

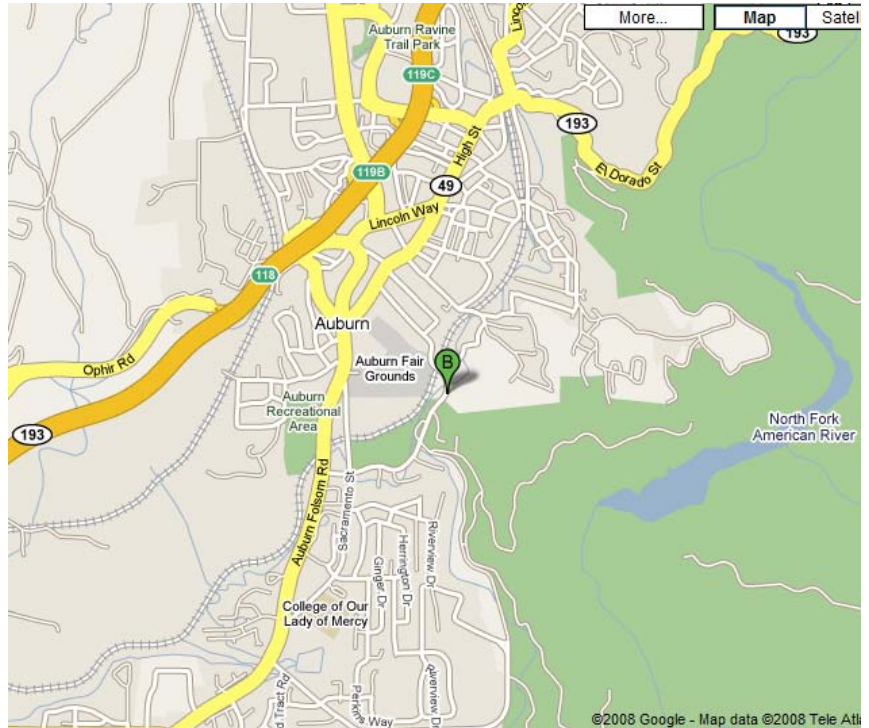
New Year's Day Challenge

What: 2-stage cycling hill climb (24 mi total) followed by a trail run (5k, 10k, or 10mi)

When: January 1st, 2011,
9:30am

Where: [Overlook Park](#),
855 Pacific Street, [Auburn](#)

Why: To start the year right!



Instructions:

1. RSVP to this [Evite](#)
2. Register the [Resolution Run](#)
3. Get your bike ready
4. Meet at [Overlook Park](#)
5. Bike race from [American River Confluence](#) up to Auburn
6. Run race on the [Western States Trails](#)
7. Lowest Combined placing wins

Pizza Afterwards: [Old Town Pizza](#), 150 Sacramento St, Auburn, CA

The Start

Starting the New Year in the [Endurance Capitol of the World](#) means putting your body to the test when others are sleeping in. You may have to cut short some New Year's Eve celebrations to get the sleep needed for the [New Year's Day Challenge](#). TeamSoares has been putting this on since 2002. Originally consisting of a time-trial cycling effort up the toughest nearby hill, it has also been known to include a swim, and now includes a 2-stage hill climb followed by a run. Everyone meets at [Overlook Park](#) for the Bike-Run Challenge. The air will be chilly. The ride starts at 9:30am.

The Bike

[Bike Route](#)

The bike is a 24 mile loop with a 2-stage hill climb in the middle. The first climb is 3.3 mi and starts at 15 miles. The second is .7 mi. long and starts at 20 miles.

The total hill climb challenge is 1200 ft. in 4mi (average grade: 7.1%).

First we bike a 10 mile loop to Newcastle to warm-up. This includes a practice climb up Glenview Dr. Then we cruise through Downtown Auburn on famous Lincoln Hwy passing the Victory Velo Bike Shop and Auburn Running Company. Then it's a 1000' drop to the American River Confluence. Here we shed some layers and prepare for climbing. The first climb is a staggered start according to the Age-Adjusted Handicapping (see below). At the top, the time gaps are recorded before moving to the next climb. There is a brief recovery as we coast down Foresthill Rd and across the [Foresthill Bridge](#) (700', California's tallest). The 2nd climb starts at the Auburn-side of the bridge. It is a staggered start according to the finish times of the first climb. The first person to the top wins the bike portion. Placings are recorded. After this we head back to our cars via the Auburn Triathlon Bike Course and stretch and change into running clothes.

Age-Adjusted Handicapping:

	30-39	40-49	50-59
Men	0 min	2 min	4 min
Women	4 min	6 min	8 min

example: 52 yr old female gets 8 min handicap

The Run

We then join the annual [Resolution Run](#) race, choosing the [5k route](#), [10k route](#), or [10 mile route](#). This run course is very hilly. You can choose any distance, or not to run at all (in which case your placing defaults to mid-pack). **Your trail run age group placing is added to your bike placing. The overall challenge is won by the person with the lowest combined placings of bike and run events.**

The Celebration

We'll meet at [Old Town Pizza](#) in Old Town Auburn.