

SPOKE TALK



It's bike race season in Steamboat

If summer is bike season in Steamboat Springs, August is bike racing season. Including last weekend's Steamboat Stinger mountain bike race, we are blessed with four world-class races in only four weeks. Whether you volunteer, spectate or participate, your involvement will help ensure the ongoing success of these terrific events:

SBT GRVL

SBT GRVL is a new gravel race in Steamboat taking place on Sunday, Aug. 18. A total of 1,500 cyclists from 49 states and 10 countries, age 12 to 74, will come to Steamboat to race one of the three distance options: SBT Black 141 miles, SBT Blue 100 miles or SBT Green 37 miles. There will be 120 professional athletes, as well as age group athletes, competing for the \$28,000 prize purse, which will be distributed equally to the top male and female racers.

In addition to investing in the racers, SBT GRVL is committed to investing in the community with local partnerships. A portion of event proceeds will go to Boys & Girls Club of Northwest Colorado, the Steamboat Springs Winter Sports Club's cycling program and Community Agriculture Alliance.

Community members are invited to attend the SBT Expo from 10 a.m. to 5 p.m. Saturday, Aug. 17 on Yampa Street and celebrate with the race finishers throughout the day on Sunday, Aug. 18.

COLORADO CLASSIC

The 2019 Colorado Classic is the only standalone women's professional stage race in North America. This race raises the bar toward equality in pro cycling, with a quadrupled prize purse, team stipends, live streaming and longer, more challenging routes. The race will kick off with Stage 1 in Steamboat at 11:30 a.m. Thursday, Aug. 22.

Come out and watch the action and see some of the top women's racers take on the roads of Routt County. If you can't be there in person, be sure to watch online. With free live video streaming coverage each day of the race, the Colorado Classic will put women's cycling and Routt County on a global stage.

STEAMBOAT SPRINGS STAGE RACE

After 10 years, the Steamboat Springs Stage Race, sponsored by the Steamboat



SHELBY REARDON/STAFF

Sarah Glassmeyer crosses the finish line of the Sunshine Loop, part of the Town Challenge on Wednesday.

Wild Town Challenge

Animal encounters cause pauses during Sunshine Loop on Mount Werner

Shelby Reardon
Steamboat Pilot & Today

STEAMBOAT SPRINGS — Alex Pond said he felt stiff during Wednesday's Town Challenge. His "rough" ascent couldn't have been too surprising, though, as five days earlier, he took second in the 50-mile Steamboat Stinger mountain bike race.



GALLERY ONLINE
at SteamboatPilot.com.

That didn't diminish his effort on Wednesday, as he earned second in the 16-mile Sunshine Loop at Mount Werner.

"It was kind of get out and ride a bit, keep the legs loose, keep them fresh," Pond said of his transition strategy. "Then just get as rested as possible. Sleep (well) at night, eat some good food, get all the recovery stuff in."

Pond, 35, rides for Steamboat Velo, donning the uniform along with a handful of others at the race. He said in past years he had back-to-back races somewhat frequently, but pedaling 66 competitive, hilly miles over five days this week was challenging.

"This year, I've toned it back a little bit and haven't raced as much," Pond said. "So, yeah, it was a little bit more difficult because I definitely am not as trained as



SHELBY REARDON/STAFF

Caleb Haack, far left, and two of his friends smile while competing in the Mount Werner Sunshine Loop.

other seasons."

Competing in the Pro/Open category, Pond started the ride heading up Zig Zag. From there, riders cut across the mountain on Yoo Hoo and Valley View before heading up Spur Run to reach Christie's Peak. The Sport category headed down the mountain, while the Pro and Expert riders continued up along the Sunshine Trail.

Both groups powered down Pioneer and Zig Zag to the line, an orange "finish" painted on the dirt.

Pond crossed the line behind fellow Steamboat Velo rider, Tanner Visnick, in both the Stinger and Town Challenge.

"Tanner, he's just got that young, fresh

drive," Pond said. "I'm super stoked for him. He's been crushing it."

Upon crossing the finish line, Visnick claimed he saw bear scat and tracks on the trail. He wasn't the only one with a wildlife story.

One rider said he had to halt on the trail for a small deer, and Caleb Haack nearly ran into a moose coming around a corner on the Lasso trail on his decent.

"It was just sitting there; didn't move," Haack said. "I just waited it out."

Haack, who competed in the Youth 16 to 18 category, rode 12 miles, starting out side-by-side with his friends



Reach over 110,000 visitors each year who enter our community through the **Yampa Valley Regional Airport.**

Make a great first impression and greet visitors and locals with your marketing message!

Contact
jhebard@steamboatpilot.com
 or call 970-871-4230

STEAMBOAT
PILOT & TODAY

SPORTS

Rockies win 7-6 over Arizona Diamondbacks

Pat Graham
 Associated Press

DENVER — Nolan Arenado lingered near the batter's box a little longer than usual as he stared at his liner.

It wasn't to admire. It was simply to make sure.

In a season that's been so foul for Colorado, he wanted to double-check that his deep drive indeed stayed fair before celebrating.

Arenado hit a two-run homer in the ninth inning to give the Rockies a 7-6 victory over the Arizona Diamondbacks on Wednesday.

A rare bright spot in what's been a trying stretch for a club that's all but assured it won't be making a third straight postseason appearance. The Rockies are 14-33 since June 21, which is one of the worst marks by winning percentage in the majors over the time frame.

"It's been a grind for all of us individually and as a team," said Arenado, who'd left four runners on base before connecting on his 27th homer of the season. "It feels good to come out with a win right there."

After Trevor Story was hit by a pitch to start the ninth, Arenado launched a fastball from Archie Bradley (3-5) over the fence in left — and just fair. It was Arenado's third career walk-off homer and first since June 18, 2017, against San Francisco.

"I hit it good," Arenado said. Bradley threw it good, too. Immediately after contact, Bradley began walking toward the dugout. He knew. He had his career-best string of 17 1/3 scoreless innings snapped.

"This is our last time here and I'm not sad about it," Bradley said about Coors Field. "I will be the first person happy to get out of here."

CHALLENGE

From page 13

before breaking off on the downhill.

"We had a pretty good conversation on the way up," Haack said.

Haack and his friends picked up that conversation again at the finish line, sharing their animal sightings and congratulating one another.

The first woman in the sport category to cross the line was Sarah Glassmeyer. Riding the same 12-mile route as Haack, the 28-year old said Wednesday's race made her feel strong.

Glassmeyer has been riding in every installment of

the Town Challenge, a first for her, as she only competed sporadically in previous years. The route took her 6 miles up and 6 miles down, giving her half the race to conquer downhills.

"I think I'm feeling stronger," Glassmeyer said. "For me, the downhills are the scary part, so these races are awesome because you get more confident going downhill."

"Every time I do it, I feel a little bit more empowered."

To reach Shelby Reardon, call 970-871-4253, email sreardon@SteamboatPilot.com or follow her on Twitter @ByShelbyReardon.

SPOKE TALK

From page 13

Orthopaedic and Spine Institute, is back again for the 11th edition, bringing local and regional competitive road racers together for three hard days of racing. The event continues to be the top pro-amateur race in the Rocky Mountains, giving racers at all levels a challenging and fun race over three stages around Routt County.

The racing starts with a Saturday individual time trial on Colorado Highway 131/River Road, followed by a Sunday morning road

race west of town, and culminating with a Labor Day downtown criterium race around Oak and Pine streets. Fastest time across all three stages makes the winner. This community event brings together local sponsors, local racers, volunteers, and once again, a portion of the event proceeds go to support Steamboat Velo, Bicycle Colorado, LiftUp Food Bank and Routt County Humane Society.

See you out there.

Ian London is a Routt County Riders board member.

ENT Specialist

Now Seeing Patients in Steamboat



Dr. Robert McLean

Memorial Regional Health is pleased to offer full-time Ear, Nose and Throat (ENT) services in our Signature Specialty Clinic in Steamboat. Dr. Robert McLean has more than 15 years of experience seeing patients for the simple and complex, neck and above, conditions.



Now Open in Steamboat!
 2201 Curve Plaza, Unit A-103
 (behind Mountain Valley Bank, next to Ace Hardware)

Call for an appointment:
 970-826-8080

memorialregionalhealth.com



STEAMBOAT SPRINGS 2019 Pro Rodeo SERIES

PRO RODEO
PRCA

WPROA

PRESENTED BY **Wrangler**
 City of Steamboat Springs

FINAL WEEKEND

RODEO ON FRIDAY & SATURDAY NIGHT AT 7:30...RAIN OR SHINE

Howelsen Hill Rodeo Grounds
 Downtown Steamboat Springs

Come as early as 6 p.m. for **BBQ Dinner & Live Music**

THIS WEEKEND WE WELCOME
 RODEO CLOWN & BARRELMAN: J.W. Winklepeck

Music: August 16 Streamline Cannonball
 August 17 Jon Gibbs

BUY YOUR TICKETS IN ADVANCE:
 F.M. Light & Sons, Steamboat Springs Chamber or online at SteamboatProRodeo.com