



The Leader in Email Discussion Lists

Welcome Guest!

[home](#) [search](#) [start a list](#) [sign up now](#) [login](#)



SD Longriders

[List Info](#)

[Join This List](#)


[◀ Previous Message](#)

[All Messages](#)

[Next Message ▶](#)

[Check It Out!](#)

 george vargas

 Aug 11, 2003 16:48 PDT



RE: 200k on Sunday

I think I finally found a home.

I didn't know that I wanted to do Ultra Marathon Cycling until I tried it (Grand Tour Highland Triple 2003). Then I didn't know who would be crazy enough to ride (read-- endure pain with me). Most people when I say "I'd like to do a century on Sunday" or "I'd like to do repeats on Palomar" or "have you heard of Furnace Creek 508" look at me like I'm from another planet. And yet yesterday, everyone at lunch (Bruno, David, Dan and Barclay) all spoke Martian.

Jimmy was a "bandit" joining the ride already on the road and I don't think he knew who we were so I don't think we will here from him again. What a shame he was so excited that he was doing his first century. As he said "None of my friends ride over 50 miles. This is my dream I'm going to do a hundred today." Well I think by the time he was done he did more than scheduled 125miles. I hope you didn't quit and made it home safely.

Eric, you are a brave soul taking on 125 miles in the heat and with climbs considering you hadn't done more than 85miles and you are a triathlete. I know you will be back. If you can put this kind of base miles in, you will be an animal in Kona.

It is a long stretch between stops (AM/PM to Lunch) but that is part of the adventure. Conserve energy conserve fluids isn't that the nature of the beast? Clint Eastwood got it right when he said "A man's got to know his limitations." Having said that, I use 2 Litre bottles which hold 34 ounces of fluid each. That is 10 more ounces per bottle than the standard 24 ounce water bottles. I will eventually also buy a aqua rack for my seatpost and carry two more bottles. When I ride alone I don't like to stop and so I leave home self-contained. Also my 4 cans of Ensure Plus helped me stay fueled with no stomach distress. By the time I got home I put in 150 miles and felt ok considering.

I look forward to riding with you all. You are my kind of people.

george

p.s. I'd like to do 508 this year but I don't have a crew. I'd like to do it Solo but would join a team if I can't get a crew together. Ideas?

From: Thomas Miller <mala-@starband.net>
Reply-To: mala-@starband.net
To: subscri-@barclaybrown.com, ser-@issakov.org
CC: sdlong-@topica.com
Subject: RE: 200k on Sunday
Date: Mon, 11 Aug 2003 13:50:38 -0700

IF the temps come down a bit, I'll be heading out to Borrego on Sunday and would be glad for the company (leaving from Paradise Mountain in Valley Center for 115 miles (or the Middle School for 106 miles). I made it to Ranchita yesterday where the temps were well over 100. It's not too bad if you load up with ice (bring a camel back) at Henshaw (and of course at Borrego). But the temps have to come down a little (or some decent cloud cover is needed), otherwise it's pretty dangerous (very easy to go hyperthermic climbing Montezuma). If that doesn't look good, the option is to just ride out to Ranchita (92 miles my way, 83 miles from the school), with a Palomar option one or both ways (about 8 miles each way to the village, but an additional 2,000' of climbing as well). It's great

Topica Channels

[Best of Topica](#)
[Art & Design](#)
[Books, Movies & TV](#)
[Developers](#)
[Food & Drink](#)
[Health & Fitness](#)
[Internet](#)
[Music](#)
[News & Information](#)
[Personal Finance](#)
[Personal Technology](#)
[Small Business](#)
[Software](#)
[Sports](#)
[Travel & Leisure](#)
[Women & Family](#)

Start Your Own List!

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

• [Start a List Today!](#)

training
for the 508 if you're interested.

Malamute

-----Original Message-----

From: Barclay Brown [mailto:subscri-@barclaybrown.com]
Sent: Monday, August 11, 2003 1:24 PM
To: ser-@issakov.org
Cc: sdlong-@topica.com
Subject: 200k on Sunday

Hi All,

What a ride! Great crowd--the most century finishers ever as far as I know. The "fast group" charged on and were just finishing lunch when we arrived (but hey we stopped to visit Randy the Spiz man). Eric wrote to say he regretted having to abandon, but his asthma was acting up and he got overheated. As did a few of us. My stomach gave me problems all day on and off, and by the end I was getting worried that the girls wearing flops and riding cruiser bikes would be passing me I was going so slowly. David nursed me and Bruno back down the coast. I was good for nothing the rest of the day! But it was a great ride! I liked that we had enough riders to make two groups and cater to more people's preferred speeds. Of course, everyone is free to ride any pace, but I know that a main reason people come is for company so its great to have choices.

Anyone hear from Jimmy? He missed the left on to Lilac and we never saw him again!

Good job to everyone and thanks for coming out.

Any feedback on the route or the route sheet would be welcome. Two things

I know need fixing.... the left turn from Harmony Grove to stay on Harmony Grove might not be obvious so I'll add that. Also I'll detail the back way from the end of the bike path around Oceanside to come out at Angelos, at the south end of town. Did everyone realize the bike path now continues all the way across the 5 and into the streets on the other side and is all nicely paved? Also I wish there were a way to get water between the first store stop and lunch. I'm thinking that I may need to head up a bit more north into Rainbow and hit the store at 395 before coming back down to Reche and into Live Oak. Oh, also I should make the right turn across the 15 on 395 more explicit--did anyone go straight and up the hill to nowhere? Any other input on the route or route sheet?

Next March you can do this same ride and get a medal for your efforts. Stay tuned. And who knows, we may try it again before that. On the other hand, I have a 300k, 400k and 600k to plan so I expect we'll be previewing those (or parts of those) on Sundays this Fall.

I'm open to votes about whether we should switch to 7am for century rides. I did this one at 7 because of the longer route, but normally we'll be doing around 100 mi.

At the moment I'm planning to be out of town this coming Sunday, so is there someone who'd like to lead a ride? David? Bruno? Others? I can supply a route, or you can pick, or you can design one.

Thanks again for supporting the ride and the group. It is growing and I'm happy that we're providing something that's been missing around town--some long, creative, even epic rides with great people, scenery and great new places for lunch (anyone else try the caprese at Dominick's? Excellent.)

See you on the road,

Barclay

Serge Issakov wrote:

So... how much water did you have to go through?

Barclay Brown wrote:

Topica is having troubles...

"One of Topica's databases is currently unavailable. Because of this, some of your lists may not be accessible at this time. Please be assured

that this is a temporary situation and will be resolved as soon as possible. Thanks for your patience."

So the list may be down for sometime, and in fact you may not even get this.

If you need anything email me back directly at barc-@barclaybrown.com.

See you at 7am for the 200k (124mi) ride!

Barclay

Add photos to your messages with MSN 8. Get 2 months FREE*.

<http://join.msn.com/?page=features/featuredeemail>

[Join This List](#)

[List Info](#)

[◀ Previous Message](#)

[All Messages](#)

[Next Message ▶](#)

© 2001 Topica Inc. TFMB

Concerned about privacy? Topica is TrustE certified.
See our [Privacy Policy](#).

