

Ride Report
Quick N Dirty In the Park (Dirt Bike Race)
February 22, 2015
By David Ernst




The Quick N Dirty mountain bike (Dirt Bike) series held an event today at Balboa Park, next to the Velodrome.

Attending for the Descenders were Rick Bienias, and David Ernst.

I think we all know Rick's past as some sort of pro dirt bike racer. Rick mentioned when we arrived 1.5 hours before the start that he has not raced his dirt bike in at least 10 years. Well before the Descenders! We'll right upon arrival other riders promptly said "hello Rick," as if he was never gone. Basically today was a reunion for Rick and his dirt bike buddies, and it as obvious they were delighted to have Rick there to race. As usual my role was to hold Rick's bag!

Another guy then blurts out to us, like he knows us, "where's Guido?" Turns out this is Tony, one of Guido's daughters (forgot which one!) boyfriend, and he's been hassling Guido to get into the dirt scene. Tony works for Loaded Precision components, a dirt bike component maker (and maker of a stem I really want) based here in San Diego. Tony also has this completely unique suspension front fork on his dirt bike. Tony is into it. Guido's daughter told me after the race that she wants a bike, a Road Bike. Guido - make it happen...

I've learned in the dirt bike scene there's no "fun" rides like the road world, it's always a *race* when dirt is involved. Rick signed up for the Expert 49+ Class, while I signed up for the Super Sprint class because, like the expert classes, it involved 5 laps, whereas the Sport Class was only 4 laps. I figured to get crushed as a 51-year old (no age groups in the Super Sport class) but I wanted to get a good workout. The *race* course was a total blast 3.3 mile route in the native dirt to the west of the Velodrome. It has a good mix to quick and sketchy single track descents, fast and flowing moderate downhill to the SW corner of the route, and a descent climb back to the start and even a lap in the Velodrome. Really fun.




Rick Bienias * Descenders – Ride

8:49 AM on Sunday, February 22, 2015

Quick & Dirty MTB race. A lapper stuck on the downhill forced me down a deep ditch taking a hefty dirt sample, lost the lead group but salvaged 1st in 49+Expert and 5th overall. Just a fleshwound.

4



18.4mi

Distance

1:05:38

Moving Time

1,650ft

Elevation

77

Suffer

329w

Estimated Avg Power

1,296kJ

Energy Output

	Avg	Max
Speed	16.8mi/h	30.0mi/h
Heart Rate	156bpm	175bpm
Calories	1,445	
Temperature	68°F	
Elapsed Time	1:21:49	

Device: [Garmin Edge 500](#)

Bike: Epic FS MTB

Rick's Strava feed gives the tale of his (mis) adventure. Briefly stated, Rick was in the lead group of 5 riders chilling and waiting for the attack on the last lap (mostly 25-36 aged group riders). On one of the sketchy, fast single track sections another ride most have gone of course. Rick had no chance to avoid the rider, t-boned him, and basically got ejected from his bike and did a fine dirt/vegetation sample off the course. He was happy to find he and his bike were fine, and once he gathered up his new Spy shades (with the Happy Lenses) was off again but no longer in the lead group.

Rick still finished 1st in his class.

MALE EXP 49+										
1	15	Bienias- Rick	5	01.04.13.008	12.08.930	12.21.182	12.56.972	13.59.324	12.46.600	Descenders
2	133	Parks- Todd	5	01.06.46.480	12.53.518	13.04.234	13.31.204	13.34.955	13.42.569	Hammer Racing
3	167	Crane- Lee	5	01.08.59.503	13.17.659	13.40.599	13.46.212	14.05.791	14.09.242	Swamis
4	139	Kairy- Jack	5	01.09.17.721	13.35.282	13.36.456	13.57.746	14.14.618	13.53.619	VCC JW Flooring
5	28	dodero- deron	5	01.10.16.189	13.27.720	13.46.149	14.01.220	14.18.379	14.42.721	Swamis
6	148	Stowell- David	5	01.13.37.711	14.39.239	14.34.172	14.46.177	14.58.240	14.39.883	Cal Coast
7	158	Chillas- Jonathan	5	01.15.22.170	14.14.894	15.06.016	15.24.698	15.29.712	15.06.850	
8	175	Dardzinski- Ted	5	01.15.32.440	14.31.926	14.57.990	15.20.797	15.21.264	15.20.463	Eastside Velo
9	12	Bernhard- Rob	5	01.17.36.928	16.02.713	14.56.021	15.34.462	15.33.118	15.30.614	Cal Coast Bicycle
10	60	McEachern- Lee	5	01.17.38.698	16.04.338	14.57.489	15.33.476	15.33.622	15.29.773	Cal Coast Bicycles



Top of the Podium for Rick!

MALE SUP SPT 15+										
1	57	Mahlum- Dan	5	01.06.55.198	13.29.798	13.24.976	13.25.821	13.27.222	13.07.381	
2	199	Zink- Brian	5	01.07.07.355	13.24.471	13.06.709	13.29.543	13.39.638	13.26.994	Spy Giant Ride
3	189	Rauhala- Kristian	5	01.12.42.835	13.58.120	14.35.770	14.45.686	14.59.485	14.23.774	Pear Sports
4	128	Arena- Ben	5	01.13.49.768	15.19.045	14.22.603	15.26.648	14.25.223	14.16.249	SDBC Emerald Textiles
5	140	Fackler- Jason	5	01.14.47.090	14.47.977	14.42.038	15.23.671	15.01.256	14.52.148	Sock Guy Velo Hanger
6	187	McIntyre- Hunter	5	01.15.21.874	14.52.007	15.45.721	14.39.010	15.14.051	14.51.085	
7	156	Cervantes- Guillermo	5	01.16.29.617	14.29.521	14.53.506	15.30.024	15.49.771	15.46.795	Ellin Cycling
8	32	Ernst- David	5	01.16.55.019	15.24.274	15.05.533	15.22.496	15.37.556	15.25.160	Descenders
9	20	Casillas- Adan	5	01.17.07.163	13.55.459	15.18.598	15.49.794	16.19.313	15.43.999	
10	143	Villa- Alan	5	01.20.45.766	14.58.772	15.15.930	15.44.819	18.44.598	16.01.647	Channel MTB
DNS	31	Elkins- Jake	0	---	---	---	---	---	---	Rocked up Racing

As for me 8 out of 10 in the Super Sport wasn't so bad - not last! Ironically I would have finished 9th in the Expert 49+ class, and 4th or 5th in the 4 lap Sport Class. No matter no dirt samples for me and it was fun, and a good workout. You should have come!