

OUTSPOKIN'



ISSUE 6 · SEPTEMBER 2023



President's Paceline

BY BARBARA KANE, BCC PRESIDENT

Greetings, Fellow Cyclists! As the leaves start to turn and the air gets crisper, we find ourselves pedaling into the heart of autumn. There is a lot happening in our cycling community, so let us dive right in!

The LoToJa race, known as one of the toughest single-day cycling events in North America, spans an awe-inspiring 204ish miles from Logan, Utah to Jackson Hole, Wyoming. The spotlight is on our incredible riders who tackled the grueling LoToJa race with unwavering determination and true grit. A huge shoutout to Jonathan Schrieber, Jason Koon, Desmond Jensen, Matt Pulsipher, Cassie Huntington, John Lecain, and Ron Cole for representing our club in this epic challenge. Your dedication inspires us all!

continued on page 2



This issue:

President's Paceline

PAGE 01

Safety Corner

PAGE 03

Four Peaks
Gran Fondo

PAGE 04

Board Elections

PAGE 06



DID YOU KNOW -
BONNEVILLE CYCLING
CLUB CURRENTLY HAS
284 ACTIVE MEMBERS



continued from page 1, President's Paceline

Palooza & Potluck was October 7. Great excitement for the Palooza & Potluck on October 7! This lively event took place in the picturesque setting of Draper City Park, providing the perfect backdrop for a night of camaraderie, delicious dishes, and good times. It was great to gather and share our favorite recipes and cycling stories. For more details on upcoming events, members can refer to the BCC calendar online.

Tricky Treat Ride & Potluck is October 28. Get ready for a spooktacular event! Our Tricky Treat Ride promises a hauntingly good time. After the ride, we will gather for a potluck, so bring your most spooktastic dish to share. Plus, do not forget to wear your most frightful or fabulous costumes for our thrilling costume contest!

Potluck Categories:

- Pumpkin: Pumpkin Spice and Everything Nice
- Witch: Toil and Trouble
- Body Parts: All Guts and No Glory

Year End Banquet is scheduled for February 03, 2024.

A gentle reminder to mark your calendars for our grand finale of the year. It is a night of celebration, awards, and reflections on all the amazing memories we have created together. Let's make it a night to remember!

Connect with us in various ways to stay updated and engaged with the BCC! Follow our Facebook page and visit our official website at bccutah.org for in-depth information about our initiatives, programs, and the ride calendar. Additionally, you can reach out to a BCC board member for personalized insights and discussions. We value your connection and look forward to sharing our journey with you!

As we head into October, let's embrace the changing seasons and keep those pedals spinning. Remember, it is not just about the miles; it is about the memories we create along the way. Ride safe, ride strong, and see you on the road!

"A Good Day for A Ride"





Reminder

Have you updated your Emergency Contact yet?

A new field has been added allowing each member to add an emergency contacts to their member profile. Having emergency contact information for fellow club members is essential in case of an accident.

Add your emergency contact(s) now. There might be a prize in the future for one lucky member.



BICYCLE FRIENDLY STATESM RANKING

The Bicycle Friendly State ranking provides a ranking for all 50 states based on four public data sources and a Bicycle Friendly State survey that is answered by each state's Department of Transportation and/or a statewide bicycle advocacy organization.

[Click here to see each state's ranking for 2022.](#)

RANK	STATE	NUMBER OF BICYCLE FRIENDLY ACTIONS*	INFRASTRUCTURE & FUNDING	EDUCATION & ENCOURAGEMENT	TRAFFIC LAWS & PRACTICES	POLICIES & PROGRAMS	EVALUATION & PLANNING
10	UTAH	   	C+	B	C+	B	A-

Safety Corner

It is that time of year to get out your headlights and taillights. You are required to have a white headlight, red taillight or reflector, all visible for at least 500 feet any time you ride earlier than a half-hour before sunrise, later than a half-hour after sunset, or whenever it is otherwise difficult to make out vehicles 1000 feet away. The lights may be on the bicycle or the bike rider (41-6a-1114).

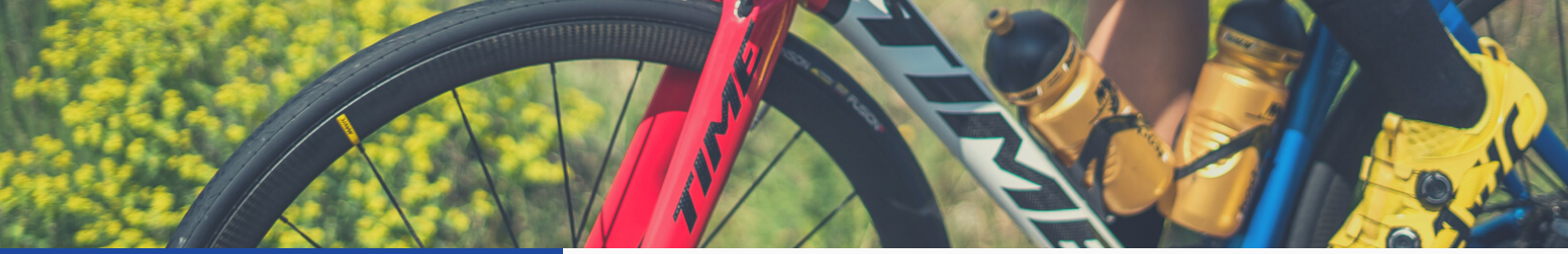
School is back in session. Remember your bicycle is considered a vehicle and you have the same rights and are subject to the same provisions as the operator of any other vehicle (41-6a-1102).

This includes

- Obeying traffic signals (41-6a-305);
- Yielding to pedestrians in crosswalks or not (41-6a-1002);
- Stopping for school buses with flashing red lights. (41-6a-1302);

Ride predictably; in a straight line and with clear indication when you will change direction.

Beware of leaves! Even though the changing leaves can be stunning, they can become a hazard when they fall and pile up. Large leaf piles can obscure potholes and uneven pavement. Fallen leaves can also form a slick, muddy blanket that greatly reduces tire traction even when roads are dry.



Tricky Treat Ride

Saturday, October 28, 2023

3:30 p.m.

Pioneer Event Hall
1137 West 7800 South
West Jordan, UT

Get your best costume on and get ready to ride the west side. Stay after for a ghoulishly good potluck and membership meeting

[RSVP](#)



The Bonneville Cycling Club

JOIN US IF YOU DARE

Tricky Treat Ride
Costume Contest
Goulsh Lunch

October 28
3:30 p.m.

Pioneer Hall
1137 West 7800 south
West Jordan Utah

FOUR PEAKS GRAN FONDO

BCC CLUB MEMBER, KEITH ALLEMAN

In August I rode the Four Peaks Gran Fondo and thought I would share some, uhh, information from my experience there (I was going to say that I would share some impressions but then someone would comment "Oh cool, I didn't know that you did impressions" and then I would have to throw that person into a vat of acid, so let's just go with "information"...)

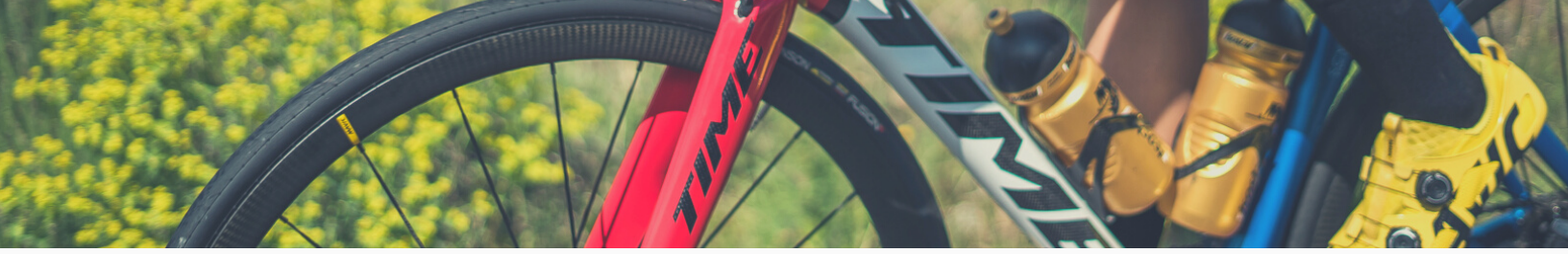
- Event: Four Peaks Gran Fondo
- Where: Inkom, Idaho, which is about ten miles south of Pocatello
- Pedigree: in its ninth year
- Size: 100-150 participants
- Course: 100% paved; rural to remote two-lane roads; smooth asphalt; 80 miles; 8,000' vertical
- Atmosphere: On a scale of 'chill' to 'aggro', leans chill
- Quality of Aid Support: good
- Quality of Event Organization: top-notch

The host city, Inkon (population: about the size of BCC), lies 10 miles south of Pocatello, Idaho. The route utilizes four climbs on the rural roads that spread out from the town. The interesting wrinkle to this event is that the only part that is timed (using timing mats that riders pass over) is the last 4-6 miles of uphill on each of the four climbs. So for placing purposes, it does not matter how quickly people ride the descents and flats. The atmosphere leans toward friendly support to all, especially in-between the climbs of course, with just a little friendly competition on the climbs among groups of friends trying to outdo each other within their group.

Another nice thing about Four Peaks Gran Fondo is that each of the climbs was a little distinct from the others, which helped the time pass:

1. Crystal Summit was a pretty gentle canyon with a mix of dry grass and scrub. You could think of it as like Emigration but with way fewer cars and houses.
2. Scout Mountain was a little bit steeper and a bit greener, especially in its second half when the foliage turned more

continued on page 5



continued from page 4, Four Peaks Gran Fondo

to conifers. It looked and felt a bit more like Millcreek.

3. Pebble Creek is a road to a ski resort and is very steep and relatively exposed. I was told the first couple of miles of the timed climb averaged double-digit gradient. Pebble Creek evokes many of the more tortuous local climbs—like the south slope of Nebo, or if you imagine doing the Suncrest double but without the descent in the middle....as if someone just pasted the second climb onto the top of the first.

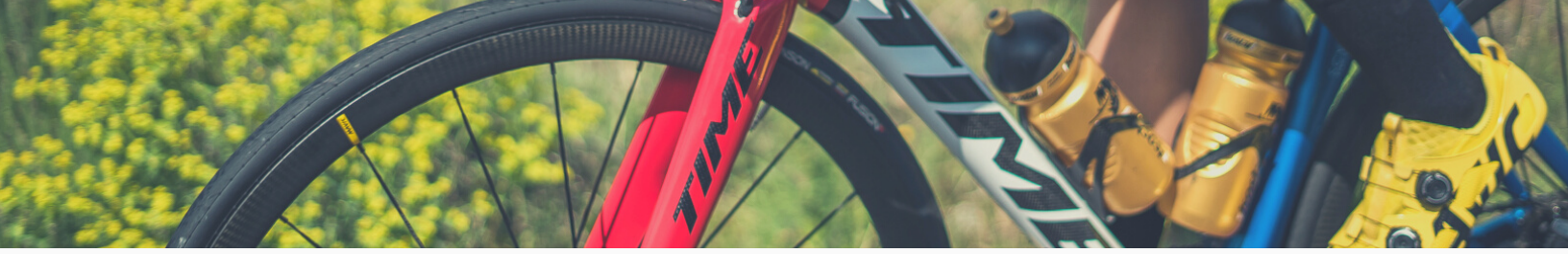
4. Buckskin was long and shallow and dry and open enough that I imagine the wind could matter more than the slope. In other words it totally reminded me of Chalk Creek.

The variety means that almost anyone would find at least one of the climbs to their particular liking.

Event support was excellent. The route was clearly and thoroughly marked. The roads were not dangerous at all, except for a handful of cattle grids, and each descent to one of them had signage in advance warning of the hazard. There was an aid station at the top of each climb with plenty of nutrition and hydration, giving the more serious riders an excuse to hang out and fully recover before their next uphill “interval”. There was a generous lunch at the finish, and they were tech savvy enough to offer live tracking and text alerts for people that wanted to follow the progress of a particular rider.

You can find the event at <https://4pgf.com>.





Stay Connected



[Bonneville Cycling Club of Utah](#)



[Bonneville Cycling Club UT](#)



[Bonneville Cycling Club](#)



[Bonneville Cycling Club of Utah](#)



[Bonneville Cycling Club](#)



Post-Workout Recovery

The Cleveland Clinic gives some helpful tips on what you do in the hours and days after exercise can determine how your body bounces back. What you do in the hour after you end the activity can be as important as what you do during it, notes certified athletic trainer, Amanda McMahan.

[Click here to read the article.](#)

Elections in October

Now is the time to consider joining the BCC board or if there is a member that you feel would add strength to our cycling club by serving on the board, talk to them about running. Board positions are as follows:

- President*
- Vice-President
- Road Captain
- Secretary
- Treasurer*
- IT Director
- Communications Director
- Membership Director
- Members at Large - 3 representatives

Elections should open October 24 and members can vote through November 07, 2023. Watch your email for details.

Questions for Bonnie Portley, bonrx1@yahoo.com

[BONNIE](#)



*Thank you to each of this year's sponsors
for the Bonneville Racing Team.*