

New Year's Day Challenge

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

When: Thursday, January 1st, 2015, 8:30am

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

Why: To start the year right!

Instructions:

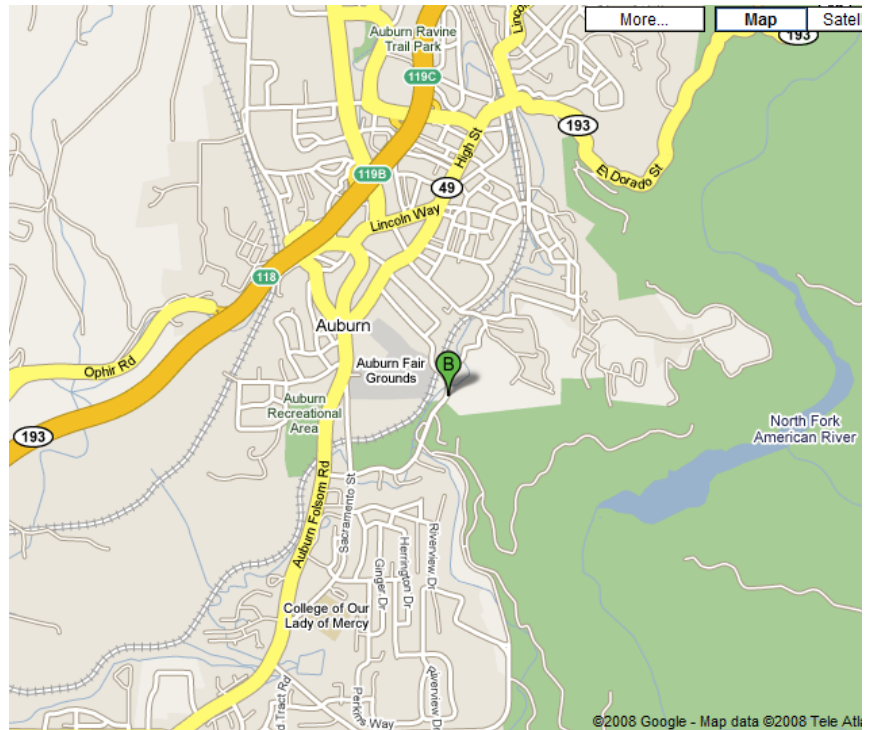
1. RSVP to the coming Evite.
2. Register for the [Resolution Run](#)
3. Bring your bike and meet at [Overlook Park](#)
4. Bike: Casual 15mi group ride followed by 2-stage Hill Climb from [Amer. River Confluence](#) to Foresthill Rd & Lincoln Wy
5. Get your age-graded place for the bike
6. Get your running gear ready
7. Bring your running shoes and meet at [Overlook Park](#) again
8. Run: Race the Resolution Run on the Western States Trails
9. Get your age-group place for the run, add it to the bike - lowest combined wins
10. Celebrate a great start to the New Year with pizza at the Loveday's house!

Pizza Party Afterwards: The Loveday's House, 1695 Vista Del Monte, Auburn, CA. **Bring a little cash for pizza...male/female winners eat free!!**

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 it was only a hill-climb bike race. Then it included a swim and a hill-climb. 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 9am.



The Bike

[Bike Route](#)

The bike is a 24 mile loop with a 2-stage hill climb in the middle. First we bike a 12 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 3mi, 1000 ft drop to the American River Confluence. Here we shed some layers and prepare for **Climb #1** (see below)

At the top, the times are recorded before moving to the next climb. There is a brief recovery as we coast down Foresthill Rd to the [Foresthill Bridge](#) (700', California's tallest). **Climb #2** (see below) starts on the Foresthill-side of the bridge. It is a staggered start according to age and finish times of the first climb. At the top, times are recorded and we casually head back to our cars via the Auburn Triathlon Bike Course and stretch and change into running clothes.

Climb #1

The first climb is a steady ascent on a quiet rode with great views of the river below.

Start: mile 15 of the ride, at the East end of the bridge on Old Foresthill Rd.

Stats: 3.0mi, 5.4% grade, 852 ft gain

Records:

New Years Challenge, time records:

14:32, Lance Loveday, 40, 2012

16:48, Robin Soares, 39, 2013

Strava Overall Records:

12:19, Max Jenkins, 2013

14:55, Sarah Prince, 2014

Wave Starts: (doesn't affect time, just to give chase)

1 Minute Wave Starts	
W45-54	1
W35-44	2
W20-34	3
M55-64	4
M45-54	5
M35-44	6
M20-34	7

Climb #2 - Age-Graded Start: (this is a staggered start based on age and Climb #1 results, so you can see your age-graded competition)

The second climb first races over the ½ mi long bridge and then hits a steady 7% grade to the finish.

Start: Mile 20 of the ride, at the East end of the Foresthill Bridge on Foresthill Rd.

Stats: 1.2mi, 4.7% ave grade, 300 ft

Records:

New Years Challenge, time records:

3:20, Lance Loveday, 40, 2012 *pacelined across bridge

4:01 Robin Soares, 37, 2012 *pacelined across bridge

Strava Overall Records:

n/a

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

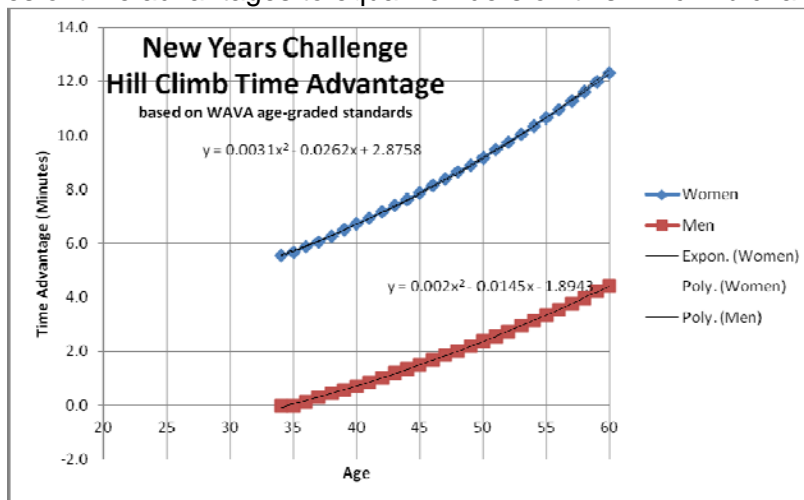
We'll meet at the Loveday's house near Skyridge Elementary School in Auburn for a pizza party. Bring the kids!

Age-Grading

Total Time: The actual times for each climb will be added together and multiplied by the factor (to the right) to get the age/gender-graded time:

Example: 40 yr old male time 24min becomes.... $24 \times 97\% = 23.3\text{min}$
 35 yr old female time 30min becomes.... $30 \times 75\% = 22.5\text{min}$
 55 yr old male time 27min becomes.... $27 \times 86\% = 23.2\text{min}$

The age/gender-graded factors are based on data from the World Association of Veteran Athletes (WAVA) and data from multiple biking hill-climb events. WAVA charts world-wide running results based on age to determine the adjustment needed to compare to younger athletes. Below is a chart showing examples of time advantages to equalize riders on this hill-climb challenge.



AGE/GENDER-GRADED FACTORS		
AGE	MEN	WOMEN
30	100%	79%
31	100%	79%
32	100%	79%
33	100%	79%
34	100%	79%
35	100%	79%
36	99%	78%
37	99%	78%
38	98%	77%
39	97%	77%
40	97%	76%
41	96%	75%
42	95%	75%
43	95%	74%
44	94%	73%
45	93%	73%
46	92%	72%
47	92%	72%
48	91%	71%
49	90%	70%
50	90%	70%
51	89%	69%
52	88%	68%
53	87%	68%
54	87%	67%
55	86%	66%
56	85%	66%
57	84%	65%
58	84%	64%
59	83%	64%
60	82%	63%