

Tour de Poway 2010

October 3, 2010

Prepared by Dave Voris



Another record for the Descenders - 17 participants, and 4 in the first finishing group. Pictured here, the early arrivers humbly assume the entire front row of the start. Participants:

- Len younger
- Len elder
- Chad
- Drew
- Steve Fox
- John
- Geoff
- Dave Ernst
- Dave Sheehan
- Dave Guidotti
- Bernie
- Dave Voris
- Rick
- Rob V.
- Bob P.
- Oleg
- Mike Hodges





Bob P. tries to sort through the chaos in the first mile.

Meanwhile, somewhere up the hill Drew is in the drops to get aero up the hill. Lord knows there is no one available in front of him to draft on.





The Descenders crested the grade, not in the front, but with a mighty army of 8 committed and united engines.

The goal was not to win the hill climb, but to be positioned to smoothly catch the featherweights who attacked the hill and then left themselves isolated in the wind of the 67 descent. Turns out the time keeping equipment failed, so I guess we had it right.

We gathered a small army on the way down...all but the fantastic 4 in the very front... before we

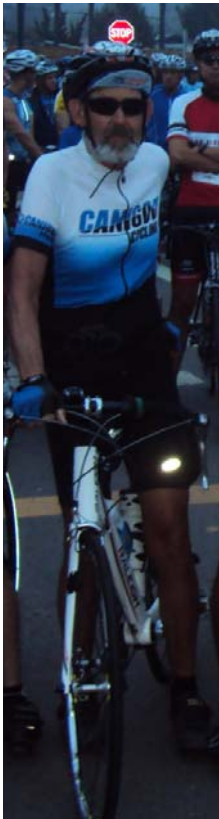
left Ramona. We finally caught the first four (including Drew) on Palomar Airport Road. Ok, Ok, so Drew had a flat, but a catch is a catch.

Above: Oleg, Rick, Bob P, Dave Voris, Dave Ernst, Bernie, Chad, Len younger.

Photos by Mike Hodges.



The Return of the DL Guys



Len the elder

Dave Guidotti



The Descenders put a lot of guys on the disabled list this year. It is encouraging to see the returners.

Len (left) went down last month breaking a bone in the shoulder. Here he is ready to start the 100 that he successfully completed. Young guys heal so fast!

Guido (lower left) had surgery on his broken collar bone in June. He too successfully completed the 100. Last year he finished in the front.

Sheehan went down in the TDP last year after hitting the warped asphalt on Palomar Airport Road. He took out a meaningful piece of his knee cap. He successfully completed the 100 this year.

R² Rob is coming off a freaky tear of his hamstring in a mountainbike crash. He took only a minor spill in this year's tour, so he had a good day.

Hodges had hand surgery in September, then a urgent care-landing reaction to post surgery drugs last week. He worked as hard as anyone supporting the team throughout the 100-mile course by car. This guy is a true Descender!

Watch for Jeff Cresap and Sam D. soon.



Road Rash Rob.
Sorry Rob, this is the only picture that I have of you from the ride.



David Sheehan, founder of the Descenders Club

David Sheehan's road hazard.



<-Mike Hodges, supporting the team

Guido, happy to be on the bike



The Oleg train.



Steve Fox



Jim Knight, the organizer of the Shadow Tour.



Rick, in serious difficulty. Not.



Drew, the specimen

Comments from the Club

Dave Ernst:

“Marginally trained in advance of the ride; went all-out for 65 miles; did too many pulls (but was having fun hanging with the strong men while I could); then the legs turned to blubber.

Rick insisted I grab his jersey pocket up Camino del Norte (and seriously almost crashed from the force of his pull at the beginning - it felt like I was water skiing when you're way to the side of the boat!) but still meekly fell off the back on Del Dios.”

Ernst gave us a sacrificial effort at TDP, taking a majority of the pulls through the first half to allow the Descender group to catch and stay with the front leaders all the way to the finish.



Bernie Bogard

“Having ridden 60 miles with the group then flatting and spending the rest of the ride trying to find a wheel/ group, riding alone a lot, I appreciated what a dramatic difference it was to have our group for camaraderie, pace line, education on how to work in a race as well as saving lots of energy (drafting on Voris sitting as high as he does is a walk in the park compared to riding alone), Heard lots of nice comments and recognition of the Descenders on the road too.”

Bernie at 63 is the oldest guy in the club yet has gotten substantially stronger in the last year. He was easily on track to finish with the front group in the TDP before he flatted on the PCH at mile 58.

Comments from the Club

[Road Rash] Rob Verfurth—read this, it is very entertaining...

“The pace up the grade was steady for us behind the lead pack guys. It was good to see Mike Hodges at the top. He told me Guido was not too far ahead as I rolled by him, about 16 minutes for my ascent. I made a vain effort to try to push forward to see if Guido was out there somewhere. I was cruising along behind 2 guys on the climb to Mt Woodson when I forgot about the drainage grate in the middle of the shoulder. I hit it and rumbled through but both water bottles flew from my bike. I saw John go by as I retrieved my bottles. He did a super job pulling me along all the way to Dye Rd where we finally caught a larger group. Sheehan heroically closed the gap and was also now in the same group. We buzzed through Ramona and speedily down 78 with lots of guys from the Adams Avenue bike shop. The pace was fast past Wild Animal Park and then after the climb I turned onto Citrus alone again. About mile 38, near Country Club Lane, Sheehan was again at my wheel. We rode together to the aid station at Helen Bougher Park for a break. Len the senior arrived and we all took off again. The pace down Palomar Airport Rd was still too fast for me. I told Sheehan I would need to slow down sometime. We had ridden 50 miles at an average of 20 mph, even with all the climbing.

We were flying down a hill when my Rudy sunglasses fell off my helmet as I was trying to stretch my neck. They bounced along the curb at 25+ as I skidded to a halt. I went back up the hill to get my glasses. They survived the fall but I was now very alone. I pushed the pace a bit trying to catch the guys. As I turned right of Palomar Airport onto Pasco Del Norte by the shopping outlets, I must have hit the corner too fast. My front tire pinched and I went down on my right hip, arm and shoulder--water bottle, food and body sliding across the pavement. I picked myself up and had to fix both my front and rear tires. No real damage to the bike or body but I was sore.

I pedaled on again and realized that my front tire was not holding air well and my body was tired and hurting. I rode to the beach, turned in at La Costa and rode all the way to El Camino Del Norte. My "abbreviated" Tour de Poway Century was 85 miles when I finished about 12:15. Sorry I did not come to the finish area, I had to get my MTB bike from Trek so I could start to pack for Moab.

The ToP was fun....”

Yes it was! Rob has largely created the optimistic can-do culture and camaraderie of this club. We just don't get too close to his wheel.





4 Descenders with the front group in the final 10 miles on Camino Del Norte (yes, we claim Drew as a Descender). Oleg is the stout pacemaker in the Descender jersey leading this elite pack, giving Drew a break. This is Oleg's second year in a row finishing with the front group. Rick and Dave V. wisely remain in the middle of the pack.

Rick quietly offered his jersey pocket all day to pull the those in desperation up the critical climbs when the pace elevated.

Drew (left), Oleg, Dave V., and Rick get a quick photo shoot before the rest of the club soon arrived. 5:04 finish.



And then a post century lunch - which will be a new Descenders tradition after the TDP.



Left to right: Len elder, Dave Ernst, Bernie Bogard, Rick B., Dave Sheehan, Dave Guidotti, Dave Voris, John