



September 28, 2011

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

The sixth annual Sea-to-Sierra ride was the year of extremes -- extreme heat, extreme cold/wet, extreme climbing, extreme descents and extreme fun!!

- 18 riders and 4 SAG vehicles w/ exceptional SAG drivers and support! We even had a 'dedicated' photographer! 6 of the 18 riders were 'first-timers' this year, and are already committed to riding again next year! Of course that means that 12 riders are 'repeaters'! Says something about what fun we all have!!
- No injuries and EXTREME weather ← 106 degrees on Day 1 and thunder and lightning and rain on Day 2!
- We think we achieved our overall goal of raising \$60,000. Thanks to you, I was able to raise nearly \$2,500 of that! Thanks so much for your support! Every rider pays their own expenses so every dollar donated goes straight to WRS!



Day 1 – Friday Sept 9: Santa Rosa → Folsom. **(123 miles; ~5250' climbing):** Absolutely picture-perfect weather for the morning ride up and over Trinity Grade and around the bottom of Lake Berryessa to Winters and our lunch stop. Warmer (!) weather for the afternoon ride – in fact we hit 106 degrees crossing the valley through Davis and into Sacramento! Thankfully, the final 30 miles up the American River bike trail into Folsom was mostly tree-covered and somewhat cooler! Straight into the pool upon hotel arrival – bike shorts and all! A great dinner and fast asleep by about 10PM!

Day 2 – Saturday Sept 10: Folsom → Kirkwood. **(85.9 miles; 11,200' climbing):** This is the hardest cycling day of the ride. Although only 86 miles total, nearly half the total elevation gain comes AFTER lunch in the final 35 miles! Oh...and did I mention that the morning ride from Folsom to Jenkinson Lake near Pollock Pines was warm – almost muggy – but the afternoon was pounding rainstorms, thunder and lightning??! As one rider said, "most of the time I managed to stay safely between dehydration and hypothermia!" I was so cold and wet by the time I reached Kirkwood that I was shaking, but after a hot shower and a glass of wine, I was feeling much better. Instead of heading out for dinner at a restaurant as in past years, one of our SAG drivers Dan prepared a wonderful meal of spaghetti and his Mom's famous homemade meatballs, salad, garlic bread and apple pie with vanilla ice cream! We all ate and visited in the great room of the condo complex. What a terrific way to end an exhilarating day!

Day 3 – Sunday Sept 11: Kirkwood → Tahoe City. **(53.1 miles; ~3500' climbing):** A beautiful morning dawned! No rain, sparkling sun, not too cold; you'd never know of the previous day/evening storm! After a special buffet breakfast at Kirkwood, we climbed over Carson Pass and descended into Pickett's Junction and then up and over Luther Pass. The descent into Myers was newly paved and extraordinary, and then we continued through South Lake Tahoe and up Highway 89 and the west side of Lake Tahoe, around Emerald Bay and into Tahoe City. We gathered to ride into the destination condo as one group, taking photos and whooping and hollering with our success! We had a relaxed lunch and headed to our various condo accommodations to clean up and return to the lakeside condo for our final dinner. Instead of a restaurant, another rider Kamran prepared and served gourmet cheeseburgers accompanied by salads and bread and plenty of beverages (our tradition includes margaritas of course!). My Uncle Bill made the drive up from south shore and joined us for dinner!



Day 4 – Monday Sept 12: Tahoe City → Cisco Grove. **(39 miles; ~1400' climbing):** an 'optional' day but not to be missed! As a number of riders headed home via SAG on Monday after a scrumptious breakfast (buckwheat pancakes nearly the size of a garbage can lid!), I prepped for the short but gorgeous ride over old Donner Summit Road and down as far as Cisco Grove. A total of seven of us rode Day 4 and it was terrific. Maybe because the 'official' ride was over, I felt I could thoroughly enjoy myself...and I did, including hitting 42 MPH on the Cisco Grove descent (and the descent is almost 14 miles long!!) Woohoo!

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

