicating our children."

Read the entire article here:

<https://cyclingtips.com/2023/02/outride-research-shows-cyclings-benefits-are-more-than-physical/>

RSVP FOR
SPRINGVILLE RIDE
SATURDAY, MAY 20
9 AM START

460 S 2000 W,
Springville, UT 84663
Stay after the ride for lunch
provided by the club.

Click below to RSVP

[SOCIAL](#)

[METRIC](#)

[CENTURY](#)



Bonneville goes to Death Valley

BY PENNY PERKINS, BCC MEMBER & BOARD MEMBER AT LARGE

On February 26th about 35 club members headed to Death Valley California seeking sunshine and warmer temperatures.

BCC has been camping and riding in Death Valley the last week of February for 7 years. Average high temperatures are 78 degrees. This year the high temperatures were in the mid 60's. With slightly disappointing weather, members still had a great deal of fun!

Most of us arrived Sunday evening. We set up camp, had a quick dinner and celebrated out trip organizer Robin Perkin's birthday.

DAY 1 We headed out to Badwater Basin (282 Feet below sea level). This was a 36 mile ride with 1495 feet of climbing. Beautiful Death Valley scenery, some rolling hills and low elevation made for a great first day.



DAY 2 we headed up to Artist Pallet. This is a challenging ride with 2363 feet of climbing. The first climb is unrelenting. Peter Hansen was the first to arrive on an analog bike, followed by a group of strong BCC riders. The few riders on ebikes were happy to have the extra assist on the hill. Reaching the top of the first hill, was not the end of the challenge. We proceeded downhill, losing a lot of the elevation we had worked so hard to gain. A stop at the beautiful Artist Pallet makes for a good rest stop. Shortly after the stop, we started the final one mile climb with an average of 7% and a max of 14%. All in all a great accomplishment for an early season ride!

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Volunteers Needed

Little Red 2023 is Saturday, June 3, and there are plenty of opportunities to volunteer before, during and after the event. Volunteers are needed to assist with setup, parking, course marking, managing dinner and breakfast, driving trucks, tear down, rest stops - there is a job for everyone! We have shifts available Tuesday, May 30 through Sunday, June 4. Bonneville Cycling Club relies on volunteers to host this event. If you, family or friends can find a few hours to volunteer, please sign up by clicking below.

[LITTLE RED](#)



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DAY 3 was super windy and threatening some rain. A couple of our hearty riders (Greg Lott and Sam Dunn) headed out on their bikes toward Stovepipe Wells. Another group decided to hike Mosaic Canyon. Curt Griffin decided to build a snowman.

DAY 4 we headed up towards Dantes View. There were many distance options with this out and back course. The longest one being a 51 mile ride with 5644 feet of elevation. Jason Koon, John Lecain, Vic Crookston and Jeff DiMik did the entire 5644 feet climb.

DAY 5 was our last day of riding. We head to Stovepipe Wells, 49 miles (Roundtrip) or 25 miles (one way). A FUN cruise that takes you past the famous Death Valley Sand Dunes. We stop at the turnaround point for a rest stop and an ice cream treat before we head back to camp.

Saturday morning we pack up camp and head home with good memories of fun times with our BCC members.





Meet Jennifer Ksok

BCC CLUB MEMBER

Jennifer found the club as part of a virtual cycling team on Zwift and through Little Red! Jennifer is looking forward to creating friendships and meeting locals to ride with as well. Jennifer has done a variety of riding, including road, gravel, mountain biking and virtual or Zwift racing/riding. She is looking forward to riding the canyons and building up strength

In addition to riding, Jennifer enjoys camping, sewing, crafts, and cooking. She is married with 2 kids, 2 full time cats, 2 part time cats who visit, and one dog. Project manager for a medical device company.

Watch for Jennifer on upcoming rides and be sure to introduce yourself.

Meet Nora Somer

BCC CLUB MEMBER

You may have ridden with Nora or seen her smile on a ride. Nora joined BCC in June of 2022 because she wanted to meet other cyclist and ride! She has lived in Utah for almost 40 years but she also lived in Idaho, Colorado, and New York.

She has never belonged to a riding club. But she rides for fun and fitness and mental health. She usually does 20-30 mile rides in the valley. Nora has also ridden the Front Runner Metric Century which was the longest ride she had done before joining the club. She also completed her first cycling tour last year and plans to do more of that, so if there are any members who want to do touring, hit her up! She is looking forward to the social rides and challenging herself with the other rides (i.e., hills and speed).

Nora is retired from Delta Airlines. She and her husband live outside of Herriman. They have a 24-year-old son who rides a fixed gear, and two dogs. When she is not riding, she likes to play with her art supplies, is learning to play the mandolin, and has been trying to learn Spanish.





Stay Connected



Bonneville Cycling Club of Utah



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Bonneville Cycling Club



Bonneville Cycling Club of Utah



Bonneville Cycling Club

Commuter Challenge

The BCC Commuter Challenge is a fun and exciting way to keep track of your commuting mileage while watching your carbon footprint shrink. Record your miles - those done on errands, commuting to/from work, commuting to/from BCC rides - and win an award with five or more recorded commutes.

In 2022, the Club recorded 20,913 commuter miles which equates to approximately 19,239 pounds of carbon emissions removed from our environment.

Take the challenge and ride to a ride or bike to an errand during the month of April.

COMMUTER

National Bike Month

May is National Bike Month, a celebration of biking as transportation, as recreation, as essential to our well-being and everyday lives. May is also when the National Bike Challenge kicks off, and the challenge continues through September. In 2023, Bike to Work Week is May 15-21, with Bike to Work Day on Friday, May 19, 2023.

National Bike Month, promoted by the League of American Bicyclists and celebrated in communities from coast to coast was established in 1956. National Bike Month is a chance to showcase the many benefits of bicycling — and encourage more folks to giving biking a try.

40% of all trips in the U.S. are less than two miles, making bicycling a feasible and fun way to get around. Whether you're riding for fun, fitness or with family, or taking essential trips to work or shop, you are part of our movement for safer streets, connected communities, a healthier planet, and happier people.

Information from the League of American Bicyclist, <https://bikeleague.org/>

Where will the ride take you?





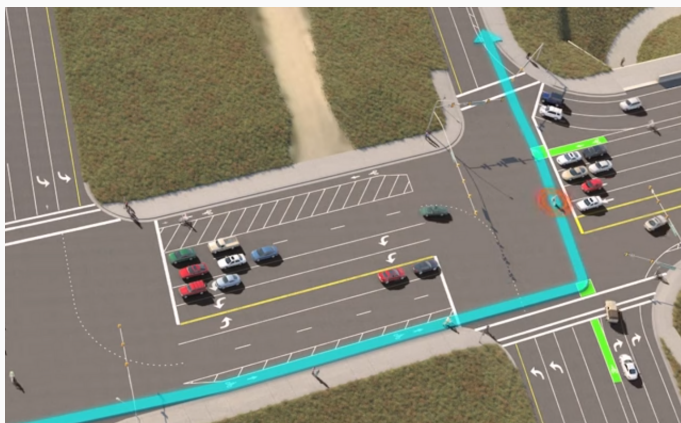
BCC Team at Bear Lake Classic

BCC members Cassie Huntington, Matt Bollinger, Brandon Kuszajewski, Jonathan Schrieber, Miguel Guerra, and Trevor Astrope all raced Bear Lake Classic Road Race on Saturday, May 13. Despite temperatures in the mid 40s with light rain showers and gnarly pot holes on the east side of the lake, they each gave their all and crossed the finish line with great times. Riders selected either one lap for a 50 mile race or 2 laps for a 100 mile race. Congratulations to Cassie and Matt who both took podium in their category!



Unique bike boxes aim to keep cyclists safe on Utah roads

Dani Ruberti, Fox13 News published a story, Unique bike boxes aim to keep cyclists safe on Utah roads, on April 18, 2023. It is a somewhat new tool trying to keep cyclists safe while they travel through Utah intersections. "Bike Boxes" look like green squares placed at what seems like random points in an intersection, but officials explain those squares are actually saving lives. [Read the full article here.](#)



UDOT has a video released on YouTube several years ago. That video is found here [Bike Boxes](#).

SLUG Magazine highlights BCC in their 11th Annual Bike issue.

Bonneville Cycling Club article can also be found on the following page.

Find a digital copy of their May issue by clicking here.



BONNEVILLE CYCLING CLUB

By Rose Shimberg • roseshimberg@gmail.com

Photo: Em Behringer



Founded in 1987 as a small touring club, Bonneville Cycling Club has almost 300 members today and welcomes everyone from seasoned cyclists to novices.

Penny Perkins wasn't always an avid cyclist. When a friend told her about the Bonneville Cycling Club's Southern Utah Parks tour, she was excited about the opportunity. On an old mountain bike, she joined the group for a weeklong journey through Zion and Bryce Canyon National Parks. "It was a camping trip, and I hadn't trained for it," Perkins says. "It was a real challenge, but I met a lot of fun people and decided I wanted to be more serious about riding."

That was 27 years ago, and Perkins has been a member of Bonneville Cycling Club (BCC) ever since. This nonprofit organization is the largest cycling club in Utah, providing opportunities for cyclists of all abilities. Perkins isn't the only member whose passion for cycling began with a trial by fire—**Bee Lufkin** started riding in the mid '90s after a friend encouraged her to participate in *Register's Annual Great Bicycle Ride Across Iowa (RAGBRAI)*, a ride across the entire state of Iowa. "I bought a used bike from somebody, and six weeks later I joined Bonneville to ride," Lufkin says.

Current Club President **Barbara Kane** started cycling in 2017 when she joined her niece for *LoToJa*, a race through the mountains of Utah, Idaho and Wyoming that clocks in at over 200 miles. "We trained all summer," Kane says. "I didn't finish, but it was great.

I found the Bonneville Cycling Club ... and I just never left."

Founded in 1987 as a small touring club, BCC has almost 300 members today. It welcomes everyone from seasoned cyclists training for big rides to novices hoping to learn more. "I think it's cool because it's not 20 somethings out there," says **Clarissa Weir**. "It's 45–80 year olds that are out there riding."

BCC's rides can be found on a jam-packed calendar on their website. There's information about each one, including pace, mileage and elevation gain. There's also a map so riders can see the entire route. "Every ride is color coded," says **Jason Koon**, the Club's IT Director (and Weir's son). "We've got rides that are 100 miles or rides that are social."

Anyone interested can ride with the group, even if they're not a member. Perks of membership, however, include events, shop discounts and awards earned for completing rides. "I think one of the big draws was the social aspect," says **Rikki DeMik**, the Club's Secretary. "We've met a lot of really nice people ... Not only do we cycle, but in the offseason a group might go to the movies, they might get together for different things."

Their biggest event of the year by far is *Little Red Riding Hood*, an annual women's charity ride. Through a partnership with the *Huntsman Cancer Institute*, the ride raises money for breast and ovarian cancer research. *Little Red* takes place in the Cache Valley around Logan and began not long after the club's inception. "When I first came into the club ... there were about 60 women," says Perkins. "In 2012, we kind of blew up on the internet and turned the ride into a lottery because we had so many women that wanted to participate."

Riders come from all over the country for *Little Red*, and there are now around 3,500 participants. It's a sprawling, two-day event with vendors, dinner and a costume contest. Perkins estimates that *Little Red* has raised over \$500,000 for their cause. "All these women are there to support each other and have a good time," says **Stacy Walker**, the Club's Vice President. "You just can't beat that. You can't get that anywhere else."

If you're interested in becoming a member or joining for a ride, visit the BCC website at bccutah.org. To learn more about *Little Red*, go to lrrh.org.