

On Saturday Jan 28th The San Diego Brevet Series kicked off with the 200km (125miles) Brevet.

For the uninitiated a Brevet is an unsupported, non-stop event. It is not a race. But there is bragging rights and respect from the other riders. And don't forget Testosterone makes every ride, every event, and every recovery ride a race. Brevets are held on open roads, all traffic laws must be obeyed. You must carry all fluids, food (or buy them) and lights, reflective vest, leg bands etc.

Elevation Graph for event http://www.epictrain.com/files/200k_Elevation_Chart.PDF

Route Sheet for event http://www.epictrain.com/files/San_Diego_200km_2006.pdf

Results: Finished Second

The event begins in La Jolla, through Rancho Santa Fe, UP Del Dios Hwy, through Harmony Grove, UP Twin Oaks to Hwy 15 and Deer Springs. Then down Champagne, UP Circle R, Lilac, UP Couser Canyon, UP Rice Canyon, through Rainbow, UP Live Oak Park, through Fallbrook, Mission Road, bike path to the coast at Oceanside, then south on the 101 back to La Jolla. BTW, you do Torrey Pines with about 120 miles and 6500 feet of gain on your legs.

MILE 0-35--87 Riders I was with the lead pack on Del Dios when I got dropped. I thought the pace was a little too hard and was being worked. I rejoined as we went through the industrial park by Elfin Forest. I stayed with the pack until the first control (you must stop and check in). I checked in and rolled out immediately (**MILE 35**). **I DID NOT TAKE ON FLUIDS OR FOOD.**

I descended Champagne alone and got caught on Circle R (**MILE 40**). Once again, I got dropped and decided to ride my own pace from then on. From **MILE 40 to MILE 75** I rode alone. This section has most of the climbing.

MILE 75- Checkpoint #2 I reached Dominic's in Fallbrook 9 minutes behind the lead pack. I figured if they got fluids and took a nature break then that consumed 5 minutes or so for the 4 riders. I decided that I would check in and roll out again. **I DID NOT TAKE ON FLUIDS OR FOOD.**

MILE 95-- Finally the coast. The Bike path had the usual headwind and it was tough to keep the pace high. I thought I could reduce the gap and maybe catch them on the coast because of all the traffic signals.

MILE 125- THE FINISH came in 2nd. 16 minutes behind the lead group. I lost another 7 minutes on the last 50 miles to the 4-man breakaway. **Anyway, I did the whole 125 miles on 2 water bottles (with E-Fuel) and E-gels and some concentrated Carbo-Pro.**

2004- Time 7:43 (lead group)

2005- Time 7:11 (stayed with the lead group until MILE 90.)

2006- Time 7:12 (dropped on MILE 40 solo until finish)