



FOR IMMEDIATE RELEASE:

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Golden Spoke Ride Returns for 5th Year to Celebrate Over 170 Miles of Safe, Separated, and Connected Trails

*Bicyclists of All Abilities Invited to Participate in this Free
Family-Friendly Event*

SALT LAKE CITY - The Golden Spoke Ride returns this Saturday, May 14 to celebrate the joys of safely cycling along the longest, connected paved trail west of the Mississippi River (second longest in the United States). Two rides will start simultaneously at opposite ends of the trail at 8:00 a.m., with one starting at the High Adventure Park (251 W 18th Street) in Ogden, and the other in Riverside Park (1260 W 600 North) in Provo. Both rides will converge upon the finish point at Tracy Aviary Jordan River Nature Center in South Salt Lake where participants will enjoy music, participant giveaways, lunch from food trucks, and information from vendor booths.

Individuals interested in participating in the Golden Spoke Ride are encouraged to register online at move.utah.gov/golden-spoke. Participation in the Ride is free, and registration is accepted up until the start of the ride (please note that at this time, registrants will not receive a t-shirt). Two rest stops providing hydration and snacks will be available along the north (Farmington Regional Park) and south (Lehi Bull River Trailhead) branches of the trail to hydrate and recharge participants. A detailed route map can be viewed [here](#). All participants will receive complimentary UTA fare to help with return travel after the event.

Move Utah, in partnership with the Jordan River Commission; Wasatch Front Regional Council; the Utah Department of Transportation; Utah Transit Authority; Bicycle Collective; Mountainland Association of Governments; Utah Department of Health; Utah Governor's Office of Outdoor Recreation; and Davis, Salt Lake, Utah, and Weber counties, hosts this annual event. Additionally, this year's Ride is generously supported by Rocky Mountain Power.

The Golden Spoke consists of over 170 miles of safe and connected multi-use trails, including Provo River Parkway, Murdock Canal Trail, Jordan River Trail, Legacy Parkway Trail, Denver and Rio Grande Western Rail Trail, Weber River Parkway Trail, West Haven River Parkway Trail

and Ogden River Parkway linking Provo and Ogden.

The Golden Spoke Ride promotes the health benefits of cycling as a form of physical activity that helps improve cardiovascular, lung, and mental health, and that is widely enjoyed by people of varying ages and abilities. The Ride also promotes cycling as an alternate form of transportation that compliments our region's roadways and public transportation networks. The Golden Spoke Trail offers a safe space for riders to travel through four counties away from busy main roads, while closely connecting with a regional network of paths and numerous neighborhood access points. The Trail serves as a gold-standard example more than 30 years in the making of a network of walking, biking, and running trails along the picturesque Jordan River.

Note on Media Availability: There are two ideal locations to view cyclists participating in the Golden Spoke Ride. The first is the north ride rest stop at Farmington Regional Park (178 S. 650 West, Farmington) between approximately 10 - 11:00 a.m. The second location is the end of the ride event at the Tracy Aviary Jordan River Nature Center (1125 W 3300 South, South Salt Lake) between 11:00 a.m. and 1:00 p.m. where riders will be crossing the finish line and participating in after-ride activities.

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