



Hi to the 2016 Breathless Agony Riders!!

We are looking forward to making sure you have a really memorable day of cycling on the 2016 Breathless Agony!!

**The goal of our entire team is to help you on this brutally hard course and have fun!! This is a VERY hard ride. If you have a great attitude and are having fun, this spreads like wildfire to everyone around you and before you know it, you won't even notice how Breathless you are and how Agonizing the course is!! So have fun and don't fear the Grim Reaper!!**

### WEATHER

Normally, this ride can be cool or cold at the top of the climbs. We have been studying and analyzing the Weather Forecast for the past week.

According to [www.Weather.com](http://www.Weather.com) , the following is the latest forecast

Redlands at <https://weather.com/weather/tenday//USCA0923:1:US> – Partly Cloudy with a 20% chance of rain – 47 to 68 Degrees with Wind WSW 12 mph

Beaumont at <https://weather.com/weather/tenday//USCA0075:1:US> – Partly Cloudy with a 20% chance of rain – 43 to 62 Degrees with Wind WSW 11 mph

Angelus Oaks at <https://weather.com/weather/tenday//USCA0030:1:US> – PM Showers with a 50% chance of rain – 34 to 48 Degrees with Wind WSW 11mph

Big Bear Lake at <https://weather.com/weather/tenday//USCA0094:1:US> – PM Light Rain with a 60% chance of rain – 24 to 45 Degrees with Wind SW 8 mph

Note: Friday's forecast for Big Bear Lake is for 90% Rain and Snow so the forecast is for snow at Onyx Summit on Friday

Ben's Weather at [www.BensWeather.com](http://www.BensWeather.com) is a Big Bear Weather web site

“This low pressure system is coming in off the Pacific, not another inside slider, so we'll have a better moisture tap. With good upper level dynamics, plenty of cold air aloft, throw in a little surface heating from the strong spring sun and all the ingredients are there for the potential of severe weather with locally heavy rain, gusty winds, large hail and isolated tornados possible, mainly Friday. Showers and thunder

storms will spill over into our weekend with daytime highs dropping into the 40's, while overnight lows cool to the 20's and 30's. The snow level will generally remain above 7,000 feet, but could dip lower during the cooler, overnight hours or in any heavier showers; tapering off Sunday as low pressure slowly departs the region.”

Big Bear Lake is at 6,752 Feet Elevation

Onyx Summit is 8,443 Feet Elevation

Difference is 1,691 Feet

<http://www.onthesnow.com/news/a/15157/ask-a-weatherman--how-does-elevation-affect-temperature->

Sunny: 5.4 Degree drop / 1,000 Feet

Cloudy: 3.3 Degree drop / 1,000 Feet

Assume a 5.4 Degree Drop / 1,000 Feet

$1,691 \text{ Feet} = 1.7 \times 5.4 \text{ Degree Drop} = 9.2 \text{ Degree Drop from Big Bear Lake to Onyx Summit}$

So if Big Bear Lake gets up to 45 Degrees, Onyx Summit would only get up to  $45 - 9 = 36$  Degrees and that's the High!! Add to that the Wind Chill Factor and it makes for a mighty cold day.

We have to be seriously concerned with our Riders who will be shivering at Onyx Summit even with 4 layers. Many riders may come up there with inadequate clothing, they would get cold at Onyx Summit and getting them down to 6,000 Feet would be dangerous with them shivering on the bikes and possibly losing control on the long and fast descent from 8,443 feet down to 6,000 feet. In addition, our volunteers would be very cold up there and we wouldn't have enough vehicles to handle a potentially dangerous situation.

We have therefore decided to go with an alternative course for 2016 which will include Pass 1, Pass 2, and Pass 3 from the normal course. This means that you will be riding the infamous Jack Rabbit Trail, the brutally steep Oak Glen climb, and everyone's favorite, Damnation Alley up to Angelus Oaks. You will then turn around and descend Damnation Alley allowing you to recover after which you'll be challenged by climbing the opposite side of Oak Glen, then descending into the City of Beaumont where you'll find a party at Rest Stop 4 and where the time clock will stop. From there, you'll fly back to the finish via Oak Valley Parkway and San Timoteo Canyon Road.

The 2016 Breathless Agony route can be viewed at <https://ridewithgps.com/routes/13518845> which includes the Elevation Chart at the bottom. This course will challenge you with 103.6 miles and 10,622 Feet of Climbing. All riders will be given a Route Sheet at the Registration at Sylvan Park Saturday morning. The course will not be marked with Route Arrows this year because they would be rained away by the storm that is coming in on Friday and possibly Saturday. Therefore, you will need to navigate by your Route Sheet. There aren't very many turns on this course.

All riders who complete this entire course by checking in at the Start, each of the 4 Rest Stops, and at the Finish back at Sylvan Park will be given 2016 Breathless Agony credit towards the Planet Ultra King of the Mountains Challenge at

<http://planetultra.com/portfolio/king-of-the-mountains/>

Even with this modified course, it may be raining and very cold at Angelus Oaks.

**You need to take the following MINIMUM RECOMMENDED clothes:**

**Long Fingered Gloves**

**Toe Warmers or Booties**

**Long Sleeve Baselayer**

**Jersey**

**A good and warm Windbreaker**

**Arm Warmers**

**Knee Warmers or Winter Tights**

**If in doubt, take the clothes: You may be very glad to have them later at the top of the Mountains you are about to descend!!** We don't transport drop bags because we believe you should have the clothes with you if a storm comes in quickly and it gets unexpectedly cold.

We recommend you carry a U.S. Postal Service Express Mail Mailing Envelope which folds up very compactly fitting in your seat pack and which will serve as a great wind protector on your chest for the descents on this course. These envelopes are made of Tyvek which is wind resistant. Thanks to the San Diego Randonneurs for sharing this tip: these mailing envelopes work great so pick some up at your Post Office.

In 2005, everyone was very cold at the top. See <http://www.cyclingpros.com/Onyx0504.htm> for the actual temperatures. One of the challenges of the Breathless Agony course is the descent which may be very cold so you must come prepared.

A number of volunteers rode the entire Breathless Agony 4 Pass course this year on 4/23/16 pm a beautiful day for a mountain climb. Another group tried to ride it last Saturday, 4/30/16, but were rained out ... it was raining very heavily at 6:30am in Redlands.

Last Sunday, 5/01/16, Tony Rodriguez and Camille Longino road their "Silver Bullet" tandem on the course. Here is a photo from the top of Jack Rabbit Trail:



Tony and Camille walked on the left side of this puddle pushing their tandem through the edge. This puddle will most likely be there to greet you on Saturday especially with rain in the forecast for the area on Friday. Be sure to pick up baggies and rubber bands at Registration to keep the mud off your cleats. It's all part of the fun and challenge of this course!!

The Final Registered Riders List has been posted at

<http://www.cyclingpros.com/onyxriders16.htm>

and your name is on it!!

Please be sure to read all of this information so you can be well prepared for the tough challenge awaiting you on Saturday. It has plenty of new information even for those riders who are coming back for "more Agony" this year.

#### NEW BREATHLESS AGONY BEER GLASS

Each rider starting the Breathless Agony Ride will receive a really cool Breathless Agony Beer Glass!! These are SO COOL they'll take your Breath Away!! They work really well to hold Chocolate Milk as a recovery drink after a good hard ride.

**If you are riding a Tandem, please reply to this e-mail and let us know who will be on the Tandem.**

### START / FINISH LOCATION

We'll still be in Sylvan Park in Redlands. Here are the directions:

Take the 91 East to I-10 and Exit at University St. Turn Left onto University St. then drive .2 Miles. Turn left onto Park Ave. and the Start / Finish Area will be in the **Southwest corner** of Sylvan Park. Parking is available around Sylvan Park including the sometimes forgotten Northeast area of the park where there is ample parking. If you park in the vicinity of private homes, **please be sure to be quiet and not disturb the sleeping residents given the time of the morning.**

### EARLY MORNING BATHROOMS

The sign on the Bathrooms at Sylvan Park says that they do not open until 7:00 A.M. so they may or may not be open. Even if they are open, they are pretty basic.

Here's a good option: There is a Starbuck's Coffee Shop just 2 miles from Sylvan Park which opens at 5:30 A.M. on Saturdays. From Sylvan Park, go South on University under the I-10 Freeway and turn Right on Citrus Ave. Drive .5 Miles and turn right on Redlands Blvd. Drive .4 Miles and turn right on Orange St. Drive .3 Miles and the Starbucks is at 627 Orange Street. We have talked to the nice folks at Starbuck's, they are prepared for lots of cyclists Saturday Morning, and they will open a little early for us this Saturday. Of course, you'll want to support the shop and buy a Starbuck's product while you're there!! Redlands is a really nice town and on the way, you'll also see a lot of fast food options. We've added a link to a Yahoo Map of the Starbuck's at

<http://www.cyclingpros.com/onyx.htm#Directions>

We'll also have a Porta-Pottie at Sylvan Park for your use but because of possible long lines, we recommend Starbuck's.

### CHECK IN

Check In will open at 5:30 A.M. Saturday Morning at the above location.

Registration:

**1 – Bring your Helmet and Photo I.D. to Registration – You absolutely must have your Helmet and Photo I.D. with you to register and while riding this event**

Last year, some folks came to registration without their Photo I.D. and we had to turn them away.

2 – Show I.D. To Registration and Volunteer will Check Your Name Off Registration List

3 – Sign Waiver

4 – You will be given your Rider Packet containing:

A – Your Route Sheet

B – Your Helmet Sticker Number which you need to apply to the **Left** side of your helmet.

Rest Stop volunteers will check to see if you have a Helmet Sticker Number to know whether to feed you or not and also so they know you are registered so they will record your arrival times at each Rest Stop. Riders without a Helmet Sticker Number won't be checked in at Rest Stops so they won't get ride credit.

C – Your Lunch Ticket

5 – You will also be given your Goody Bag with with Hammer Gel, Hammer Fizz 2 Pack, Posi-Fit ad card, Road ID card, and Breathless Agony Glass.

After the above is complete you'll probably want to go back to your car. When you are ready to start your ride, come back and check out with any of the Timekeepers near Registration so we have your Start Time.

If you have friends, enemies, or family members who want to ride the Breathless Agony this year, please don't have them come to Sylvan Park Saturday morning. We don't do Day of Event Registration. We also don't do ride transfers ... we did that one year and it caused way too many problems for us the day of the event. We did our very best to handle everyone's circumstances with Refunds or Rollovers but the deadlines for those options are now long past.

### START TIMES

We must all work together to ensure our ability to continue to host this event. We need to prevent large packs of riders from rolling down the road together, preventing accidents, and preventing bottlenecks at the Rest Stops

On 5/02/15 in Redlands, CA, Civil twilight begins at 5:26am and Sunrise is at 5:53am

Rest Stop 1 in Beaumont opens officially at 7:45am. At this point, you will have ridden 25 Miles and climbed 2,189 Feet of Climbing over the "flat" part of the course.

In 2006, Scott McAfee rode from the Start to Rest Stop 1 in 1:20 on the way to setting the overall course record which stands at 4:37 from the Start to Rest Stop 4 at Onyx Summit.

In 2009, Chuck Bramwell, a mere mortal, rode from the Start to Rest Stop 1 in 1:47 about as fast he could go with the help of his fellow riders on the Worker's Ride.

5:45 - 6:00am All riders who require more than 8 Hours to complete the 4 Passes. Please do not start in this timeframe if you can complete the 4 Pass course in under 8 Hours.

6:00 - 6:30am All riders who are attempting the 2 or 3 Pass Options and those riders who require 7 - 8 Hours to complete the 4 Passes. Please do not start in this timeframe if you can complete the course in under 7 Hours. If in doubt, start between 6:15 and 6:30am.

6:30 - 7:00am **Anyone capable of finishing all 4 Passes in 6 - 7 Hours should start between 6:30 and 7:00am.** If you leave earlier than 6:30am, you run the risk of arriving at Rest Stop #1 before it opens at 7:45 A.M. and you'll have to wait until it opens. **You will also outrun our timekeepers and photographers so your accomplishment won't be documented.** Please be encouraging to the slower riders as you pass them because everyone tackling this ride deserves a pat on the back!!

7:00 - 7:15am **Anyone capable of finishing all 4 Passes in under 6 Hours should start between 7:00 and 7:15am.** If you leave earlier than 7:00am, you run the risk of arriving at Rest Stop #4 before it opens at 11:30am and you'll have to wait until it opens. **You will also outrun our timekeepers and photographers so your accomplishment won't be documented.** Please be encouraging to the slower riders as you pass them because everyone tackling this ride deserves a pat on the back!!

7:15am **Anyone capable of finishing all 4 Passes in under 5 1/2 Hours should start at 7:15am.**

### REST STOP OPEN AND CLOSE TIMES

Rest Stop #1 in Beaumont at mile 25 will be open from 7:45 A.M. - 9:30 A.M. At this point you will have climbed 2,189 Feet. **Rest Stop #1 will be in the City of Beaumont Parking lot on E 7<sup>th</sup> and Magnolia, just off of Beaumont Ave.** We will have Porta-Potties for this location.

Rest Stop #2 at the Mill Creek Ranger Station at mile 43 will be open from 9:00 A.M. - 10:30 A.M. We will also have Porta-Potties for this location. Please thank the Rangers at the Ranger Station for

their support of this event. We couldn't do it without them. Rest Stop #2 is at the start of "Damnation Alley", a road that goes on forever right into Hell on a hot day. ☺

Rest Stop #3 at Angelus Oaks at mile 54 will be open from 10:00 A.M. - 1:00 P.M. Rest Stop #3 is our Bacon stop and Rest Stop Captain Greg Knight reports that they're grilling up at least 3 Pounds of Bacon for those fastest riders into his Rest Stop. We will have Porta-Potties for this location.

**IF YOU LEAVE REST STOP #3 AT ANGELUS OAKS AFTER 1:00 P.M., YOU WILL PROBABLY NOT HAVE TIME TO ARRIVE AT REST STOP #4 IN BEAUMONT BEFORE IT CLOSES AT 3:30 P.M. SO INSTEAD OF CLIMBING BACK UP THE BACK SIDE OF OAK GLEN, PLEASE HEAD BACK TO SYLVAN PARK AND PARTY WITH US AT THE LUNCH THERE.**

**DO NOT ride up to Angelus Oaks at Rest Stop #3 assuming that our volunteers can drive you down the mountain: you need to ride your bike down the course and back to the Start / Finish location.** The downhill is one of the funnest parts!! If you can't ride your bike back to Sylvan Park, you will not be listed as a 4 Pass Finisher.

Rest Stop #4 in Beaumont at mile 85 will be open from 11:30 A.M. - 3:30 P.M. We will have Porta-Potties for this location. Be prepared to PARTY with us there!! Every 4 Pass Finisher will be awarded a Finisher's Award commemorating their awesome day of cycling!!

### TIMING

This event will be timed. Each Rest Stop will have a List of Riders showing the Helmet Sticker Number and the associated Rider Name which will be in Alpha Order.

- 1. Be sure to show the volunteers your Helmet Sticker Number on the Left Side of your Helmet when you leave at the Start and when you arrive at each Rest Stop. For your safety and fairness to everyone, you must check in at every Rest Stop including Rest Stop #1. If you don't check in at a Rest Stop, we will give you a 15 minute penalty.** You don't need to check out of the Rest Stops because we only record the time you arrived at each location. Thank the volunteers: this couldn't happen without them!!
2. The clock stops when you arrive at the last Rest Stop that you go to. There is no reason to race down the mountain!! In fact, the best thing you could do is to easy spin and let your legs recover after all of the climbing they have just done!!
- 3. At the finish back at Sylvan Park, you must sign in with the timekeeper or else we will give you a 15 minute penalty.**

The results will be posted on our Web Site at [www.BreathlessAgony.org](http://www.BreathlessAgony.org) showing the time from the Start to each Rest Stop. There will be separate categories for Men versus Women versus Tandems.

We tip our hat to those of you who are attempting this Second Stage of the "King of the Mountains Century Challenge" at <http://planetultra.com/portfolio/king-of-the-mountains/>

### CUTOFF TIMES : Also included on the Route Slips

To complete the 3 or 4 Pass Options, you must begin the climb to Angelus Oaks from the Mill Creek Ranger Station Rest Stop #2 by **10:30 A.M.** The Angelus Oaks Rest Stop #3 will close at **1:00 P.M.** and the City of Beaumont Rest Stop #4 will close at **3:30 P.M.**

LUNCH, MASSAGE, JERSEYS, T-SHIRTS, BEER GLASSES AND SOCKS

At Sylvan Park, from **1:00 – 5:00 P.M.**, we will have a **Burrito Fiesta Lunch**. Each registered rider will be given a lunch ticket at Registration in the morning. We'll have a volunteer taking tickets (one pass through only) and handing out a towelette to clean hands before touching utensils. Additional Lunch tickets can be purchased for \$10.00 each at Sylvan Park for family and friends.

There will also be **Massage Therapists** at Sylvan Park who can greatly help you recover from this most difficult ride so put them to work!! For the 4 Pass Finishers who bring their Finisher's Award with them from Onyx Summit, the beautiful Breathless Agony Jerseys will be available for purchase at the Finish Line Party.

Speaking of awesome Jerseys, check out the new 2016 Jersey graphic at the top of this e-mail to see a glimpse of the great design this year ... we think it's the best ever!! You can see all of the Jersey details at

<http://www.cyclingpros.com/onyxjersey.htm>

There will also be a limited number of matching Breathless Agony Vests and Arm Warmers available for purchase. This makes for a really great looking kit.

In the event that we run out of any Breathless Agony clothing this year, we will special order if there is enough demand. Prepayment for special orders will be required.

We will also have a Breathless Agony T-Shirt as described and shown at

<http://www.cyclingpros.com/onyxTShirt.htm>

This has breath-taking Red, Black, and Gray logos showing the Grim Reaper chasing you on the Breathless Agony Course as well as "Now - Go Elevate Yourself" on the Front. This high-quality short sleeve T-Shirt was designed by Robert and Jill Kahler and is available for sale at the Finish Line Party at Sylvan Park.

All of these great Breathless Agony products are listed on the Order Page at

<http://www.cyclingpros.com/onyxjerseyorder.htm>

so you can order them later as well but they'll all be available for purchase at the Finish Line party back at Sylvan Park.

## COURSE

As highlighted on the Route Sheet, **don't miss the left turn to Jack Rabbit Trail which is .5 Miles after the Quail Ranch Golf Course.** There is a street sign for Jack Rabbit Trail at the turn!!

Test riders report for 2016 that Jack Rabbit trail has a few new danger spots that may have been not there last year. The two spots, one on the right side of the trail and one on the left side of the trail is where the road partially washed out and slid down the embankment. In those two spots the road is about half it's width. So watch your line on Jack Rabbit Trail and think of Paris-Roubaix.

We have met with The Mayor and Mrs. Mayor of Jack Rabbit who have been busy preparing his main road for us. They are the only folks who live up there!!

Several SAG vehicles will be out roaming the course. Usually SAG vehicles will have a floor pump and basic tools. However the SAG drivers will likely not be expert mechanics - so please do your



best to bring a properly tuned, fully functional bicycle, as well as your own supplies, ability, and desire to happily make any repairs needed along the way. If you ride exotic racing wheels on the Breathless Agony, you will run the risk that they fail on these tough roads and we can't fix 'em. We've had a number of riders DNF because of wheel problems. We sincerely do not want you to be another statistic.

The Beaumont turn off of Highway 60 is open to traffic, but it is coned and is only one lane. It seemed pretty safe as few cars exit there. However, on that turn off there are **metal drainage grates** on the road that are a real danger. **They are a danger because the width of the metal grates is much wider than your bike tire.** The grates go in the same direction as your bike would be heading. You would not want your tire to hit them as your tire would "sink" into the grate. Because of this danger, we will have orange cones in front of them this year.

The climb up to Oak Glen is steeper than ever this year. The descent off Oak Glen may also be steeper ... WATCH YOUR DOWNHILL SPEED. It's an extremely fun – world class descent but the turns can be sharper than they look so **keep your speed under control** especially before going into those turns!! More than one cyclist has lost it in those turns ... and we don't want you to be one of them. We had a couple of bad crashes on the first hairpin turn in 2009 due to excessive speed.

The pavement is sweet on the Oak Glen climb after it was repaved in 2012.

At the bottom of Oak Glen Road is the intersection with Bryant where there is a traffic light. Last year the San Bernardino Sheriff watched many cyclists make the right turn without stopping for the light but was kind enough to not give any tickets. He said that this year will be different. **You MUST stop on a red light before turning right onto Bryant.** As a reminder, we will have a volunteer standing in the bike lane before the right turn at that intersection. Please do not disregard this volunteer's instructions. We made a video of this turn for your viewing pleasure at [http://www.youtube.com/watch?v=UUDAzH\\_PYvs](http://www.youtube.com/watch?v=UUDAzH_PYvs)

This course will not be closed to traffic and will not have police patrolling the roads and intersections. The road surface conditions will be "terrible to excellent" depending on weather conditions prior to the ride.

We do not offer First Aid services on this ride. If you have a medical emergency, you should call 911 or we will call 911 for you.

Tips from Alan Darnell of the Veloce Santiago Team: When riding rough pavement, stay back in the saddle. Your front wheel will tend to glide over the bumps and irregularities with more ease. Be careful. Watch your line over the rough sections. Most of us riding Breathless Agony have spent considerable time on the road. We know cycling has its risks. We know that we need to ride within ourselves with the conditions in mind. Excessive speed is usually the problem. By controlling your speed, you will greatly reduce your risk. Even though it is not a race, some ride for time. Even though the descent is fun, you don't gain any time going to the bottom. The time stops at the Rest Stop #4 in Beaumont. Take it easy going down.

#### FAMILY, FRIENDS, AND PERSONAL SUPPORT VEHICLES

We appreciate the many volunteers who help us with the Breathless Agony Century. We don't want additional friends and family to wait at the rest stops because the roads are already congested enough with drivers and the cyclists don't want more cars on the road during the event. Following, feeding, and constant attending to rider's needs are not allowed on this ride and we will DQ any rider with a personal support vehicle.

In particular this year, there is no room for additional vehicles at Onyx Summit at the top of the mountain. **There will not be room for any vehicles of family or friends at Onyx Summit.**

## **IF YOU DON'T READ ANYTHING ELSE, READ THIS TWICE:**

**We do not tolerate cheating!!!**

**Personal support vehicles are too dangerous for motorists and too dangerous for riders with Personal Support Vehicles.**

**Disqualifications are going to be handed out and any of our volunteers are authorized to disqualify riders with Personal Support Vehicles.**

**Don't risk disqualification because you allowed a Personal Support Vehicle on the course or at a Rest Stop.**

**This includes non-registered riders used as pacers. If you bring one, you'll be DQ'd without warning.**

**All registered riders must have their Helmet Sticker Number affixed to the left side of their helmet.**

The definition of personal SAG is any vehicle (motor or otherwise), anywhere on the route, operated by someone other than Breathless Agony staff, that is providing any type of aid, assistance, or motivation to any rider, or taking photographs, or simply out cheering. Please understand that our permits don't allow dozens of extra vehicles on the roads or at Rest Stops. Imagine the traffic from all those cars! If you're bringing someone who wants to be out on the course, please have them contact us and join our volunteer staff.

## **DO NOT CUT THE COURSE!!**

### RULES

Traffic regulations must be adhered to at all times: Safety is our most important issue. **Be sure to carry I.D. with you.**

Ride single file in pacelines since there are many shoulders not wide enough for double wide pacelines.

**RUNNING RED LIGHTS IS BOTH DANGEROUS AND AGAINST THE LAW!** Please, **DO NOT RUN RED LIGHTS!** If you run a red light or a stop sign, we will have to DQ you but worse, you will have to ride back to Orange County inside our Portable Porta-Potty ... trust us, you don't want that!!

**The California Highway Patrol is working with us this year to keep control of riders who ride in the middle of the road and don't obey traffic laws. They will ticket if they see infractions. Ride to the right single file with utmost courtesy and safety in mind.**

**You are not allowed to have someone else ride for you.** Chuck tried to have Big Jens Voigt ride for him one year but Robert caught onto that and Chuck was DQ'd. ☺

You are not allowed to load your bike on a vehicle and drive down from Angelus Oaks or Onyx Summit. This is further explained at <http://www.cyclingpros.com/onyx.htm#q13>  
In order to get full credit for the 4 Pass Option of this ride and to be able to order the official recognition at the Finish of being able to purchase the coveted Breathless Agony Jersey, you must:

- 1 -- Ride the entire route of 103 Miles with your helmet on the whole way
- 2 -- Check out with the Timekeeper at the Start, Rest Stops 1, 2, 3, and 4 as well as the Finish at Sylvan Park
- 3 -- Leave the Angelus Oaks Rest Stop before it closes at 1:00 P.M.
- 4 -- Arrive at the Onyx Summit Rest Stop before it closes at 3:30 P.M.

Before 2006, there was a growing tendency for riders to stop riding at Onyx Summit and ride in a vehicle back to Sylvan Park. This is no longer allowed.

You need to ride your bike the full 103 Miles all the way up to Angelus Oaks then all the way down the mountain, back up Oak Glen and down the other side to the Start / Finish at Sylvan Park in Redlands.

So here's the logic:

- This is a bike ride and the fewer vehicles we add to the roads, the better and safer it will be for everyone
- We don't want more vehicles than necessary on the roads ... polluting this beautiful course more ... wasting expensive gas
- We don't want Personal SAGS helping some riders unfairly ... we will have to disqualify riders with Personal SAGS
- The descents down the mountain are some of the most exciting and best parts of the ride so take your time and enjoy the scenery
- Spin your legs out nice and easy and you'll feel a whole lot better when you get back to the party at Sylvan Park and the next day
- There's a beautiful, newly paved, wide bike lane down Damnation Alley from the Forest Falls turn nearly to the Ranger Station. It's one of the funnest downhills in Southern California!!
- There are beautiful green hills down near the Ranger Station that you didn't see on the climb up ... and which you wouldn't even notice in a car

The Breathless Agony Century is a 103 Mile ride and we want you to get your money's worth!!

### NUTRITION AND JET PACKS

You will receive a Hammergel Packet in your Goody Bag at the Start. We will have Hammer Nutrition's HEED at the Rest Stops.

We also will have a ton of really good fresh food with great variety and excellent nutrition. Well, maybe the Mountain Dew's and Bacon at Rest Stop 3 aren't so great nutrition but you gotta have some fun on rides as hard as this one!! ☺

Don't forget to ask for a "Damnation Dog" at Rest Stop 2. These are like pure Rocket Fuel for "Damnation Alley".

And it's all about the Bacon at Rest Stop #3!!

Breathless Agony Jet Packs are still in development as suggested in <http://www.youtube.com/watch?v=H762vyv2eME> and updated in <http://www.youtube.com/watch?v=soKkYRi94uI>

Alan Ptak, Vice President of Product Development of JetPack Labs reports:

\*\*\* For immediate distribution \*\*

Elite cyclists and event organizers everywhere have been asking continually for news of our next product release. Well, there's been a great deal of progress in the labs at Jet Pack Inc. Our brightest minds have been laboring diligently to bring you, our most valued customers, the very latest of technological innovations to help you perform at your absolute best.

JetPack version 2.0 revolutionized the marketplace with its aerodynamic design, extensive use of advanced composite materials and rigorous testing.

On the eve of the 20th annual Breathless Agony, JetPack Labs is delighted to announce today the release of JetPack version 2.8.

By taking a holistic approach across the entire design, manufacturing and testing process, JetPack 2.8 is lighter, more efficient and more powerful than anything previously believed possible.

JetPack 2.8 will shave valuable minutes off your 2016 Breathless Agony time.

Faster everywhere, it's efficiency in action.

In the hills.

On the flats. (Which there aren't many of).

Get free speed.

Real world speed.

JetPack 2.8

Grimm doesn't stand a chance."

In the meantime, to ride like you have a Jet Pack strapped to your back, we highly recommend that you sign up for Robert's Torture Clinics at <http://www.cyclingpros.com/Torture.htm>

We are sponsored again this year by Bristol Farms which is an outstanding Food Market in Southern California. Bristol Farms provides the finest assortment and highest quality fresh and specialty foods from around the world - in a warm, friendly, and uniquely designed atmosphere with service and value that exceeds the expectations of their customers. Please support them since they support us and check out their web site at

<http://www.bristolfarms.com>

We are also sponsored by Smart & Final which is the smaller faster warehouse store where businesses and households find great savings on quality food and supplies. They have everything you need for cooking, entertaining and cleaning-up afterwards. Check out their web site at

<http://www.smartandfinal.com/Homepage.aspx>

Our charity is Project Healing Waters Fly Fishing, Inc. which is a volunteer, 501(c)(3) non-profit organization, initiated by members of Trout Unlimited and the Federation of Fly Fishers, that serves military personnel who have come home wounded or injured to aid their physical and emotional recovery by introducing or rebuilding the skills of fly fishing, casting, fly tying, and rod building and by using and enjoying these skills on fishing outings and as lifelong recreation. For those suffering with PTSD, traumatic brain injuries and many other types of disabilities, fly fishing is a powerful stress-

reliever. Many of our participants have told us that PHWFF may have saved their lives, pulling them out of a deep, dark depression following a terrible battlefield injury. While initially focusing on military personnel in the Washington, DC area, Project Healing Waters Fly Fishing has expanded and is offering its services to active military personnel and veterans in military and VA hospitals across the nation. Our large program has included about 200 men and women, a variety of disabilities both physical and emotional, veterans of WWII, Korea, Vietnam, First Persian Gulf War, Iraq and Afghanistan. Check them out at <http://www.projecthealingwaters.org/> Many of these great veterans will be helping us at the Rest Stops and the Lunch on the ride!! Please thank them for their service.

### OLDEST AND YOUNGEST

A special shout out to these riders who are tackling the Breathless Agony with over 65 years under their belt:

STUART	DAVID	77
SURIANO	PETER	70
BERNHARDT	JOE	69
THOMPSON	WARD	69
WALLACE	JOHN	69
LOCKEN	LARRY	68
ARCHIE	JIM	67
CHATARD	URSULA	67
FEIGHTNER	WILLIAM	67
HARTING	BOB	67
PIRO	BYRON	67
SEARCY	DENNIS	67
FRITCHEN	CATHY	66
HUNTER	LINDA	66
JOY	WILLIAM	66
MURRAY	ROBERT	66
PELKEY	MICHAEL	66
POVICH	FRANK	66
SPENCER	RICK	66
WYATT	CHRIS	66

And we tip our helmets to these young folks who are tackling the 2016 Breathless Agony:

METZ	HAYDEN	12
BORDA	URIAN	24
WILBURN	MICHAEL	26
BUCHFUEHRER	JULIA	27
BUTTERFIELD	THOMAS	27
MCPHERSON JR	CURTIS	27
FRANKS	ZECHARIAH	28
GARCIA	SERGIO	28
HENDERSON	WILLIAM	28
ROCHA	ALEXANDER	28
CAMPBELL	WILLIAM	29
CORREA-HENSC	CHRISTIAN	29
ROMERO II	GEORGE	29
BARROSO	MAX	30
BOLIN	BRENDON	30

## TIPS

This is a very difficult but beautiful ride. It will take your breath away!! **Remember to put on your Sunscreen. Pace yourself:** Start out slowly, take your time, stop at the food stops, drink and eat enough along the way. We have received over 7,000 Pounds of Food and Water on 4 HUGE Pallets and there is still more to arrive!! Have fun on those downhills but be sure to ride safe!! Conservative pacing, cheerful optimism, and appreciative awareness can be important ingredients in this ride. **Most of all work hard, enjoy yourself, and ride safely!!**

We are continued to be amazed how difficult but beautiful the Breathless Agony course is. **It's more difficult than any stage of the Tour de France that we've been able to see.** You can see how the pros climbed Oak Glen in the 2007 Redlands Bike Classic Results at Velonews.com where they wrote:

"Climbing 1690 feet in about 8km at an average grade of 6.7 percent, Oak Glen is a hard climb for March." Of course, on the Breathless Agony, the Oak Glen Climb is only Pass 2 ... it just a warm up for the longer, endless climbs to follow."

Thanks for coming out for this most amazing cycling challenge. We're looking for your suggestions!! We hope to see you next year!!

Robert (Bossman) Kahler at [www.CyclingPros.com](http://www.CyclingPros.com)

Jill (Mr. Jill) Kahler at [www.MrJills.com](http://www.MrJills.com)

Chuck (Bramster) Bramwell at [www.CalTripleCrown.com](http://www.CalTripleCrown.com)

