

OutSpokin'

The Newsletter of the Bonneville Cycling Club

July - August 2026

From the President

Hello BCC members,

The Little Red Ride was a tremendous success! This event would not be possible without the incredible volunteers who generously donate their time, talents, and expertise to pull off this extraordinary event every year.

A special thank you to Tim Shea, who graciously accepted leading the Little Red Ride three years ago. Tim has spent countless hours improving procedures, overseeing every detail, and creating a roadmap for future leaders. His dedication and leadership have helped ensure the continued success of this beloved event.

While Tim is not leaving Little Red, he will be handing the baton to Gabe Bier. I am confident that Gabe will continue to nurture, grow, and oversee the future success of Little Red while building on the strong foundation Tim has created.

July is here, and so is the summer heat! Please stay hydrated, be mindful of air quality, and take care of your health so you can continue enjoying the miles ahead.

What a special year this is as America celebrates 250 years of independence. As we enjoy the holiday season, let's do our part to help prevent fires and support our local fire departments. A little extra caution can go a long way in protecting our communities and the beautiful places we love to ride.

Be sure to join us for our Annual Summer Picnic and Membership Meeting on August 1st.

Enjoy the sunshine, the friendships, and the freedom that comes with riding your bike. Keep those wheels turning, make great memories, and remember—it's always a Good Day For A Ride!

Barbara Kane
President, Bonneville Cycling Club

On the Horizon

- Saturday, August 1st
 - [Annual Club Picnic and Membership Meeting](#)
 - Social and [Metric](#) Series Rides. Details to follow!

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Little Red Riding Hood is Safe!

by Tim Shea



Little Red Riding Hood is safe and sound for another year. Grandma is back to her bed; the Big Bad Wolf to his den. The woodsman with the axe was never part of our retelling of the fable.

I've already sent thank you notes to the many, many people who made Little Red possible this year. I hope you are able to return next year in your leadership and supporting roles. I, however, will take a more limited role. So I want to thank Gabe Bier for taking the mantle of Little Red ride leader. I'm sure everyone will give him the support and encouragement that I have enjoyed these last three years.

In that time we have accomplished many improvements: proofs-of-concept; cost savings; labor savings. I believe Little Red

remains the safe, challenging, and entertaining event she has matured into.

Ridership was down again this year. We had 2321 women and girls registered to ride. About 50 fewer were actually on the road due to cancellations. That level of participation keeps the roads at least theoretically safer, but our current financial and operational models cannot sustain the event at that level.

Little Red has a long and storied career and a recognized niche in the local and national cycling community. But a large part of that tradition is her ability to adapt to changing circumstances. We know she is resilient. She survived the pandemic, and not every enterprise can make that claim. The event today is not the event that Alice Telford and Sue Schalow started 38 years ago. Nor is it the event of the golden lottery years.

Little Red's future depends on creative thinking, careful planning, and hard work. The BCC Board of Directors has already started the thinking and planning for next year!

David asked for some numbers summarizing the changes in ridership over the last few years and about this year's riders. These are found on the next page.

Little Red in Numbers

by Tim Shea

- Rider participation by year

Year	2022	2023	2024	2025	2026
Returning riders	1,918	2,047	2,086	1,857	1,219
New riders	1,097	1,141	870	844	1,053
Total riders	3,015	3,188	2,956	2,701	2,272

- Distances ridden (2026)

Distance (miles)	No. of riders
17	132
30	439
55	719
70	404
100	627

- In-state and out of state registrants (2026)

From Utah	1,903
Out of state	418

This year, riders came to Utah from 29 other states, Canada and Australia!

- Rider ages (2026)

Youngest rider age	7
Average age	49
Oldest rider age	90

- Volunteers: 308

From the Road Captain

by John LeCain

As the season progresses, I want to thank everyone for showing up and leading by example. That's what BCC does.

We often think of safety as protective gear like high-vis jerseys & vests, gloves, helmets, navigation, bike radar, mirrors, lights, and eye protection. I encourage everyone to do all these things. I also encourage you to think about a safe riding mindset before and during every ride.

Whether group riding or out for a solo ride, consider all the risks and be vigilant of your position on the road at all times.

Awareness of your surroundings and other vehicle traffic, especially when negotiating intersections and turns, is critical. At intersections don't assume drivers understand your rights or your intent. Establish communication through hand signals and eye-to-eye contact. Safely occupy left-turn lanes when turning left. Remain clear of designated right-turn lanes when traveling straight. When in a group, consider riders behind you. If the light transitions from green to yellow, hand signal and call out "stopping" and come to a complete stop in your designated lane of travel. Proceed only when safe for all riders and with the announcement, "rolling". If the group is spilt at a light, call for a regroup to allow others to safely cross and maintain the group integrity.

High speed traffic and narrow right shoulders are another high risk cycling situation. Call out "single file" and give safe distance to the riders ahead. Signal and call out "slowing" and "braking" when appropriate and point out road hazards well in advance.

Rendering assistance is another heightened risk situation. When stopping to help others, clear the lane of travel and designate a rider to watch for and warn oncoming vehicles. Encourage non-assisting riders to proceed slowly and stop where safe. Re-enter the lane only when safe for all riders and reestablish a reasonable, not a catchup, pace.

Finally, don't hesitate to calmly call out inappropriate behavior or poor cycling etiquette. AND, say "Thank You" when others exhibit model behavior and reinforce cycling etiquette. Everyone likes a compliment.

These are things we all know intuitively but that bear continuous reinforcement to ensure we reduce risks while enjoying the activity we've all come to know and love.

Always Ride Safe!

Ask a Ride Leader!

by Sally Ridesalot and Joe Goingslow

This month, Sally answers a multi-part question about Ride with GPS, and then Joe explains how to add an emergency contact to your BCC account information.

Dear Sally,

I know that all BCC rides use Ride with GPS (RWGPS) for sharing the route and navigation. I have also heard there is a special RWGPS subscription that all BCC members have access to at no cost. But, I am not very clear on how to actually use the various RWGPS features or the club subscription. Can you help me understand all of this? To start with, what do I need to use RWGPS?

Lost Louie

Dear Louie,

RWGPS is a terrific tool for cyclists, and sometimes it's hard to imagine that we ever stayed on course without it! But, figuring it all out can be confusing at first. So let's start with the basics.

There are two key elements to RWGPS: (1) An online library of routes and (2) a mobile app that serves as an interface to the route library, for planning rides and navigation while riding.

To get started, you will need to do the following:

1. Sign up for a free RWGPS subscription at: <https://ridewithgps.com/signup> This is not the club subscription, which we will get to later. Also, you can ignore the offer for a trial premium subscription.
2. Download the RWGPS mobile app for either the iPhone or Android. Then log into your account from the app, following this [video quick-start guide](#).

With these items in place, you have a few options for using RWGPS on BCC rides. All of them start with following the route link from the BCC ride page. If you are using a desktop or laptop computer, the link will take you to the RWGPS

web page with the route. If you are using an iOS or Android device (and you have RWGPS the app installed), the link will open the route in the app. In either case, choose the option to "pin" the route, which will make it easier to find later on. On the web page, this option is found under the **Save** button near the upper-left corner of the screen. On the app, the **Save** button is at the bottom of the screen.

OK, what's next?

With just the free RWGPS subscription (without the club subscription) you can use either a phone or a GPS-enabled bike computer for navigation.

- Using a phone: First find the route from the mobile app by clicking on the **Library** folder icon at the bottom of the screen, and then click on **Routes** at the top of the screen. Your pinned routes will appear. Select the route you will be riding, and then click the **Navigate** button. The screen will then show your location on a map and display turn-by-turn directions as you ride
- Using a GPS bike computer: RWGPS routes can be transferred to computers made by Garmin, Wahoo, Hammerhead and COROS, and the data from your rides can be transferred back to RWGPS. The details differ with the various makes, and [instructions can be found here](#).

What about the club RWGPS subscription? What extra features come with that, and how do I sign up?

BCC maintains a RWGPS Club Account, which serves as the repository for all of our club routes. The routes and other information can be accessed from the account [Home Page](#). This page and all of the routes are available on the web to anyone, even if they are not BCC members or if they don't have a RWGPS account.

In addition, club members can request a free

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Ask a Ride Leader!

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upgrade to their account, which provides two major enhancements:

1. Routes can be downloaded and saved to a phone. This allows continued navigation when you are out of range for mobile phone service, or when you want to use "airplane mode" to save battery power.
2. Voice directions are enabled when navigating. This is a great feature, especially when used in conjunction with bone-conducting headphones. Remember, though, that ear or head phones that block your hearing are not allowed on BCC rides! (Costco often has good deals on the excellent Shokz bone-conducting headphones.)

There is, however, an important limitation to these benefits: They only work with routes from the BCC club account.

To obtain the club member subscription, send an [e-mail message to John LeCain, the club Road Captain](#).

Is there a special account for ride leaders?

Yes, members who complete Ride Leader Training are given additional access to edit club routes.

Is there any reason to pay extra for a RWGPS Basic (\$60/year) or Premium (\$80/year) subscription?

There might be! Both the Basic and Premium subscriptions include the offline navigation and voice navigation features on all routes, not just the ones in the BCC library. So, if you are planning to take routes not in that library, and you want to use those features, you will need a paid subscription (unless the routes are from another organization that provides the additional features, which some bike touring companies, for instance, do).

The Premium subscription includes additional features, including tools for analyzing your ride history.

This information is very helpful, but I'm still having some trouble figuring out all of the features in the mobile app and the web site. Where I can get more help?

There are a lot of features, and it is easy to get lost on the web site or in the app (rather ironically)! If you are having trouble getting set up for a ride, be sure to ask the ride leader for help.

There are also extensive [help resources online](#), including a [form for submitting questions](#).

Dear Joe,

I have been enjoying my adventures with BCC, but my partner is a bit of a worrywart and wants to make sure that they will be notified if I have a mishap on a club ride. Is there a way to provide contact information that the ride leader or other members will have access to in an emergency?

Conscientious Connie

Dear Connie,

Yes, indeed, you can add emergency contact information for one or more individuals to your membership information. Just follow these steps:

1. Log into your BCC account at [bccutah.org](#).
2. Then, click on the link labeled "Dashboard" at the top of the page.
3. On the menu on the left of the Dashboard page, click on "Member Directory".
4. Find your name in the directory. To make this easier, you can sort the entries by last or first name by clicking on the headings at the top. You may have to scroll to additional pages.
5. At the right end of the row with your name, there is blue-colored link, "Contacts". Click on this link.
6. On the page that appears, fill in the name and phone number for the contact. Then click the **Submit Contact** button.

This information is only available to BCC members when they are logged into the web site.

Joe

That's all for now! If you have questions for Joe and Sally, please send them to communications@bccutah.org.

New Members in May and June

Brock Bennett
Joseph Chybinski
Greg Cook
Michael Deraedt
Peter Grogan
Chon La
Ken Lewis
Neva Lewis
Karen Lindau
Erica Marken
Steven Neiswender
Brynn Parsegov
Brad Quarnberg
Gary Ray
Scott Roberts
Gary Twiss
Laura Winn

Welcome!

Free Bicycle Classes!

Once again, the [Salt Lake City Bicycle Collective](#) will be offering a series of free bicycle maintenance classes, on Thursday evenings in July, August and September.

Classes will be held at the Collective, 325 West 900 South, SLC,

The dates and topics are:

- July 9th
Fix-a-flat, ABC Quick Check
- July 16th
Basic Bike Maintenance
- July 23rd
Bicycle Commuting
- Aug. 6th
Bicycle Deconstruction
- Aug. 13th
Rim Brakes Skills
- Aug. 20th
Disc Brakes Skills
- Sept. 3rd
Shifting: Common Problems and Fixes
- Sept. 10th
Chains & Teeth
- Sept. 17th
Bearings

For more details and to register go to the [POINT sign-up page](#).

To sign up, click the orange **Go** button at the upper right corner of the page. All of the classes are open to the general public, but for all but the first three, preference will be given to Bicycle Collective members and volunteers.

For more information (or to sign up without a Point account) contact [Jonathon Dille](#) at the Collective.

Little Red 2026 in Pictures

Friday Festivities! June 5th

Photos by David Goldenberg, Joy Pearson and Penny Perkins



Little Red 2026 in Pictures

Saturday on the Road! June 6th

Photos by Rhonda Devereaux, David Goldenberg and Priscilla Monteiro



Little Red 2026 in Pictures

At the Rest Stations!

Photos by Gabe Bier, David Goldenberg and Joy Pearson



Little Red 2026 in Pictures

Back at the Fairgrounds!

Photos by David Goldenberg

