

White Mountain Double Century Report

9/10/11

WMD started in Bishop, CA on Saturday at 5:15 am. I decided to do this ride a couple of weeks ago and friend Terry Devine decided to do it with me 2 days before the event. The ride traveled South then East to White Mountain Road, a climb that started at 4000 ft and went almost continuous to 10,000 ft elevation. The starting group was around 50 riders, some riders started at 4am but they were expected to be slower than 14 hours. The first 15 miles riding East on Hwy 395 was fast slight down and tailwind about 24 mph average. Terry asked if they always went out this hard on doubles because the pace seemed too fast for what lies ahead. I tried to say this was normal for a start of a ride and the first hill would change everything. Around mile 20 on Hwy 168 the monster hill started and I was not sure what to do when my legs felt so good that I was easily out pacing Terry. I should of realized he just needed to warm up for a while and I should of slowed down but I decided to see if I could stay close to Rick J up the hill for a while. Rick and I tend to get in the same groups on some of the doubles because we ride about the same pace. Around 5000 elevation I looked back to see if I could see Terry D. I could not see him and I was climbing way better than I thought i would climb for the morning, it felt effortless. So then I made the decision to press on and be competitive on the ride. I actually thought that the way I was feeling I had a crack at the 12 hour record which is really not all that fast but the ride/race is only 3 years old. Little did I know that with the average elevation around 5500 ft up I think that corralates to about 1mph ave less than normal riding in SLO county. The 6000 ft climb was relentless and seemed to take a long time, I was timing every 1000 ft at about 18 minutes and Rick J still beat me up the hill by 5 minutes, he was in 2nd place on top. After the turnaround at the top I was confident I would move up a few places on a long downhill, I went from 5th to 3rd and saw Terry only about 15 minutes back when I passed him going the other way. I still was not sure if I should wait because It would have been nice to have him in my group I was starting to form. Back on Hwy 168 heading toward Nevada passing most of the 4am starters I picked up Rick J and then we picked up Ramos, a 66 year old that doesn't know how to stop being good at this stuff. So now we had 3 guys working together, I am hoping Terry had guys to work with behind me but it turns out that he was riding mostly solo like some of the others that got off White Mountain with nobody in sight to ride with. Terry was alot stronger than the guys I was with but for some reason he was 15 minutes behind us, that was my fault, oops. I had too much adrenalin built up and decided I would not wait for Terry and keep riding with these other guys. I had no idea how long I would have to wait anyway at the time, but I should of waited. It turns out the the guys I riding with were not that much help

on the flat roads because they were both kind of small, and most of the ride was flat now. Only 70 miles done and we only had 1/3 of the climbing left to go. Now we are in Nevada and we pick up another 53 year old rider named Dennis I think who skipped a couple rest stops to get ahead. We were on a super long straight away and could see up the road for miles and it took forever to real this guy in, probably only going 1mph faster than him. We caught him right before the lunch stop, had a 10 minute break then we continued on just the 4 of us as a group now. I was definitely committed to stay with this group now because there was only 1 more rider to catch. So the 4 of us kept working together and I calculated we did the first 100 miles in 6.5 hours. I thought we could do the next 100 miles in 5.5 hours because there was no big mountain on that half. But there was a guy on a time trial bike 25 minutes ahead of us at mile 123 the smoothie stop. The temp was close to 100 degrees there on Hwy 6 and I didn't want to stay there long but we did stay for about 15 minutes because we had a smoothie and we were a little overheated. Those smoothies were good but my stomach disagreed. We got about 8 miles down the road and I got a side ache and legs were getting weak and it was still in the mid 90's. I look up the road and see the gradual 20 mile climb that goes back up to 7000 elevation and thought to myself, me gots to get up there where it is cooler. But my legs did not want to go and I told my riding partners to go ahead. Ramos stayed with me and the other 2 rode ahead and we all regrouped again in Benton rest stop. The 5 or so miles before that Ramos was just telling me to keep sipping on ice water and petaling easy and it would go away. So more ice in my bottles in Benton then off with the other 3 riders again. My legs quickly got back to normal and smoothie syndrome went away. I started doing about half of the work in the group as before earlier in the ride. My companions were truly happy I was back in action. The mix is Hammer Gel and Sustained Energy felt like it was working again. The other bottle was just ice water, I felt like I was still trying to get my body temp down. We jumped back onto hwy 6 and had 34 miles back to Bishop. We would have to do that in 1.5 hours to still break 12 hours. The wind was from the left and sometimes head on. I was still doing the longest pulls but at only 15mph in the head wind I was starting to estimate our time at 12.5 hours and the guy in front of us was long gone thanks to me being really slow for about an hour. Later those guys told me that me getting a little sick was a relief for them so they can recover also. The thunder showers started around 30 miles to go, the road was straight for 20 miles. the wind was coming from the Southwest and we were almost side by side pushing the guy on the right almost in the gravel. I actually pulled off the front once and got in the back of the group, moved to the right to get a draft from the guy in front of me then the wind pushed me into the gravel and I had to stop. The wind was so loud that they didn't hear me and then for the next 2 minutes I

was time trialing solo to get back to my group in the headwind. I caught them pretty quick so that I would not be stuck back there too long, then I told Rick what happened and that I almost crashed in the gravel. We found some long gradual down hills that I was able to ride in the front of the group at 28 mph for a while in the headwind. That would have been 40mph with no wind. Finally with everyone in pain from taking there pulls at the front we notice that we are getting close to the city about 5 miles out. I thought about going to the front and doing a 5 mile all out time trial but decided not to and it would only make us about 2 minutes faster at the end. I really did come on strong near the end, one of my strongest finishes and it might have been because I ride strong in the rain when it is around 60 degrees, there is no way I can get too hot. We roll into Bishop at the hotel lobby to give the ride official our finish time 5:41 pm, 12:26 total time, 4 guys tied for 2nd not bad, winner was 12:03 and covered with salt and he was a little bummed about not breaking the 12 hour record. Maybe he needed to ride with someone but that was an impressive ride for those conditions. For the next 10 minutes we talked in the lobby and I was thinking Terry D might be another hour or so. I was invited to clean up in Rick's room so I showered there and that is the best feeling, warm shower after 12.5 hours of sweating and the hair feels like road kill. I still had to think of some more excuses why I left Terry D near the start of the ride. We were suppose to ride together but I was a bad boy and now I owe him somehow. He ended up having the most miserable ride ever, missing the last rest stop, riding hours with no water, and riding 150 miles solo, and still finished only 38 minues behind us. Dang now I felt even worse, Oh well, can't go back and fix it, what's done is done. Another thing that helped me is that Gary Magett drove me to and fron Bishop for this event. He did a nice 50 miler while I was trying to hurt myself Saturday, then he checked out the scenes in Bishop and found me after I finished the ride. I think that was another factor in being fresh for the ride is that I didn't have to drive the 330 miles. That was fun to have Gary helping out. Sorry about the post ride farting in the car. I did only manage 2 hours sleep Friday night and it didn't seem to affect the riding. That's almost normal sometimes but I would prefer 6 hours sleep. So another 200 mile ride turned into a race. I was impressed with the course, no cars for the first 150 miles and only a car every 5 minutes after that. Only a couple traffic signals and a few stop signes, almost no interuptions in this ride and that is a good thing. It is a very safe route except for the long decent off White Mountain, someone might lose their breaks and munch it someday on that hill. So I give this ride a B+. The roads are mostly smooth and traffic is very light but you have to really love flat roads after the first 50 miles because about 100 miles of it were dead flat, and that can be hard on the butt after a while. I had to stand up and do a little sprint every few minutes to take the pressure off. Two weeks ago I rode 375

miles of the Hoodoo 500 race. Although Hoodoo was an official DNF it really was good training for the White Mountain Double which was my last event of the year this year.

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