

Descenders Monster Climbs VII

June 7-9 2013

Based in Bishop, Ca

The “Brochure”

This is the Descenders premier riding event. This year we venture back to the East Sierras for an ambitious agenda that includes two of the top 10 US climbs. We will be based in Bishop for the comforts of the Creekside Inn. A detailed itinerary is attached. Please read carefully, and print or save this file for your access during the trip.



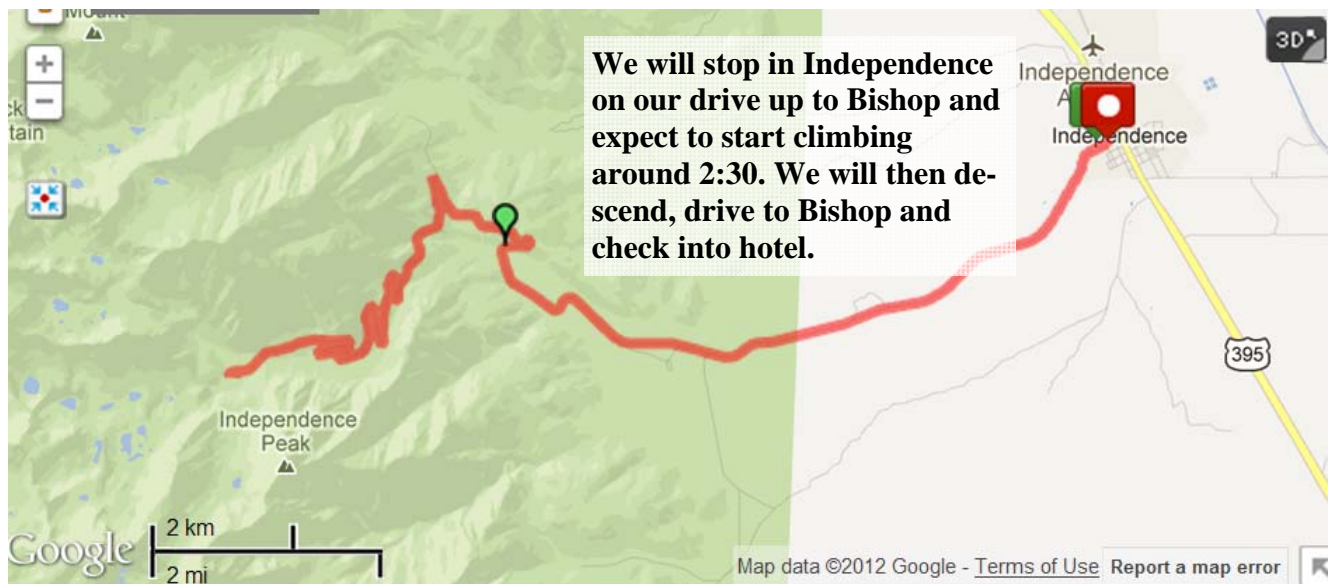
Prepared by David Voris

		Total Miles Round Trip	Elevation Gain	Highest Point Reached
Day 1 PM:	Onion Valley Road	26	5,072	9,200
Day 2:	Pine Creek, Sherwin Grade, Rock Creek	95	9,783	10,272
Day 3 AM:	Bristlecone Forest in the White Mountains	46	6,250	10,105
	Total Trip	167	21,105	



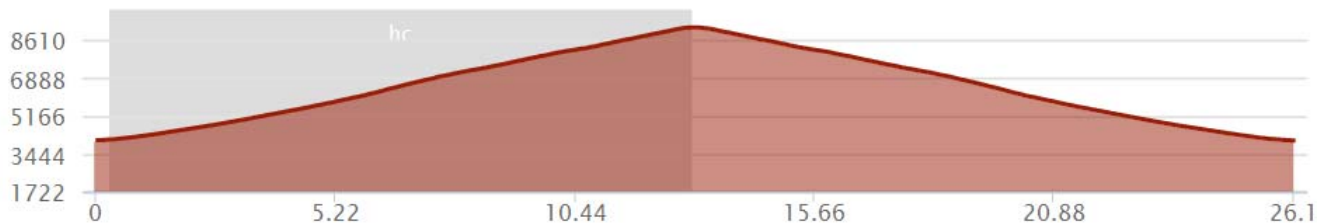
Day 1—Onion Valley Road

Starts in Independence Ca (45 miles south of Bishop). This will be very hot, windy and exposed at the base but cold at top, and no water sources on the way. The descent is famous for views and curves. This is the highest ranked climb in CA.



ELEVATION (ft)

Ranked 5th in the United States, #1 in CA.



Map:

<http://www.mapmyride.com/routes/view/161303984>

3985 ft Start Elev 9186.0 ft Max Elev 5072.0 ft Gain

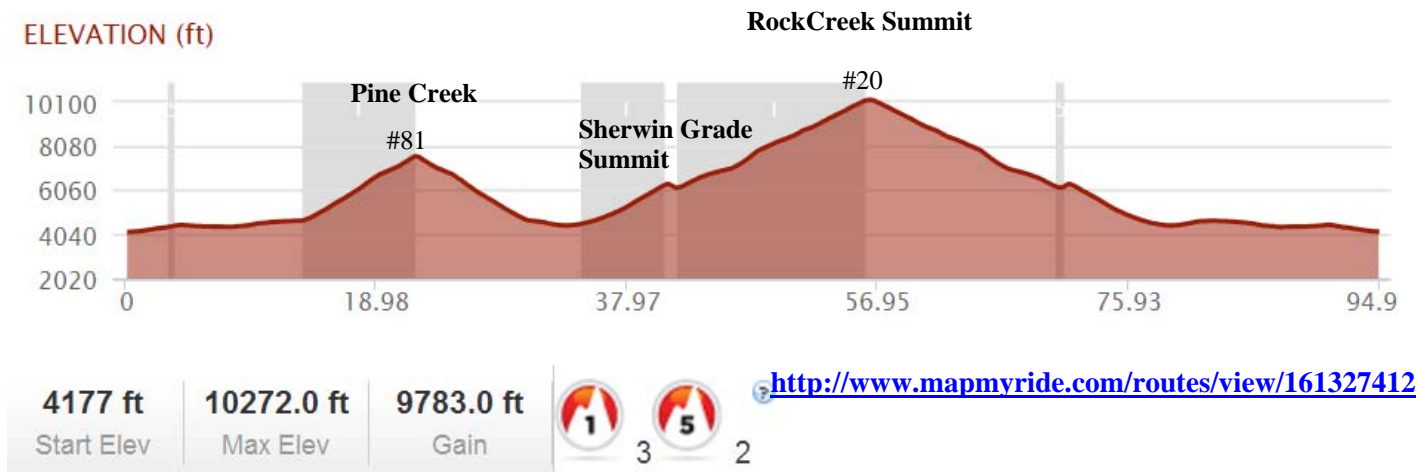
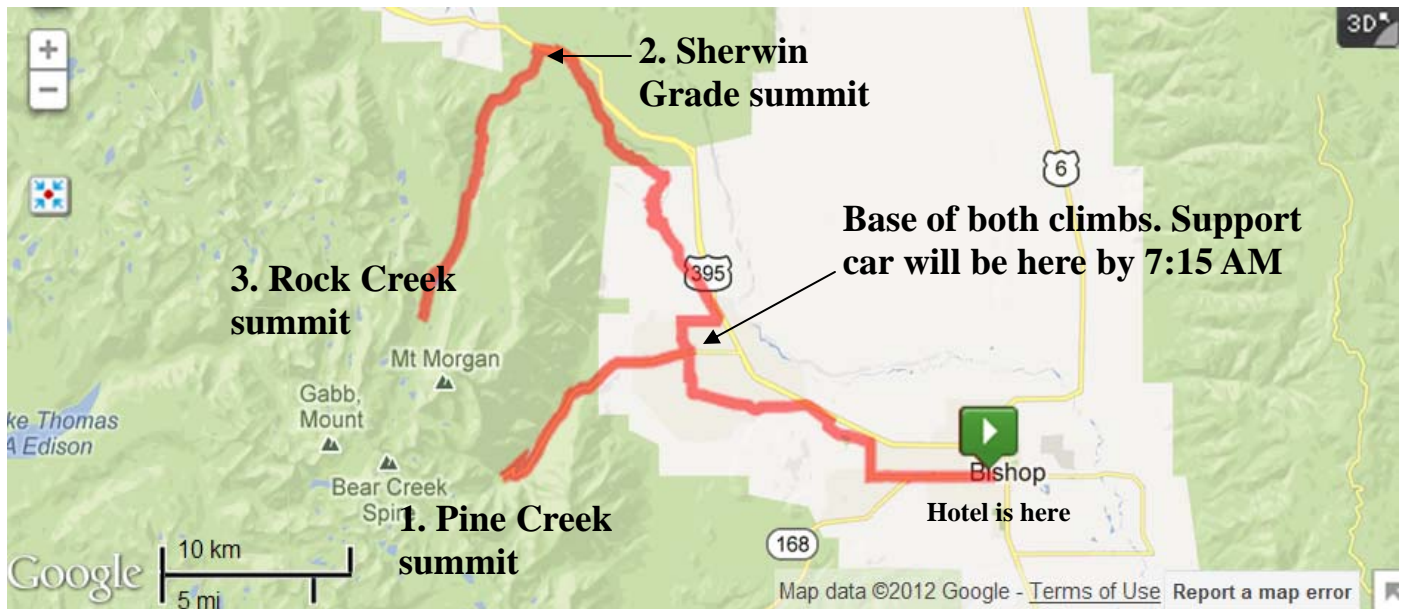


1

Onion Valley Road



Day 2—Pine Creek, Sherwin Grade & Rock Creek



6:45 cycle from hotel. Starts with a VERY cooperative and conservative flat 11 mile paceline spin to the base of the first climb - Pine Creek, where a support car will be (see itinerary). If you want to skip the 11 mile ride, then jump in with the support car(s) that leave(s) hotel at 7:00. Pine Creek is a scenic, friendly climb. Be sure to jump the gate near the top and ride all the way to the mill. Descend back to support car for refills/food and prepare for final 20+ mile climb. *Now, the pain begins.*

Base of Sherwin Grade climb could be hot and exposed. There is a little shop in Tom's Place after Sherwin Grade summit for drinks and limited food choices. Rock Creek summit is a very high elevation forest and worth the effort, but no resources at the top.

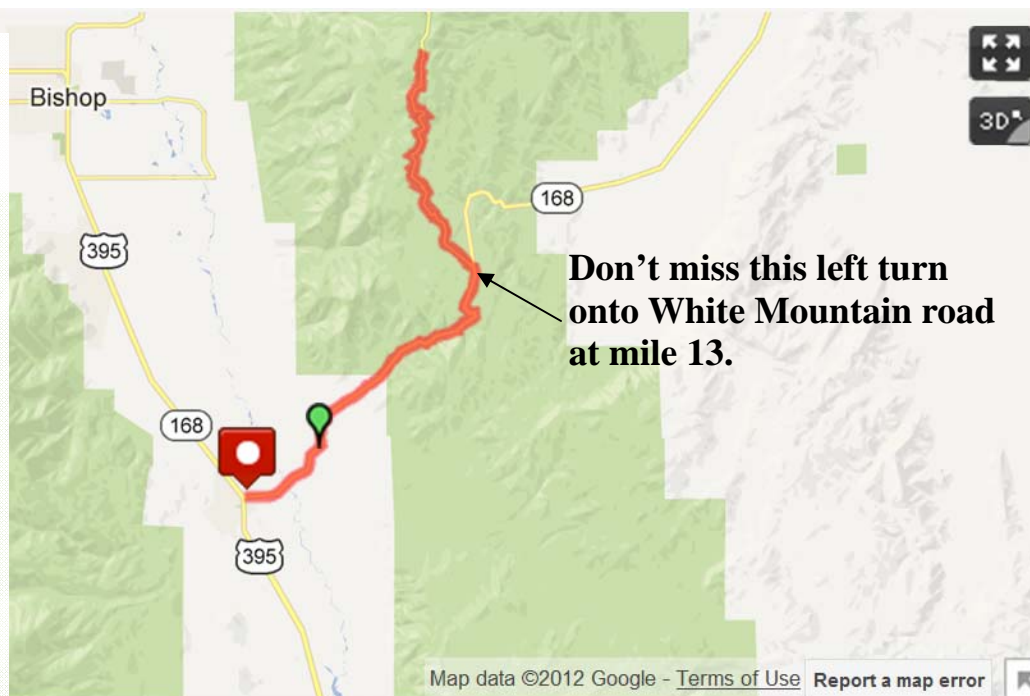
Descend to support car, and ride or drive back to hotel. In 2010, most people rode back to get a near-century.



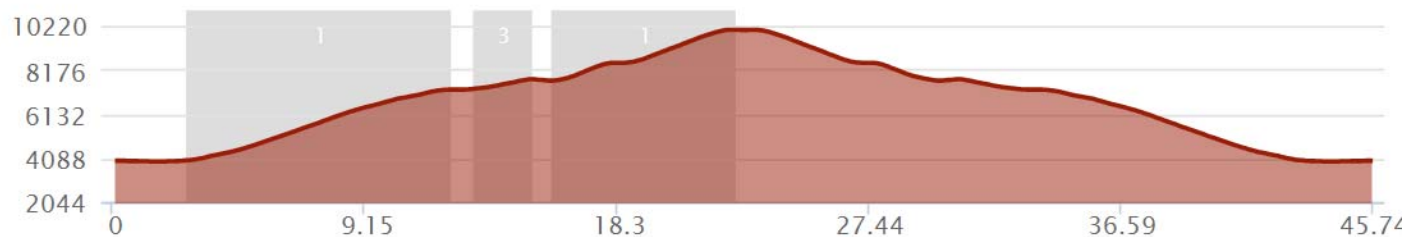
Day Three—Bristlecone Forest on White Mountain Road

Starts in Big Pine, a 15 mile drive (or optional ride) south from Hotel in Bishop. See Itinerary for timing and check out info.

Support car will be parked around mile 13. Don't miss the left turn onto White Mountain Road at mile 13. The summit will have limited bottled water sources for purchase at the info building.



ELEVATION (ft)



<http://www.mapmyride.com/routes/view/161328278>

3965 ft

Start Elev

10105.0 ft

Max Elev

6250.0 ft

Gain

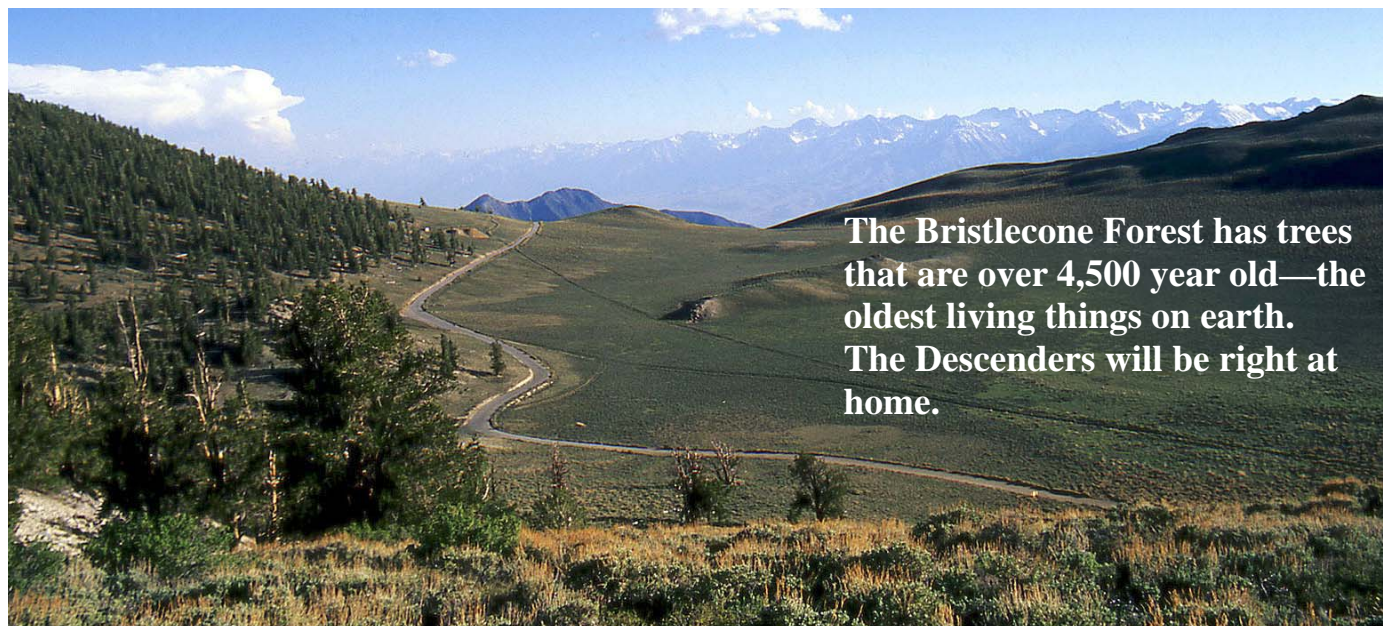


2



1



Ranked # 7 in the US



The Bristlecone Forest has trees that are over 4,500 year old—the oldest living things on earth. The Descenders will be right at home.

Detailed Itinerary. Please Review Closely.

By David Guidotti and Dave Voris

<u>Jun-7</u>	
7:15 am	Arrive at 11358 Spring Meadow Lane, restroom available. See Vehicle assignments below. Please have racks mounted/ready and full gas tanks. Coffee available. Group picture
8:15 am	Caravan departs Spring Meadow (have gear accessible for afternoon Onion Valley climb). Approx. drive time for food/coffee stop in Adelanto is 2Hrs 15Mins, no stops scheduled on the way.
10:30 am	Arrive in Adelanto for a 45min stop... eat, restroom breaks, refuel if needed, etc.  Lunch Options – Subway and Rubios, plus Starbucks)  ARCO Southeast corner Hwy 395/Palmdale Rd (Cash Only)
11:15 am	Drive north on Hwy 395 to Independence. Left turn on W. Market St... this turns into Onion Valley Rd. Park on the left side of the road after passing N. Grant St (about ¼ mile from 395). Approx. drive time from Adelanto is 2hrs 45mins.
2:30 pm	Club Picture, then Start Onion Valley climb. Directions: West on Onion Valley Road to top – no turns.
5:30 pm	Arrive back at cars
5:45 pm	Drive north to Bishop. Directions: North on Hwy 395. Approx. drive time 45mins.
6:30 pm	Arrive Bishop - check in at Creek Side Inn, cost included in trip fee. D. Guidotti will coordinate check-in and provide room keys per room assignments below.
7:30 pm	Dinner at Creek Side Inn – patio towards rear of property, cost included in trip fee
<u>Jun-8</u>	
6:00 am	Riders load nutritional items in 2 support cars (Gold Forerunner and Dark grey Volvo X90) that will be delivered to base of the Pine Creek climb, and available before and after the first climb and before and after the second climb. There are a few food and drink options at Tom's Place (Half way up the 2 nd climb). Plan for high temperatures. Cars will be parked in the school auxiliary parking lot, slightly south of Pine Creek Rd and N Round Valley Road. Other riders that want to shorten day 2 mileage and get a jump start climbing Pine Creek are welcome to ride in the support cars.
6:15 am	Breakfast buffet @ Creek Side Inn, cost included in trip fee. (Note: cold food items are typically available slightly earlier)
6:45 am	Begin ride from Hotel on time, no wait req'd. No formal club picture. Riding Directions Pine Creek climb: S. on 395 ½M, R on W. Line Street (168). After 3M, R on Red hill road, and after 1M R on Ed Powers Rd. After 1M, L on Sawmill Road, then after 1.5M L on S. Round Valley for ~5M to elementary school/car/start. This is the start of both climbs. 1 st climb is west on Pine Creek, up and back to car. Jump the gate for final mile to the mill. Riding Directions Sherwin Grade and Rock Creek: From car ride Nth on N. Round Valley Rd 1M. R on Birchim 1M. L on Sherwin Grade, climb begins shortly after. After 10 miles of climbing L on 395, after 1M left again on Rock Creek. Rest at tom's cabin. East on Rock Creek 11 miles to the top. Descend to Car. Do not descend with empty bottles – you'll dry out.
7:00 am	Support car(s) leave hotel. Driver Directions: North on Hwy 395 (10mi), left on Pine Creek Rd (1.7mi), left on N. Round Valley. Auxiliary parking lot on the right. Car keys will be placed on the backside of the left front tire. Please DO NOT forget to <u>return the key behind the tire after completing your stop</u> so following riders are able locate the key. Last two riders returning from Rock Creek climb are responsible for returning support cars to the hotel.
3:30 pm	Hotel pool and Geoff's home-brewed beer, no agenda
6:00 pm	Dinner at Whiskey Creek, cost included in trip fee. Restaurant at 524 Main St. a few blocks south of the Inn (walk)
<u>Jun-9</u>	
6:30 am	Breakfast buffet @ Creek Side Inn, cost included in trip fee
7:30 am	Check out and drive cars to Big Pine for start of Bristlecone climb. Directions: South on Hwy 395, left Country Rd 168. Parking to the right just after turning onto 168. Driving time 20mins.
8:15 am	Club picture by the Big Pine Tree, then begin Bristlecone climb. Riding Directions: E on 168 for 13 M, L on white Mountain road (easy to miss) for 10M to the top. Car at mile 13. Water SOLD at top.
12:00 am	Descend - Return to cars
1:30 pm	Drive home. Each vehicle is now an independent group and will make their own lunch arrangements
7:30 pm	Arrive Spring Meadow Lane

Special Notes to Riders:

Mount fresh tires, good brake pads and new chains/cassettes for this trip. Any bike repairs should be performed a couple of weeks before the trip to avoid unexpected problems. Bring LOW gears... Compact or triple Swallow your pride and



the trip to avoid unexpected problems. Bring LOW cranks with 11- 28 cassettes are encouraged.... make it fun.

Hotel:

Creek Side Inn
725 N. Main Street, Bishop
(800) 273-3550

**Meals:**

🚲 **Breakfast - Creek Side Inn Complimentary Hot Breakfast Buffet featuring:**

- *Scrambled eggs*
- *Sausage patties*
- *Seasoned breakfast potatoes*
- *Biscuits & gravy*
- *Freshly cut seasonal fruit*
- *Cottage cheese & yogurt*
- *Slow cooked country oatmeal*
- *Assorted cold cereal & breads*
- *Assorted fresh juice & milk*
- *Fresh brewed coffee & herbal tea*



🚲 **Dinner - Day 1: "Pizza on the Patio" (Creekside Inn rear patio... Pizza/Salad by Upper Crust Pizza Co.)**

🚲 **Dinner - Day 2: Whiskey Creek**



Continuing our Saturday evening fine dining tradition, we will be dining at Whiskey Creek restaurant. Whiskey Creek was established in 1975 and is recognized in Bishop for excellence in dining. We will be dining on the outdoor garden patio, complete with a water feature.

Car Assignments (Driver):

Barrall	Ernst	Guidotti	Rehberg	Southerton
J. Cresap	O. Shpyrko	M. Babb	M. Farkas	R. Bienias
B. Proulx	C. Schulze	L. Nathe	R. Verfurth	E. Blasi
D. Sheehan	D. Voris	B. Wood	J. Wingert	M. Hodges

Room Assignments:

M. Babb	D. Ernst
R. Bienias	C. Schulze
B. Proulx	R. Verfurth
D. Guidotti	M. Farkas
M. Hodges	G. Barrall
L. Nathe	E. Rehberg
O. Shpyrko	J. Wingert
J. Southerton	E. Blasi
D. Voris	D. Sheehan
B. Wood	J. Cresap

**Cell Phone Numbers:**

Matt Babb	619 992-5561	Michael Hodges	858 842-7854	Jeff Southerton	858 518-4330
Geoff Barrall	858 354-4761	Len Nathe	858 344-1652	Robert Verfurth	619 253-6246
Rick Bienias	858 382-9893	Bob Proulx	858 205-8239	David Voris	858 335-7491
Eileen Blasi	n/a	Eric Rehberg	858-373-8046	Jim Wingert	619 787-9702
David Ernst	858 254-7796	Claus Schulze	619 884-2014	Bill Wood	408 206-1412
Michael Farkas	858 692-9541	David Sheehan	858 735-7555	Jeff Cresap	858 354-5750
David Guidotti	858 349-2771	Oleg Shpyrko	630 915-0868		