

***Tour de Fire — Lake Mead Recreational Area and
Valley of Fire, 7 May 05***

Stories by:

***Stan “Cowboy” Masters, Greg “Lawman” Walch, and
Rick “Remicman” Gilmore***

Mission Objective: Complete all 134 Miles No SAG ride back

Training Objectives:

1. Utilize food and water for maximum performance
2. Meet new people
3. Employ pace line skills

Formation: 2 Ship in trail Lead Stan "Cowboy"
Masters #2 Greg "Lawman" Walch

Stats: 134.68 miles, 8380 feet climbed,

Time: 7 hours 50 minutes 6 seconds, Average Heart Rate: Cowboy 138/Lawman 157

Winds were not a factor, Temperature was 57 to start and 81 for the finish.

No cloud cover.

Grubbage (Food and water): Perpetuum, Accelerade, Gatorade, Elite, Hammer Gel,
Endro Caps, nanners, newtons, PBJ, Gumi Bears





Profile: Started with the lead bunch out of 287 total for the entire event. Worked our way back trying to conserve energy after 1 hour at 170+ for Lawman. Tried to work with the McGhie girls in the pace line but we had three that were deadwood and they ran the girls into a rest stop. It appeared as

if most of the people were out for the 98 mile ride and not the big one. After the Redstone rest stop at 37 miles it turned into a tortoise and hare sort of thing. We had planned for 3 stops first at mile 49 at Rogers Springs, second at visitor center mile 74, and Redstone at mile 97. Only overshot one turn up in Valley of Fire but soon caught the clue and corrected back to track. The climb up to mousetrap should be renamed to bear trap because that is what it did to most people. Put a big bear trap bite out of their backside as they traversed the road on the climb looking down for the triple ring they did not have. We were in the #5 spot for the turn at 67 miles. This is the part where you ask yourself if this is a ride, why are we still keeping track of who is in front? Well even though we did use some common sense we still pushed things about as far as we could go. This was a most excellent ride overall but there were some big hills on the way back that kicked some butt. Especially worthy of note was the one on the road around the lake at mile 130 short steep and nasty on normal rides it grows by leaps and bounds after 8,000 feet of climbing. Cowboy gets points for not leaving his wingman and Lawman gets points for turning his body into a chemistry test lab for cramps, testing the effectiveness of Elite and Endro-caps for 3 hours.

Areas for Improvement:

Grubbage is very important for any ride over 50 miles and it becomes even more important when there are hills or going past 100 miles. He who waits until the first 50 are complete to worry about his grubbage is too late.

Plan the ride to stay within your limits and then execute the plan. We passed a great many people on the way back to the end of the ride that were in some serious stages on the bonk-fest

Great Ride I would like to see more of you guys out there next year. One point worthy of note we were the only ones in Matt Smith gear but then we had no bandits either

V/R Cowboy

My two cents (Greg Walch).

1. Ride with Stan; bring long bungee cord and slice of humble pie.
2. Ride with Stan; pass many rabbits with droopy ears.
3. Ride with Stan; he carries Gumi Bears.

Much nicer than last year's (May, 2004) molten lava death-fest, this year's addition didn't burn my feet on the Speedplays.

Rick Gilmore's experience:

My short ride report.

I am mostly a weekend rider and have never ridden over 55 miles (1/2 Las Vegas Century). That was a breeze and I am used to hills as I frequent the "Athem Loop" so I thought the 74 miler at the Tour de Fire wouldn't be too bad. The weather was great. The 38 miles going up was actually not too bad even though that is the tougher leg. Some gradual inclines, some not so gradual. I definitely held my own for a weekend rider.

The first half of the return leg was not too bad but by the time I got to the last 20 miles,

the headwinds, some cramps and then fatigue started to kick in

(3 hours sleep and a stop at Chipotle's the night before didn't

help). To make things worse, there is a patch of road

between Callville Bay and Lake Las Vegas that is rough and

full of pot holes (those who have ridden it know what I am talking about). By that time I

was bitchin and moaning. I kept praying for no more hills but they kept coming, and just

a few miles before the finish at Boulder Beach, there is a killer climb (or it seemed so in

my state). I knew it was not a good sign when I saw several people walking their bike. I

didn't give up though, and continued to grind it out. Well I finished it and boy was I glad

to be back. I told myself I did not want to see another hill again.



Of course, now I am excited again about doing it again next year. I think I will try the 98 or 134.

Total time 4.5 hours, Average Speed just over 16 mph.

Rick "remicman"