



## Trip Report: Palomar Trifecta

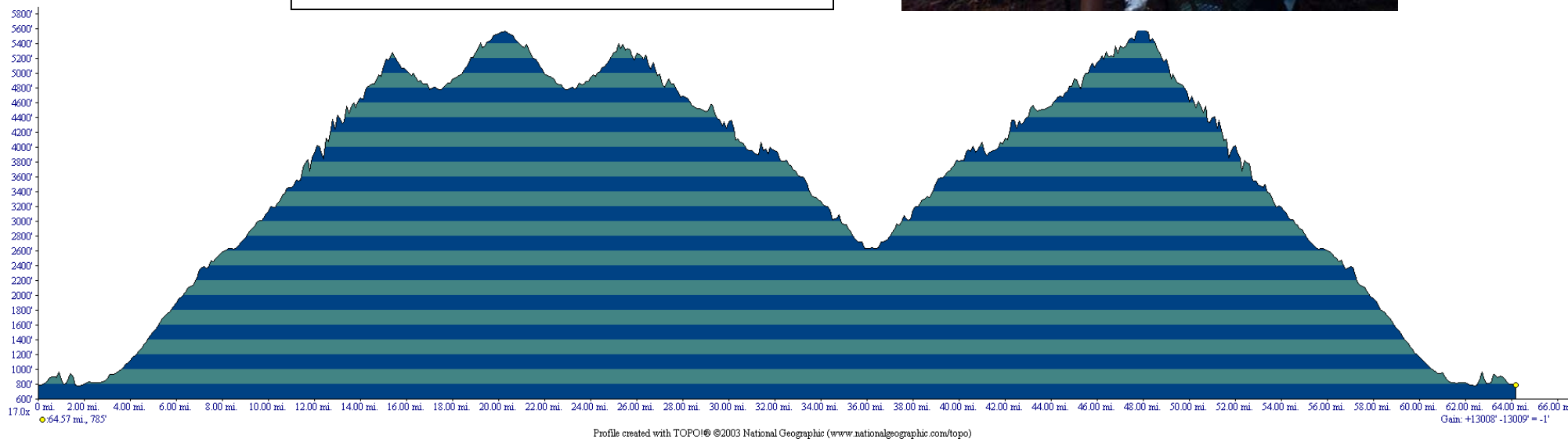
**Date:** May 23, 2009

**By:** Dave Voris

**Riders:** Mike Hodges, Dave Voris, Rick Bienias, Rob Verfurth, David Guidotti, Jeff Cresap, Dave Ernst, Jim Broder, David Boyle, Arlyn Asch, Mark Wineman, Dave Sebba, Scott Dinslage

**Distance:** 67 miles

**Climbing:** 9,000'



Route →

- |  |                 |                |
|--|-----------------|----------------|
| 1. Park at Paula Mesa House (base of Cole Grade in gated community). |                 |                |
| 2. Ride to base of South Grade                                       | 3 miles         | 300'           |
| 3. Climb South Grade   | 11 miles        | 4,200'         |
| 4. Observatory (optional)  | 10 miles        | 1,230'         |
| 5. 100% regroup at Mothers   |                 |                |
| 6. East grade down (can u turn early)                                | 11 miles        |                |
| 7. East grade up, including road to county park                      | 12 miles        | 3,000'         |
| 8. Mothers for Pie   |                 | 1,000 calories |
| 9. Descend South grade to car  | 14 miles        | 200'           |
| <b>Total</b>   | <b>60 miles</b> | <b>9,000'</b>  |

## Comments:

This was a key training ride for the club as we prepare for the Monster Climb trip in two weeks. “Palomar Trifecta” refers to 1) the South Grade, 2) the Observatory (which is really two “small” climbs) and 3) the East Grade from Lake Henshaw up to the Palomar County park. Although we had a stout schedule, it still didn’t match what we will face on day 2 of MCIII this year. We had one of our biggest club turnouts, shattered several personal bests, enjoyed perfect weather, and had no flats or incidents. It was about as good as it gets!

### The East Grade Climb remained social for the first 5 miles



### Guido hangs back to take in the sights – Lake Henshaw



The motorcade appears to be following the breakaway group.  
But we know better...



Rick Clemson eggs on the maniacs with the "Photo of the Week"



Fortunately we didn't see any cyclist hood ornaments

