Appendix D: Death Ride Deadlines The "Just-Made-It" Schedule

The Tour of the California Alps—Markleeville Death Ride is officially 129 miles and 16,000 feet of climbing. There are five major passes: The front and back sides of Monitor, the front and back sides of Ebbetts, and Carson Pass.

Like many ACE™ rides, there are official time cut-offs.

These time cut-offs are not based on riders completing five passes. Rather, the cut-offs are based on road closures and openings.

At *The Death Ride*, the only official cut-offs that have relevance to riders attempting all-five passes are the cut-offs for beginning the climb up Carson Pass at Woodfords and half-way up the pass at Pickett's Junction.

On the next page is the schedule you must keep to just finish the event.

The basis for this schedule is a climbing intensity of roughly 1,650 feet per hour, the absolute minimum for this ride. Although officially 16,000 feet, my calculations show the ride to be about 500 feet less.

Most riders on this schedule should have 30-34 gearing: a 30-tooth front chainring and a 34-tooth rear sprocket.

This schedule leaves very little time for fixing mechanical problems. It assumes you are a relatively good descender. There are only five minutes of grace time to get to Woodfords, the critical cut-off.

If you cannot pace and make the early cut-off times, you are not going to make five passes. Consider slowing down, enjoying the views, and riding fewer passes.

Riders on this tight a schedule should consider leaving 20 minutes earlier or more, with lights, to have more of a buffer.

Climb Segment	Feet	Time, Min	Feet/Hour
Turtle Rock Park South	331		
Monitor	2,632	95	1,662
Monitor	3,257	120	1,628
Ebbetts	3,050	110	1,663
Ebbetts	1,642	60	1,642
North	781		
Carson	3,139	160	1,177
South to Turtle Rock Park	659		
Total	15,491		

Table 17. Calculation of major pass climbing segment time based on a climbing intensity of approximately 1,650 feet of climbing per hour on the first four passes. Flatter sections reduce the climbing rate on Carson Pass.

Nutritional Schedules

It is recommended that a 70-kilogram (154-pound) rider consume up to two standard water bottles per hour when riding in the heat and ingest at least 300 calories per hour. Heavier or lighter riders can proportion these recommendations.

Possible schedules to meet these nutritional needs based on *The Death Ride* rest stops are also included in the "Just-Made-It" table on the next page.

In this schedule, many of the rest stops are at the summits. By eating here, you can partially digest your food on the descents. Moreover, the views are great. Bear in mind that the summits are often very busy, and food and port-potty lines may be longer.

The fluid schedule of 25 standard waterbottles is a little less than 2 bottles per hour. The caloric schedule just meets with the 300 calories per hour recommendation.

You Are At	Miles		Climb		Up	Down	"Flat"	Rest/ Buffer	Elapsed Cumulative		Real Time	Possible Fluid Schedule		Possible Caloric Schedule	
	Segment	Total	Segment	Total	Minutes	Minutes	Minutes	Minutes	Minutes	Hours:Min		16 Ounce Bottles			
Breakfast														Breakfast	1,500
Start Turtle Rock Park											**5:30 AM**	2		Maltodextrin bottles	400
Monitor Turnoff	7.5	7.5	331				40		40	40	**6:10 AM**				
Monitor Summit #1	8.7	16.2	2,632	2,963	95				135	2:15	**7:45 AM**				
Rest Monitor Top								10	145	2:25	**7:55 AM**	2		1.5 Sandwich PBJ	300
Monitor Back Bottom	9.5	25.7				20			165	2:45	**8:15 AM**				
Monitor Summit #2	9.8	35.5	3,257	6,220	120				285	4:45	**10:15 AM**	1	Bottle handoff	Maltodextrin	200
Rest Monitor Top								10	295	4:55	**10:25 AM**	4		0.5 Bagel PBJ	200
Monitor Front Bottom	8.0	43.5				20			315	5:15	**10:45 AM**			Potatoes	150
Ebbetts Summit #1	13.8	57.3	3,050	9,270	110				425	7:05	**12:35 PM**			Cookies	200
Rest Ebbetts Top								10	435	7:15	**12:45 PM**	2		Maltodextrin	200
Ebbetts Back Bottom	5.4	62.7				10			445	7:25	**12:55 PM**			Crackers, fruit	200
Ebbetts Summit #2	4.3	68.0	1,642	10,912	60				505	8:25	**1:55 PM**				
Ebbetts Front Near Bottom						20			525	8:45	**2:15 PM**	1			
Lunch Stop Departure	11.0	79.0						30	555	9:15	**2:45 PM**	5	Coke, soup, water	Soups	200
Vehicle near Turtle Rock Park							30		585	9:45	**3:15 PM**			Sandwich+	750
Leave Vehicle								15	600	10:00	**3:30 PM**	2		Fruit	150
Woodfords	13.5	92.5	781	11,693			25		625	10:25	**3:55 PM**	1		Coke	150
Pickett's Junction	6.0	98.5			70				695	11:35	**5:05 PM**	1	Lemonade, water		
Carson Summit	9.8	107.3	3,139	14,832	90				785	13:05	**6:35 PM**	4		Coffee Sugar Drink	50
Rest Carson Top	0.7	108.0						15	800	13:20	**6:50 PM**			SoBe	200
Woodfords on Return	14.5	122.5				35			835	13:55	**7:25 PM**			Lemonade	100
Finish Turtle Rock Park	4.2	126.7	659	15,491			20		850	14:10	**7:40 PM**			Ice cream, snacks	800
Totals	126.7	126.7	15,491	15,491	545	105	115	90	850	14:10		25			5,750
					9:05	1:45	1:55	1:30							

Table 18. The "Just-Made-It" Schedule. Markleeville Death Ride deadlines and nutritional fluid and caloric schedule suggestions. If you anticipate being this close to making it, consider starting early.