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SD Longriders

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George's Epic Adventure

george vargas

Jun 02, 2005 23:35 PDT

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Hello fellow Swami's, Longriders, Randonneurs and friends,

This is a ride report for my two 600Km (375 miles) Brevets in May 2005.

May 7th San Diego 600Km (375 miles 20,000 feet of climbing):

The San Diego 600Km was three loops beginning and ending in Cardiff.

1ST LOOP-- went North on El Camino Real, North River Rd, UP SLEEPING INDIAN, down De Luz, UP DE LUZ ROAD, UP RANCHO CALIFORNIA, Temecula, UP RAINBOW CANYON, down Green Canyon, Live Oak, North River Rd Oceanside bike path, south on the coast to Cardiff 6500 FEET OF CLIMBING AND 104 miles.

2ND LOOP-- South on the coast UP TORREY PINES, downtown, Chula Vista, UP OTAY LAKES ROAD, UP HONEY SPRINGS, UP LYONS VALLEY, descend to Alpine, UP TO CREST, Lakeside, UP HWY 67 TO SCRIPPS POWAY PKWY, UP POMERADO ROAD, Mirimar Road, La Jolla Village, down Torrey Pines, North on the coast to Cardiff. 134 AND 9400 FEET OF CLIMBING.

3RD LOOP-- North on the coast to Hunnington Beach and back. Many rollers 140 miles and 5,000 feet of climbing.

1st loop-- No issues, done just over 6 hours. (including 3 stops for fluids and all traffic signals) 104 miles done.

2nd loop-- Hot foot issues, on the Honey Springs climb (mile 160) painful enough to have to stop. Sleep setting in even though it is only 3 O'clock in the afternoon. Eventually, back on the road, things are going well until at the top of Pomerado Rd and descending on Pomerado towards Miramar Rd. Sleep and exhaustion setting in at mile 220. I'm thinking I must get back to Cardiff and I will rest. I made it back to Cardiff at 1130 pm 238 miles done. Janet and Dan Crain had made it back to Cardiff before me. I decided to roll on through the night without napping because I wanted to get the jump on Janet and Dan.

BIG MISTAKE--It is a long way from Cardiff to San Clemente. When you are tired from the miles and sleepy and cold it is a long way. I was falling asleep as I was heading North on the 5 freeway. I laid down a couple of times but couldn't sleep because I was hallucinating that someone was going to steal my bike. I finally made it to Dana Point Denny's and rested for a few hours before getting back on the road. Janet and David Nakai beat me in.

george vargas

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