

## Eastern Sierra Ride Report – Michael Young

Kent is right about sending ride reports, so here is my quick take on the Eastern Sierra Double Century that I did last weekend. Joe Garza, also from Henderson, was there too.

The ride began as a mass start at 5:15am, with maybe 150 riders leaving; the remainder of the group left at 4:15am to get a jump on the day. Temperatures were in the 50s, very little wind, and no clouds: perfect weather. It was a very fast ride around the town of Bishop. I tried to stay with the main group and to get as far as possible before falling out the back and riding on my own, or so I thought. I hung in there, lost my headlamp along the way, and stayed with the lead group for about 30 miles when I SAGed for water and a banana. The sun was just peaking over the mountains. I started back up and met a rider from Orange County. Andrew was an experienced double century rider, with 6-10 year. But our pace was compatible and we rode together from 30-200 miles. The relatively flat ride soon changed to climbing up the Sherwin Grade. The ~2000ft climb takes you into the Sierras toward lakes, through valleys and over passes. At one point, we saw a tandem and went wild trying to catch it. I like that wheel!! We stopped at each SAG but only for a few minutes to gobble peanut butter sandwich and to fill up with water and e-caps. What's the rush?!



Eventually we made it to Mammoth Lakes, a town that I had not seen in over 20 years. Still, lots of trees and people driving around gawking at the mountains. It really was quite beautiful. Our legs still felt pretty good and we two-person pacelined from Mammoth to the lunch stop at Lee Vining. It's hard to understate the benefits of pacelining. By now we had climbed 7200ft and were half-way to home! Nonetheless, we stayed only 10 minutes or so, and soon we were mashing along Route 120 with two other riders (Richard and Dennis) who knew Andrew from previous rides. They were both quite strong, and we all cooperated quite a bit from Lee Vining to Benton. Along this way, we rode through stunning views of Mono Lake through long valleys and about 100 little climbs as we left the older lake terraces and climbed into broad valleys. Here's my reaction to the 2<sup>nd</sup> to last SAG stop. Almost home!



We really cruised from that SAG station to Benton, screaming down curvy grades and out of the mountains. The last SAG station felt really good. V-8 juice, sandwiches and only 40 miles to go!! We had about 10 guys ready to peline back home, into a headwind...ugh! Several miles into the last stretch I realized I left my water bottles at the last checkpoint. Dang, what a dope! But no way was I returning for algae- and Perpetuum-filled bottles. Andrew was great and gave me one of his two bottles so I could continue through the long pulls, headwinds and warm 80 degree sunny weather. I am forever grateful to him and the others for their company and hard work. Eventually we made it Bishop, what a ride! The picture below shows us after checking in at the end. Next to me are Andrew, Richard and Dennis, all great riders



The Eastern Sierra Double is very well supported. The ride takes you through beautiful country during a great time of the year. I highly recommend it. The climbs are kind of steep but just peddling forward gets you home eventually.

Next up: California Deathride!!

Below are stats of the Eastern Sierra ride.

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total distance: 201 miles  
vertical climbing: 10,800 ft  
riding time: 11h 10m  
total time: ~11h 50m  
total SAG time: ~40m  
average: 18.0 mph  
finished 22 of ~209 riders who completed the double