

Breckenridge 100 2010

Well...3 down, 3 to go. Brenda and I have set a goal of doing 6 of the NUE 100 mile mountain bike races and we are halfway there.

The Breckenridge 100 starts above 9k feet, goes above 12k feet, and has around 14k total feet of climbing. Needless to say this was going to be a long day. Brenda and I were able to finish together at 12 hours and 3 minutes. The time sounds slow, but the course was tough. And I do mean TOUGH!

Racing at altitude was a big concern. We arrived in town on Wednesday night for a Saturday race. Three nights felt like the minimum amount of time to adjust to the elevation.

A big concern was that Brenda had not been on a bike in three weeks. Seems as though she felt the XXC course at the Massanutten Hoo-Ha in VA on June 20 was not interesting enough. She took a sideways tumble off of an 8-foot rock ledge and cut her left shin down to the bone. She finished the race and then went to the ER where they put in 9 staples to close the wound. The aftermath is a long story that involves staples, antibiotics, infection, 2 more hard-core antibiotics, staples out, wound reopens...you get the picture. Brenda does not get the green light to race until the Wednesday before the race, as we are leaving for the airport.

So, we had lots of reasons to be conservative at the start, and that is what we did. Even with the moderate start the last 4 hours felt like a death march. The course involved technical single track, double track, fire roads and endless climbing.

As with most stupid hard stuff during the race it seems like a bad idea, but within minutes of finishing the race we were making plans for next year. I would highly recommend the race as a big adventure that the whole family can enjoy. Breckenridge is a great little town with plenty to do before and after the race.