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Check It Out!

300 KM ride report

george vargas

Mar 20, 2005 22:03 PST



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Hello everyone:

Yesterday (3/19/05) was the 300km brevet part of the 2005 San Diego Brevet series.

Stats: 187 miles
Elevation Gain: 14,400 feet*

* Ranks tied for 5th on the toughest Double Centuries on the California Triple Crown
<http://www.caltriplecrown.com/schedule.htm>

Brevets, for the uninitiated, are unsupported ultra distance events where personal SAG is prohibited unless at the controls. They run in a series 200 (124miles), 300 (187miles), 400 (248miles), 600 (375miles) and 1200km (750miles)distance. Sleeping is not an option if you want to win. By the way, they are not officially sanctioned races but the top 10% ride them as such. "Winning" gives you bragging rights. There are a lot of you out there who know this but it is mainly for the people who don't.

We started in Encinitas and headed North through the rolling hills of El Camino Real up to Oceanside. The weather was cool and drizzly but bearable. I "attacked" as we neared the 78 on the steep rollers and then was caught on Camino Del Rey as we neared the 395. I decided to "sit in" on CIRCLE R RD. We then headed towards Palomar via Lilac and Valley Center to the 76.

The first control was at the "store" (9:05am). I arrived with JANET C, MIKE S, and someone else from Coronado Cycling Club. JANET literally caught me with my pants down, as I was having a nature break and she took off up the mountain. I chased her up Palomar Mountain and finally caught her. Then at about the 4500 ft point I couldn't keep up the pace and let her go. At that time, I also saw STEVE C. and GARY E. descending. Nice to see that Swami's green out there. JANET crested first by about a minute ahead of me. Great climb JANET.

However, as was the topic of conversation in previous emails and the parking lot , I wore a base layer, short sleeve jersey, and a vest with

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arm warmers. I caught and passed JANET at the summit as she was changing into dry clothing. If anyone is wondering...yes I was cold but I didn't want to carry the extra gear and if anyone has ridden with me on these events they know my stops are very short (if I stop at all). Once I passed JANET at the summit I didn't see any other riders for the next 100 miles. I saw JANET briefly in Ramona but she stopped to get fluids and I didn't see her again.

After Palomar is MESA GRANDE, Santa Ysabel, and then the 7 mile climb to JULIAN. I flatted on the climb to Julian. My hands were so cold and numb it took me almost 10 minutes to change my flat. I arrived at Control #2 (1:05 pm) alone. I grabbed some chicken pot pies, and some burritos and I was out of there. All day the rain and winds were hell and temps were below 45F anytime we ascended above 2500 ft elevation. We stayed above that for at least 5 hours and that took its toll on me.

From JULIAN to Ramona and then to Poway, Scripps Ranch, to Rancho Bernardo I arrived at Control #3 (5:00pm) alone. By the way, there was no one to check in with so I called ANNA. Then we headed towards Del Mar and eventually back to Encinitas through Rancho Santa Fe.

I arrived at the finish first at 7:07 pm. 13 hours of intermittent rain, cold and wind.

I want to thank all the good people who volunteered to make this event happen. Barclay great route. I hope to see you all at the 400km April 2, 2005.

george

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Email lists are great for debating issues or publishing your views.

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