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**SD Longriders**

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**Check It Out!**

**more Epic Adventures from George**

george vargas

Jun 03, 2005 01:04 PDT



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Part two:

May 28th San Luis Obispo 600Km Brevet (375 miles with 24,000 feet of climbing)

Start in Cayucos (north of Morro Bay) North on the 1 through Big Sur very cool scenery. North to Carmel and then East on Carmel Valley Rd (mile 112). Then a gradual climb and then a descent into Greenfield (about mile 158). From mile 158 to mile 212 was nothing but a headwind at least 30mph. Being Memorial Day weekend there were plenty of US flags flying. They were taut from the steady winds blowing from the North. Traveling at 8-9 MPH for hours on end was very discouraging. My energy was drained my spirits were low. I finally made it into San Juan Inn about 8pm. 16 hours on the bike just to do 212 miles and 15,000 of climbing.

San Juan Inn was a designated crashing location in a hospitality room provided by the organizers. I again decided to ride through the night. (Don't I learn anything!) This time was going to be different I said to myself. Well it was. I left with another Randonneur, David, who was also tired but I thought between the two of us we could make it through the night. Some time after midnight we both gave up the chase and stopped at a barn and tried to nap for a little. Problem was that I had taken 4 Motivator capsules, numerous Espresso Coffee Beans and nothing was keeping me awake...until I tried to sleep that is. Now I couldn't nap. Not to mention that the temperature was dropping from the early day Mid 70's to the low of 37 degrees. We had to get back on the road. It was slow moving but we finally made it to the 282 mile checkpoint.

We had covered the 282 miles in 23.5 hours with 18,000 feet of climbing. It was now 3:30 am Sunday and we had been on our bikes since 4:00am Saturday. At this point I couldn't see going on any further. David and I decided to rest before continuing. I need the sleep. I was exhausted. Eventually, in the morning I finished the last century.375 miles done with 24,000 feet of climbing.

Lesson Learned

On both of these events I learned the following:

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**Start Your Own List!**

1. I Must get 3 days of good sleep leading up to the events. I averaged about 4 hours of sleep on the days before the event and in both cases I had less than 2 hours of sleep the night before the event. It is then very difficult to stay awake for another 30 hours while doing the event.
2. A little pacing is important. I can hammer the 1st Century and even the 2nd but the 3rd Century and on is really tough to maintain the same level of intensity.
3. Warmer clothing for night riding. On the San Diego event I had a wind breaker. For SLO I had the same wind breaker and a second jacket and it was still not enough to keep me warm. I also needed toe booties my feet were frozen. After riding 24 hours straight your body's thermoregulation system is a mess. You just can't stay warm enough.
4. Rolling through the night. It is a risky proposition. You get the jump on the those that take a nap but so far I have paid for it in just a few hours down the road. I am too competitive to sleep on these events. I want to finish as fast as possible. I want to be done with it and sleep in my own bed. Sure I want to finish first... why would I want to finish last. These are long events with lots of climbing out in the middle of nowhere and if I wasn't competitive then I would be sitting on my couch and grilling hot dogs and hamburgers during the Memorial Day weekend like the rest of America.

On the bright side here are the positives:

1. Nutrition-- Carbo Pro works, Crank E-Fuel, Fig Newtons, Fritos, V8, burritos, hot pockets, PB & J, and anything you can find at AM/PM works. I have learned not to be dependent on any special fuel or electrolyte. I usually will do the first Century on liquid fuel. Solid foods are best on the second and third Centuries. Give your body what it craves.
2. Training- on any hill preferably longer climbs (2 miles or longer). Palomar Mountain once a month and short intense club rides help with leg strength and stamina to help you last 375 miles.

I finished both of the 600kms in over 33 hours without sleeping. I would like to finish them in under 28 hours in the future or the same time with a 4 hour nap. Well we will just have to see how it goes.

george vargas

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