

Ramona Loop with the 5 Dave's

By Rob Verfurth

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Participants: Arlyn Asch, Rick Bienias, Logan Fiedler, Mike Hodges, Jeff Cresap, Jim Broder, Dave Boyle, Dave Ernst, Dave Sheehan, Dave Voris, Dave Guidotti and Rob Verfurth

Start/Finish: Spring Meadow Road

Weather: high 30's/low 40's; cold but sunny

Distance and Elevation: 52 miles with 2,000 feet of elevation from PQ to the pizza party at Broder's house; more than 60 miles for those that rode home from Jim's.

Route: Poway Road to Garden Road and up to Scripps Poway Parkway. Highway 67 to Dye Road loop and down Highland Valley Road to Bandy Canyon. Down Bandy and then back up the HVR for the final descent; south on Pomerado and left on RB Road to Jim Broder's house.

Comments: It was a beautiful and cold morning as Guido and I rode to Spring Meadow-temperature was in the high 30's. We tried to get warm as we hustled to meet Mike, Dave V and Arlyn at 7:30. The now usual 8 am meeting spot at Poway and Garden Roads was where Rick met us. The group expanded further as Dave S, Dave B, Dave E and Jim met us there. As we headed up Garden Road, Jeff and Logan joined the large group; we now had twelve riders. In the group were 5 Dave's, a record for the Descenders.

The group quickly split going up Scripps Poway Parkway with Arlyn leading the charge. Logan showed the strength of his young legs as he closed the gap and took the lead to the top of the hill. We had some nice pulls along Highway 67 dropping riders all the way to Dye Road. Sheehan showed that all his travels to Japan have not slowed him down as he pushed the pace many times and took point for several extended pulls. We waited briefly to regroup and then split into 2 smaller groups for the pace lines for the Dye loop. Dave S again was on point pushing the pace while I tried to hold on to anyone's wheel. The pace line pulls were quick rotations and good practice for the upcoming Shadow Tour TT event.

We headed down Highland Valley Road and turned onto Bandy Canyon. Jim and Jeff kept going while the rest of the group did the 4 mile descent and flat road into Bandy Canyon. We turned around and headed swiftly, in a tight pack, back to the top of Bandy. The rest of the route was down HVR to Pomerado and onto RB Road where we all met back up at Jim Broder's house.

The post ride pizza replenished our glycogen stores. Watching Tour de France Time Trial videos from past years got us all motivated for the Shadow Tour 100 mile Team Trial event on 17 Jan. The Descenders will have at least 2 and maybe 3 teams of four riders for the event.