



September 21, 2009

Dear Sea-to-Sierra and Women's Recovery Services supporters!!!

The fourth annual Sea-to-Sierra ride was our **very best yet!**

- 15 riders and 3 SAG vehicles w/ exceptional SAG drivers and support! 5 of the 15 riders were 'first-timers' this year, and are already committed to riding again next year!
- No one injured other than sore and tired muscles and extreme heat exhaustion on Day 1; temperature on the road surface after lunch cycling across the valley was measured at 114!
- Only 1 flat tire total (Kamran) and fortunately it blew at the TOP of Yuba Pass, before he screamed down the eastern descent!
- All riders and SAG drivers had a wonderful time over this 3-day event! 285 miles and ~17,100 feet of climbing! We made some logistics improvements this year as well:
  - Day 3 ride into Truckee changed at Sierraville; no more Highway 89 (too much traffic) and instead we remained on Hwy 49 to Loyalton and then provided portage over gravel road to the top of Stampede Dam for the leg into Truckee
  - SAGs were assigned to individual riding groups – Strong/Medium/Comfortable paces; overall lead and sweep riders each day; ride and SAG support at the pace the rider chooses and rider gear moves in your assigned SAG so easily available
  - Boxed lunch provided on Day 1 in Winters and Day 2 at Bullard's Bar
  - Better selection/distribution of SAG/rest stop edibles; salty snacks & bananas too, recovery snacks at end of each day prior to dinner
- We raised in excess (still finalizing!) of \$17,500 for WRS! Thanks so much for your support! Every rider pays their own expenses so every dollar donated goes straight to WRS!

**Day 1 – Friday Sept 11:** Santa Rosa→ Yuba City. We met at the Calistoga Road Safeway parking lot at 6:30AM. Absolutely clear and already warm! Friends and family were cheering us on as we pedaled off at 7:15! Today was the longest riding day—123 miles--from Santa Rosa over Trinity Grade, around the bottom of Lake Hennessy and Lake Berryessa to our lunch stop in Winters. Sandwiches, chips, icy cold watermelon and fresh blueberries and homemade chocolate chip cookies put big smiles on everyone's face. The day was getting hotter by the minute. The remaining 65 miles to Yuba City was flat and exhaustingly hot. Collectively the group consumed 24 GALLONS of water over the course of the afternoon. We arrived in Yuba City at 6:30PM; about 11 hours on the road, what with SAG breaks and lunch. After showering, we all walked down the street to a great Mexican restaurant for a fabulous dinner....and then BED! 4700 feet of climbing total.

**Day 2 – Saturday Sept 12:** Yuba City→ Sierra City. After a hearty breakfast, headed out at 7:30, east on Highway 20 and then north on Marysville Road. Gorgeous riding and the start of a lot of climbing! We circled Collins Lake and Dobbins (we refer to it as "Mount Dobbins" because of the 2+ mile, 10% grade that climbs from Dobbins to Bullard's Bar Reservoir!):



Lunch was welcomed at the reservoir, and then we continued northeast and connected with Highway 49. From there, a brief climb and swift and welcome descent into the valley, then slowly following (and climbing!) the north fork of the Yuba River into Downieville. After a brief respite over a cold soda, we climbed the final 12 miles to Sierra City (elevation 4100 ft). Our day totaled 82 miles, and 90% of them were uphill; we climbed a cumulative 7100 feet! One hiccup with accommodations awaited us ☺. Sierra City after all, is definitely not a “city” (population ~250?). Our group took advantage of all available accommodations, scattered across 4 different establishments. One of those establishments gave away two of our rooms (4 rider beds), even *after* we had confirmed it (and paid for it) the previous week. We could either send those folks 12 miles back downhill to stay in Downieville, or they could stay on pads on the floor of another apartment we had rented. They chose the latter ← imagine 7 sweaty tired male riders all sharing accommodations meant for 4.....with one bathroom ☺. Some icy cold Sierra Nevada Pale Ale helped ease the inconvenience! We had a terrific dinner at The Mountain Creek Restaurant. A few of us headed to the local watering hole to “replenish our fluids” (along with about 40 Harley-Davidson bikers who were doing the same thing!). Neil’s wife Jean (certified sports massage therapist) joined us and Jean provided much-appreciated massages for weary cyclists! Most everyone was sound asleep before 11:00PM!

**Day 3 – Sunday Sept 13:** Sierra City → Tahoe City. After a delicious buffet breakfast prepared especially for us by Joanne, the owner of The Mountain Creek Restaurant, we departed Sierra City in two waves – 7:30 and 8:15 AM. This allowed slower climbers to get a head start on the first 12 miles of today’s ride up and over Yuba Pass (from 4100 elevation to 6701 summit). Once over Yuba Pass, we were rewarded with the finest descent in the Sierra into Sierraville! Approximately 6 miles of perfect road, no traffic and breathtaking views! From Sierraville, we continued on to Loyalton where we SAG’d riders and bikes over 12 miles of gravel road to the head of Stampede Dam for a GORGEOUS ride, including a 2 mile, 9% climb before arriving, wind-beaten in Truckee. Following a late lunch, we rode as a group into Tahoe City, arriving at

our destination (the family condo of one of our riders) at 6:00PM. 77 miles total today and every one of them delightful! **We'd made it!**



The evening meal Sunday was at the local Blue Agave Mexican Cantina and was accompanied by various well-deserved beverages, toasts and hurrahs! ☺

Altogether a grand time! Thanks again for your support. I could feel it every inch of the ride!