

Ride to Lincoln

By
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Normally I ride solo during my training rides. All training miles have been on the American parkway bike trail after work. My methods/nutrition are far from scientific. A typical ride starts at a slow pace to warm up for 10 minutes then I put the hammer down for either 25 or 40 miles along the trail depending on how I feel that day. I race against the clock on every ride to meet or beat my best time for each distance. During one of my rides, I rode back with a few of the Cycle Folsom riders. Riding with a group sounded like a lot of fun and a way to better gauge where I need to improve. After checking out the web site, I decided to hook up with the club on one of their Saturday rides.

My first ride with the group was the first long winter training ride along the bike trail from Karen's Bakery to Discovery Park and back. I did this ride a couple of times and thought I needed a little more difficult ride. Now on to the Lincoln Saturday ride.....

Karen's Bakery 8am. Two rides A&B riders to Lincoln and the C riders to Discovery Park and back. I had reviewed the map to and from Lincoln from the time I received the e-mail from Steve describing the ride. Last minute thoughts were to bail out and ride to discovery Park and back. No, I thought to myself...If I am ever going to start climbing today is the day. The group started out fast and I took a position near the back, to stay out of the way of the better riders. Once the Folsom Bridge was crossed I made a commitment to myself to complete this ride no matter how long it takes or how much it hurts. The pace line was moving along at about 20mph+ up Auburn Folsom road. Just past the Dam Road one rider dropped back. Past Douglas, I decided that I would not make it to Lincoln and decided to drop off the back and slow down. The pace line disappeared from sight in a few minutes and I was on my own unless by some miracle I would catch up. A few miles further up I passed one of the group stopped by the side of the road, I believe waiting for dropped riders to catch up. I continued on Auburn-Folsom and was happy to see King Road finally appear and made the left. I was happy to get a short break from the steady climb up Auburn-Folsom road. My legs recovered and I was having an easier ride on the rolling hill pattern of King road. So much so I missed the turn at Brennan's Road. By the time I realized the mistake I was at the intersection of King and Taylor. I stopped and pulled out the Cue sheet to figure a new route to get back on course. The cue sheet had Rock Springs road crossing Taylor road, I made a decision to turn right on Taylor and ride to Rock Springs/English Colony Road. Taylor road started out pretty flat. Then up ahead I saw the road start climbing. I kept pounding away at the pedals and made it over the first climb only to see a much steeper/shorter climb next. I made the top but my leg muscles started to cramp up. I made a left onto English Colony Way and was back on course. I rode as hard as possible and made the right on Sierra College Blvd. The Sierra College climb made the Taylor road climbs seem short by comparison. Keep in mind that I am not a climber. My legs were starting to give out and cramp but I was determined to get to Lincoln. On the last downhill toward 193 I saw three of the A/B? group riders on their way back. With my water bottles completely dry, I

needed to get to the park. Riding down 193 I'm looking for the park.....where is the park? Did I make a wrong turn? Is the cue sheet wrong? I spot a golf course on the right, should I stop and get some water or go for the park? I decide to keep going until I find the park or a store to buy some water. A mile or so later I spot some homes and then around a slight bend see the park! I pull into the park and find water to refill the bottles and rest for a few minutes. I check my odometer and it shows 30 miles. This includes the three miles from my house to Karen's Bakery. I refill the bottles, eat and take a short break. I start back on 193 and make the right onto Sierra College road. I have the cue sheet stuffed halfway out of my glove to keep track of the next turn. I make the climb back to the top of Sierra and on the left side spot English Colony Way.....I make a mental note that this is not the same road I turned from onto Sierra College Road on the way to Lincoln. But I decide to make the left. As I'm descending...I'm hoping that I made the right decision to get on this road. I pass under a train bridge and keep my eyes open for Humphrey road. At last I spot Humphrey road. This makes me a believer in the cue sheet. The legs are really starting to give out at this point and leg cramps are getting stronger and stronger. I down two shots of Gue with half a bottle of water to help stop the cramping. I slow to help the legs recuperate. The route back seems mostly descending except for a few short uphill climbs that just about put my legs into cardiac arrest! One more twist of the road and I make the turn onto Auburn-Folsom Road. On the decent, a few pace lines go speeding by. Usually I will fall right in and can stay with riders that are a few mph faster. This was not the case today. Just past Douglas I fall in with a slower group for the last stretch to the bakery. As I ride past Karen's....I wonder how the rest of the group did today on this ride. Did they all make it? I ride the last three miles fighting off leg cramps to home for a total of 60 miles. Many thanks to Steve for the easier route back from Lincoln. Note to self.....not ready for this type of climbing...need to put a training and nutrition program together.