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 george vargas

 Sep 01, 2003 00:32 PDT



### Re: Sunday Borrego meet

Hey Barclay,

I don't have all the final numbers off my ride but it kicked my butt. I left North County Fair alone 6am as planned. Bear Valley/Lake Wohlford/Valley Center/76/up Palomar South Grade /Down East Grade/Mesa Grande/Julian/Borrego via Banner Yaqui Pass.

Mile 85/8,500 ft El gain --- felt well hydrated but was cramping up in "the middle of nowhere" and then again on Yaqui Pass.

Lunch and a V8 at Borrego. Borrego was a Century with over 9,000 ft of climbing. Up Montezuma feeling the heat monster (stopped several times to regroup with myself). at top 111 miles 12,000 ft. Back to Lake Henshaw (where I called a friend because the sun was going to set on me) and up Palomar East Grade. By the time I got to Valley Center Rd Left turn as you are heading West on Hwy 76 -- It was 150 miles 14,000 ft and I called it a day. I was driven back to my car as darkness settled in beautiful downtown Valley Center (I gotta get faster).

I couldn't make it back to North County Fair before sunset ( I gotta get faster). So that means more training more training more training (I gotta get faster) Mental note--- either carry bug repellent or get faster on Palomar---- I can't stand those little bugs getting in my eyes and mouth.

By the way, I am going to the Charger game on 9/14 (I just found out) so I will ride to the stadium but I won't be able to lead a century.

george

PS-- Oh yeah I saw Jack, he came up alongside going up Palomar we shared a few words and poof he was gone. (I gotta get faster)

From: barc-@barclaybrown.com  
To: garva-@hotmail.com  
CC: subscri-@barclaybrown.com, sulong-@topica.com  
Subject: Re: Sunday Borrego meet  
Date: Sat, 30 Aug 2003 20:39:16 -0700

Hi George,

Well, I don't know about others, but I would say a century a week before a double IS tapering :) But it depends on your weekly total volume (mileage). Tapering is more about the total miles, and allowing enough rest so that your muscles are fully recovered. I feel fully recovered from a century in a couple of days unless it was much harder than I'm used to, or I go harder. I'd suggest taking it easy on the century a week before, but still put in a few good efforts along the way, perhaps on the hills. Also, get plenty of sleep in the week before the double. That helps as you know.

I'll be taking the new vehicle to the TOTF double so perhaps a few of us can ride up together.

Barclay

george vargas wrote:

Barclay,

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I will lead a century for the group. However, I was thinking of tapering the weekend of 9/13, 9/20 to be fresh for 9/27 Tour of Two Forests DC. I don't know-- if someone suggests that 2 weeks is too much tapering then maybe I will lead a century on the 9/13. I am a rookie at ultra so I don't mind hearing some feedback from the veterans. I will then do Death Valley DC 10/18.

The Borrego meet is 6am at North County Fair there is a sub parking lot just after Sunset Drive. If anyone has ridden with Ranchos club that is where they park. Pretty easy route (not that many turns) so it should be a good ride to ride your own pace. There will be regrouping points so you fast guys/gals can shoot out and wait for slow pokes like me.

I hope to see someone there tomorrow. If not I will go it alone. Should be good 508 solo training.

george  
cell 858-336-5372

From: Barclay Brown <subscri-@barclaybrown.com>  
Reply-To: subscri-@barclaybrown.com  
To: SD Longriders <sdlong-@topica.com>  
Subject: Re: Sunday Borrego meet  
Date: Sat, 30 Aug 2003 13:53:22 -0700

George/Jack,

Have a fabulous ride out there. If you don't mind doing a little organizing, like planning out a 100 mile or so route in advance, we can make this the weekly century some week. No reason I have to plan them all! How about it George--want to lead a century out there one week? In fact, how about Sept 13? I'll be out of town doing the High Sierra Century.

It's also fine of course to have two choices--so if you're getting this email (and well over 150 of you are!), then get up off your butt tomorrow and get to one of these great rides--7am at Mission Bay Visitor's Center for the Lake Jennings Century, or meet George, Jack and whoever else and head to Borrego. I'm sure they've posted the time, but I don't see it in the last few emails. Just ask if you want to do that ride--did they say it was going to be 150 mi?

I love seeing these long rides happening!

Barclay

george vargas wrote:

Hello everyone,

For those who wish to join me on my trek to Borrego---- Jack has made a suggestion that we meet at Valley Fair mall as an alternate to Kit Carson park in case the park is not open.

From the 15 head East on Via Rancho Pkwy and make a Left after Sunset Drive.

There is a sub parking lot to the right. We should be the only ones there so we should miss each other.

george  
Cell 858-336-5372

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