

Forum:[Hack Forums](#)

Thread: [103-Mile Bike Ride -- My First Century!](#)

?lien - September 21, 2013, 7:23 pm

I just got back from a 103-mile bicycle ride. It was about 60 miles out of town. It's a benefit ride that's 150 miles and happens across two days each year. In previous years they offered a ~75 mile ride both Saturday and Sunday and that's it. This year they offered a 40, 80 and 100 mile bike ride on Day 1. I told myself if I did the 100 mile ride on day one I'd skip out on the second day and enjoy some recovery time.

I have ridden in previous years so I've done 75 miles in one day on back to back days during this ride before. Going into today I have been challenging myself to do the 100 mile ride today though and I did it. In the cycling community it's called completing a "century"-- It's a very impressive feat.

There were some 600 riders today and only about 50 did the 100-mile ride and I finished in the middle of the pack. It's not a race but rather a benefit ride. Cycling 100 miles in one day is incredibly difficult and hard. The route this year was full of hills all the way through which made it even more tough and on top of that it was around 92 degrees outside. This was the hardest thing I have ever done in my life. Total ride time was about 7 hours but that's including about 90 minutes between 7 rest stops I stopped at for about 10-15 minutes each.

I took some pictures of my sunburn and believe me-- these pictures do NOT do it justice. My tan and burn is at least 5 times as worse as it looks in the pictures. Although the pictures don't show how bad it really is, you can still clearly see where I had my sports watch and gloves on and where my jersey sleeve stopped on my upper arm.

I am so sore it hurts to walk or even sit down but I am incredibly proud of myself and wanted to share!

EDIT: I forgot to add that my average speed was 17.8 MPH according to my bike computer/GPS during the ride which, although impressive in and of itself, is extra impressive considering the massive amounts of hills and big climbs!

EDIT 2: Total calories burned was 5,200 and tracked by my heart rate monitor. I just now logged that as well. :)

Teslio - September 21, 2013, 7:35 pm

That's really something! Congrats to you and I hope you recover good and fast.

Truth - September 21, 2013, 7:51 pm

Damn u white :D

For reals tho the fun part of biking is the downhill.

Tonight - September 21, 2013, 7:54 pm

Damn, old man.

I'm surprised you even remember how to ride a bike.

Haha, but no. Nice job. You're going to be sore tomorrow.

?lien - September 21, 2013, 8:09 pm

(Sep 21, 2013 07:54 PM)Saturday Wrote: [\[CITE\]](#) Damn, old man.
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Haha, but no. Nice job. You're going to be sore tomorrow.

It's funny in GTA V completing all the marathons because Rockstar was sure to poke jabs at all the people who really do those sorts of sports like running, biking and swimming. Rockstar keeps making jokes in the game how it's for guys/girls in their 30s-40s and having a midlife crisis. That may be true to a pretty good extent but I don't fall into that category I don't think. My ass is beat, man. I'm sore in places I didn't even know I was possible to be sore.

There were so many points I thought about stopping and riding a SAG truck. That stands for Support and Gear and they ride along the routes on big bike rides to pick up those who quit and take them to the finish. Although the thought crossed my mind in the last 40 miles at least 5-10 times I knew my pride and ego wouldn't let me do it. Hell, I also had the thought of pulling over for an extra break on many of the last hills but again my pride and ego wouldn't let me.

Being an athlete in swimming, running or biking is all about pushing yourself to and beyond your limits. They're endurance sports, afterall. If you're not suffering then you're not doing it right. :)

Cobalt+ - September 21, 2013, 8:10 pm

Holy hell. I have a hard time biking 14 miles and I think IM in shape. :P

Tonight - September 21, 2013, 8:11 pm

(Sep 21, 2013 08:09 PM)?lien Wrote: [\[CITE\]](#) It's funny in GTA V completing all the marathons because Rockstar was sure to poke jabs at all the people who really do those sorts of sports like running, biking and swimming. Rockstar keeps making jokes in the game how it's for guys/girls in their 30s-40s and having a midlife crisis. That may be true to a pretty good extent but I don't fall into that category I don't think. My ass is beat, man. I'm sore in places I didn't even know I was possible to be sore.

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I walk home 3 miles everyday and I'm tired.

That's actually such a long distance if you think about it.

?lien - September 21, 2013, 8:14 pm

(Sep 21, 2013 08:10 PM)Cobalt+ Wrote: [\[CITE\]](#) Holy hell. I have a hard time biking 14 miles and I think IM in shape. :P
GOML!

No, seriously though-- I have wanted to do a century since getting into biking two years ago. I have dreamed of the day I would complete my first one and today was that day!

In the past couple of years I'm used to 2-4 rides of 20-35 miles so I definitely have gotten out there alot. This season, March through September I've only been able to get in 2 rides each month, no joke. So I'm way out of form, as they say. I've only got in about 400 miles the last 6 months and my longest ride this year was only 32 miles and today I tripled that and in an incredibly difficult course. My legs are killing me right now!

Riding distances is all about training and preparation. The rule of thumb in cycling is if you can ride 75% of a distance goal then meeting that goal shouldn't be too difficult.

(Sep 21, 2013 07:54 PM)Saturday Wrote: [\[CITE\]](#) Damn, old man.

I'm surprised you even remember how to ride a bike.

Haha, but no. Nice job. You're going to be sore tomorrow.

I hear you. I walk quite a bit at work and likely somewhere around 5 miles each day while working. Running/walking are much different than cycling as they use a lot of different muscles.

Anyway, I'm off to bed. I need to rest badly!

Cobalt+ - September 21, 2013, 8:17 pm

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Anyway, I'm off to bed. I need to rest badly!Damn. Honestly props to you man. I do go to the gym everyday so I consider myself more in shape than most of our population, haha.

Omniscient - September 22, 2013, 11:39 pm

Congrats. I personally love bike riding but I'm a casual rider. I actually decided I was going to buy a new bike soon and try to do it more regularly for the exercise.

Pillows - September 22, 2013, 11:43 pm

Total calories burned was 5200?! Dam, if I could I would like to have an attempt at this. Although I'd fail it would still be a good exercise.

Shanks - September 23, 2013, 3:26 am

That's impressive, that's a lot of miles you must be pro brother.

Have a good one, now you can enjoy eating crap for 2 days.

?lien - September 23, 2013, 7:08 am

(Sep 22, 2013 11:39 PM)Omniscient Wrote: [\[CITE\]](#) Congrats. I personally love bike riding but I'm a casual rider. I actually decided I was going to buy a new bike soon and try to do it more regularly for

the exercise.

I'm a casual rider, too. I don't do races and the this weekend it was a benefit ride. I ride a few other events but they aren't races.

In the past two years I'm used to riding 2-3 times each week at least somewhere around 25 miles but typically around 30-32. The last few months I've hardly gotten any time in on the bike between work and a lot of rain. I only rode something like 6 times in the last 3 months so I was not in good form on Saturday. On the last few climbs I actually had to shift into granny gear but at least I didn't have to quit!

No matter how good of form you're in, riding 100 miles is not a walk in the park though.

If you have any questions or would like some advice Omni let me know. There's also some great bike forums on the net as well that helped me out.

Enigma - *September 23, 2013, 3:50 pm*

Very nice work, the sun burn looks pretty bad. Congrats though, I don't think I could do that.

Devising - *September 24, 2013, 8:13 am*

wow that is incredible, congrats man!!! :)