

Summit adventure

30th Annual Summit Adventure Whitney Classic - 2011

Greetings from Summit Adventure!!!

Thanks for your 2011 Whitney Classic registration! This year marks the 30th year of this outstanding event, and we look forward to seeing you at the ride. This rider packet includes information about Summit Adventure for you to give to potential sponsors, ideas about fund raising, and a sample letter you may copy and mail to your sponsors. It also contains a cyclist gear check list; sag vehicle information; an elevation profile and route map of the ride; information on temperatures throughout the course; average times for arrival at sag stops; some general suggestions for training if you have never ridden an event of this type; and a list of accommodations.

Additionally there is a sponsor pledge sheet and information on how to find sponsors. Remember that each rider (solo or team member) **must raise a minimum of \$700 in sponsor pledges** to be turned in at the ride check-in. Many past riders have raised more than \$1,000 by starting to collect their pledges early. If you start now, you or your team should not have any trouble raising that much or more.

We are having cycling jerseys made for this year's Whitney Classic. These will be available for purchase, and one will be given to each rider who raises \$1,000 or more. For those who raise \$2000 or more we offer reimbursement for 20% of your travel expenses, \$10,000 or more we offer a wheel set from Wheat Ridge Cyclery, and upon reaching \$15,000 we offer a bicycle from Wheat Ridge Cyclery.

It would great if you could bring an additional rider(s) with you. We hope to make this ride the biggest ever, so we would be happy to send you as many brochures as you can distribute. Contact us for more materials/information.

We are excited that you will be riding in the Whitney Classic and thus helping to support the ministry of Summit Adventure! If there is anything we can do to help you raise pledges, or if you just have questions we can answer, please do not hesitate to contact Summit Adventure at the number or email listed below.

Thanks again for your participation in the Whitney Classic!

-The Summit Adventure Staff

In this Packet you will find:

- 1. Ride Options**
- 2. Weekend Schedule & Mount Whitney Hike Information**
- 3. Accommodations**
- 4. Mileposts, Estimated Times & Temperatures**
- 5. Training Suggestions**
- 6. Rider & Support & Gear Vehicle Information**
- 7. Fundraising Suggestions**
- 8. Emergency & First Aid Information**
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Ride Options

The Whitney Classic—135 miles

This is a hardcore endurance event. The ride begins at 3:00 PM, Saturday at Badwater in Death Valley (-282 ft.), climbs two 5,000 ft. passes, and continues through the night ending at Mt. Whitney Portal (8365 ft). Riders encounter extreme heat (105-117 degrees in Death Valley), cold (possible 20's to low 30's on passes and at Whitney Portal), potential high winds and/or sandstorms, and three long climbs—17 miles, 12 miles, and 12 miles for a total elevation gain of 15,300 feet. Riding through the night adds extra challenge to this 135-mile event.

There are 11 rest-stop/checkpoints on the route; four of these are near stores or restaurants. Food, water, and ice for the riders are provided at each stop. Riders are required to provide their own SAG vehicle. Come prepared to handle your own minor repairs. (Bring a tool kit)

Two of Three—79 miles

Start with the Classic riders at 3PM and ride from Badwater to Furnace Creek (17.5 miles). From there proceed to Panamint Springs for a 7PM start, and ride another 62 miles to Mt. Whitney Portal (approx. 10,000 ft. elevation gain).

One of Three—67 miles

Start with the Classic riders at 3PM and ride from Badwater to Furnace Creek (17.5 miles). From there jump to Darwin Turnoff for a 7PM start, and ride the last 45 miles of the “Classic” route (approx. 5,000 ft. elevation gain).

The Whitney Sampler

Start with the Classic riders at 3PM and ride from Badwater to Furnace Creek (17.5 miles). From there, drive to the top of Towne Pass and then enjoy the ride down to Panamint Springs. Next hop in the car and drive to Darwin turnoff and then ride to Lone Pine. Finally drive to Check point 11 (Switchbacks) and finish the climb. Don't forget to check in at all the SAGs along the way so we can track your progress.

Teams

Teams of 2 or more riders may participate in this challenging ride. Teams may ride together or in a relay. Each rider must raise the minimum pledge of \$700.

P.S. Start planning now to arrange a support and gear (SAG) vehicle and driver for the ride. See the Support and Gear Vehicle Information sheet for details and please note that this is required for each rider or team.

Whitney Weekend Schedule - 2011

The following schedule includes all of the events and happenings of the weekend. Plan ahead and join us for all of the fun: get to know other riders before the ride so that you can cheer each other on as well as compare stories, methods, pains and triumphs.

Friday, September 23

5 PM to 7:30 PM- check-in at Lone Pine Comfort Inn. Turn in sponsor sheet and pledges that have been totaled. Have your bike checked for proper equipment.

7:30 PM- Worship/Prayer/Speaker at Lone Pine Park - All volunteers, riders and friends welcome.

Saturday, September 24

7:30 to 9:00 AM – check-in at Lone Pine Comfort Inn

8:00 AM- Lone Pine VFW pancake breakfast for all volunteers. Volunteers eat free.

11:00 AM- Panamint Springs Resort **Mandatory** SAG and Rider meeting/pancake brunch. Riders eat free, \$6 per person donation for SAG crews

1:30 to 2:30 PM- rider check in and photos at Badwater

2:40 PM- **Mandatory** rider safety briefing at Badwater -Don't be late! Be completely ready for the ride at this time!

3:00 PM- **OFFICIAL START** time of the Whitney Classic.

7:00 PM- **OFFICIAL START** time of the Two of Three (Panamint Springs - Stop 6).

7:00 PM- **OFFICIAL START** time of the One of Three (Darwin Turnoff - Stop 8).

Sunday, September 25

12:00 PM- **Official end of the Whitney Classic.** Rest, go for a swim, and get ready for the Pizza Party. (*Official support for the Whitney ends at this time, but riders, who may still be riding, are encouraged to complete the ride.)

2:00 PM - Pizza Party at Lone Pine Park. The food is free for riders, SAG crew and volunteers. Please plan on staying around for the fun, awards, and laughter.

Mount Whitney Hike Information

The hike is **NOT** a part of the Whitney Classic. You are on your own if you choose to hike. The Forest Service requires a "Mt. Whitney Day Hike Permit" (\$15 per person) that needs to be obtained ahead of time. For permit reservations you can phone (760) 873-2483 and ask for a "Mt. Whitney Day Hike Permit." If you choose to hike the 11 miles to the summit, you are strongly encouraged to recruit at least one experienced hiker to hike with you due to your deteriorated physical condition.

Whitney Classic Accommodations

The Whitney Classic is endorsed by the Lone Pine Chamber of Commerce. The following hotels are members of the Lone Pine Chamber of Commerce.

*Lone Pine Comfort Inn	
1920 South Main Street	1-760-876-8700
Box C	1-800-800-6468
Lone Pine, CA 93545	fax: 760-876-8704
Best Western Motel	
1008 South Main Street	1-760-876-5571
Lone Pine, CA 93545	
Dow Villa Motel	
310 South Main Street	1-760-876-5521
Lone Pine, CA 93545	1-800-824-9317
Furnace Creek Inn & Ranch	
P.O. Box 1, Rt. 190	1-760-786-2345
Death Valley, CA 92328	
Whitney Portal Hostel	
238 South Main Street	1-760-876-0030
Lone Pine, CA 93545	

* Note: The Comfort Inn is an official sponsor of the Whitney Classic, and the site of the Whitney Classic Ride Headquarters. Mention your involvement with the Whitney, and you will receive a discount through August 31.

Campgrounds:

You can make reservations for the Mt. Whitney Portal campground (13.7 miles from Lone Pine) through Mistix Corporation (800) 365-2267. Diaz Lake (about 2 miles south of Lone Pine on 395) is the closest campground to Ride Headquarters: (760) 876-5656.

Nearest Airports:

If you are flying in and renting a car, the nearest large cities are Los Angeles and Las Vegas, Nevada. There is a small commercial airport in Mammoth Lakes, about an hour to the north of Lone Pine.

Approximate Driving times to Lone Pine and Death Valley:

Los Angeles to Lone Pine	5 hours
San Francisco to Lone Pine	7 hours
Las Vegas to Lone Pine	5 hours
Lone Pine to Death Valley	2 hours

Whitney Classic Milepost

The following is the approximate accumulated mileage along the route of the Whitney Classic and the altitude at each checkpoint.

Accum. mi	Leg dist. mi	Altitude ft	Location
0.0	0.0	-282	START at Badwater
17.5	17.5	-160	Checkpoint #1 at Furnace Creek <i>(Day use area next to the Chevron station on the left)</i>
34.7	17.2	130	Checkpoint #2 at Scotty's Castle turnoff
42.3	7.6	1	Checkpoint #3 Stovepipe Wells <i>(Beyond store and gas station on right)</i>
51.3	9.0	2131	Checkpoint #4 at Wild Rose
58.9	7.6	4962	Checkpoint #5 at Towne Pass <i>(Watch for rocks on the road for the next 5 miles).</i>
72.9	14.0	1948	Checkpoint #6 at Panamint Springs <i>Start of "Two of Three"- 62 miles</i>
80.0	7.1	4000	Checkpoint #7 at Father Crowley Point
84.8	4.8	4839	Hillcrest
90.7	5.9	5247	Checkpoint #8 at Darwin Turnoff <i>(Continue Straight)</i> <i>Start of "One of Three"- 45 miles</i>
103.5	12.8	3802	Road turns into Route 136. Continue Straight <i>(Do not take Route 190 which heads West)</i>
108.1	4.6 (23.3)	3628	Checkpoint #9 Keeler Town <i>(at Cerro Gordo Road on right)</i>
121.1	13.0	3697	Checkpoint #10 at Alabama Hills Inn
131.2	10.1	6574	Checkpoint #11 at Dick Huddy Memorial Switchbacks <i>(Just below the first switchback)</i>
134.8	3.6	8365	FINISH at Whitney Portal

Estimated Times of Riders In and Out of SAG Stations

(Based on approximate times from previous Whitney Classic rides)

Sag station #1 Furnace Creek	First in: 3:50 p.m. Last out: 5:00 p.m.
Sag Stations #2 Scotty's Castle Stop	First in: 4:30 p.m. Last out: 6:20 p.m.
Sag Stations #3 Stovepipe Wells	First in: 4:50 p.m. Last out: 7:30 p.m.
Sag Stations #4 Wild Rose	First in: 5:00 p.m. Last out: 11:00 p.m.
Sag Stations #5 Towne Pass	First in: 5:45 p.m. Last out: 12:30 a.m.
Sag Stations #6 Panamint Springs	First in: 7:00 p.m. Last out: 1:30 a.m.
Sag Stations #7 Father Crowley Point	First in: 7:30 p.m. Last out: 4:00 a.m.
Sag Stations #8 Darwin Turnoff	First in: 8:10 p.m. Last out: 6:30 a.m.
Sag Stations #9 Keeler	First in: 9:10 p.m. Last out: 8:00 a.m.
Sag Stations #10 Lone Pine	First in: 9:50 p.m. Last out: 11:30 a.m.
Sag Stations #11 Dick Huddy Memorial Switchbacks	First in: 11:00 p.m. Saturday Last out: 12:20 a.m. Sunday
Finish Whitney Portal	First in: 11:30 p.m. Saturday Last 1:30 p.m. Sunday

Temperatures

Temperatures will vary drastically throughout the ride and at the different stops during the ride. Below is a general idea of what to expect at the Whitney Classic.

Saturday

3:00 pm	Badwater (Ride Start)	110-120°
4:00 pm	Furnace Creek	105-118°
5:10 pm	Stovepipe Wells	99-110°
6:10 pm	Towne Pass (1/2 way up)	80-100°
7:30 pm	Top of Towne Pass	60-90°

Sunday

12:00 am	Hillcrest	50-65°
2:00 am	Lone Pine	58-65°
5:45 am	Whitney Portal	30-45°

*Remember: Temperatures vary year to year; this is only an estimate.

Training for the Whitney Classic

The key to finishing the Whitney Classic is to be properly prepared. Guts will take you just so far, and then cramps and fatigue will set in. There is no substitute for proper training!!!

The following is a suggested training schedule. Use it only as a guide. Listen to your body as each person responds differently to physical training. This schedule is based on the premise that you have a cycling mileage base of 65-80 miles per week during the months of May and June. If you do not, do not let this discourage you from training for the Whitney Classic. Start with your current mileage base and increase it by 10-15 percent per week and then decrease the total mileage during the 4th, 8th, and 12th week by 40 percent. This decrease will let your muscular system rest while still becoming stronger. Since this ride has three demanding long climbs, and the entire ride is generally uphill, it is suggested that 30-40 percent of your mileage include long hill rides or at least hill repeats.

If you follow a schedule like the example on the following page, that slowly increases mileage over a 13 week period to one 100 mile ride, and three 110-120 mile rides that include hills, you should finish with relative ease! Remember the most important ride is the long one each week. If you do not have time to do this many miles, do as much as you can, and then go for it!!

This schedule is based on three rides per week. If you have time to do more riding, include intervals and anaerobic threshold rides. If you are not familiar with this type of training, an excellent resource that will explain these is: [Training for Cycling](#) by Davis Phinney and Connie Carpenter from Perigee Books. Also check out www.bicycling.com and go to TRAINING CENTER for more training ideas. If you have more time available, try to include a total body strength workout once or twice per week. This is especially good for riders over 50. Be sure to always do abdominal exercises to stretch and strengthen the lower back as those long climbs will demand strong flexible lower back muscles.

Team Training

Team members will need to identify the particular section(s) and total distance of the course they will be riding and to adapt the training schedule to reflect the total miles that will be ridden. It is important to train for the terrain that your section will cover, e.g. hills, flats, or just downhill.

It is also very important to support the team members once your portion of the ride is over. This ride is very deceptive and can become very discouraging, if you do not have the **support of all the team members** during the entire ride.

Sample Training Schedule

Week 1

Tu. 20 miles
Thur. 20 miles
Sat. 50 miles
Total 90 miles

Week 2

Tu. 20 miles
Thur. 25 miles
Sat. 60 miles
Total 105 miles

Week 3

Tu. 20 miles
Thur. 30 miles
Sat. 70 miles
Total 120 miles

Week 4

Tu. 15 mi. easy
Th. 15 mi easy
Sat. 40 mi easy
Total 70 miles

Week 5

Tue. 30 miles
Thur. 40 miles
Sat. 85 miles
Total 155 miles

Week 6

Tue. 30 miles
Thur. 45 miles
Sat. 90 miles
Total 165 miles

Week 7

Tue. 30 miles
Thur. 50 miles
Sat. 100 miles
Total 180 miles

Week 8

Tu. 20 mi easy
Th. 30 mi easy
Sat. 58 mi. easy
Total 108 miles

Week 9

Tue. 40 miles
Thur. 50 miles
Sat. 110 miles
Total 200 miles

Week 10

Tue. 40 miles
Thur. 50 miles
Sat. 120 miles
Total 210 miles

Week 11

Tue. 40 miles
Thur. 50 miles
Sat. 120 miles
Total 210 miles

Week 12

Tu. 30 mi easy
Th. 30 mi easy
Sat. 66 mi easy
Total 126 miles

Week 13

Tue. 25 miles
Thur. 25 miles
Friday 10-15 miles

Training Suggestions

The following tips, learned from experience (that is, other's mistakes), may be VERY helpful. Summit can connect you with a previous rider if you desire more specific information about the ride and the event course.

- Stretch daily. Place emphasis on the: quads, hamstrings, hips, and lower back.
- Get enough rest. (It is better to miss a midweek ride, if you're too tired).
- Drink plenty of fluids (two gallons or more), especially the **3 days before the event**. Experiment with sport drinks because plain water will not provide the extra calories and electrolytes you will need during an event of this nature. During the ride *do not wait until you are thirsty to drink*. It is too late then. **Try using a CAMELBAC versus water bottles because it is easier to drink from. The easier it is to drink, the more you will DRINK.**
- Heat is a factor on this ride** - Check out Dr. Vance Roget's (a 5 time Whitney rider) tips regarding training for the heat. This article is posted on the Summit Website.
- Cut back on your mileage at by at least 50% during the last week of training so your legs will be well rested.
- Shave arms and legs.
- Put Vaseline on chamois and armpits to avoid chaffing.
- Do not use anything on the Whitney Classic (food, drink, or equipment) that you have not used during training.
- Ride the pace you are trained for. Do not get sucked into going too fast. Remember it is a long event. Pace yourself to finish.
- When you stop at a checkpoint for food and drink, keep it short and stretch.
- Break the event into segments and concentrate on each segment as you do it. For example: Badwater to Stovepipe Wells; Stovepipe Wells to Towne Pass, etc. Do not think in terms of the 100 miles that still lie ahead.
- You will want to have a low gear of at least 39 x 28 or 30 unless you are a very strong cyclist. Heavier riders should have a 32 or 34.
- A lot of participants ride a triple crank and some use a mountain bike with slick tires. Although a road bike makes it a lot easier.

Your Personal Notes or Ideas for Training

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Information for Cyclists

You are required to obey all California Motor Vehicle Laws that apply to cyclists!

Bicycle riders must keep to the side of the road. **Please do not ride two abreast as the road is too narrow.** Note: road will not be closed for ride so expect some traffic. According to California Motor Vehicle laws, your bicycle must be equipped with the following:

1. Brakes that enable the operator to make one braked wheel skid on dry, level, clean pavement.
2. A headlight which is visible from a distance of 300 feet in front. A Cat Eye brand light that uses AAA batteries is adequate.
3. A red reflector on the rear of the bike which is visible from 500 feet when viewed directly in front of the high beams of a car's lights.
4. Reflectors on both pedals visible from the front and rear or reflector tape on your shoes, if you have clipless pedals.
5. A white or red reflector on both wheels which is visible from the side or reflector tape on the wheel rims (best).

****YOUR HELMENT MUST BE WORN AT ALL TIMES WHILE RIDING!****

Bicycle Gear List

It is suggested that you come prepared for extreme heat, cold and strong winds. The ride temperatures may range from 120°F to 30°F.

Required Bicycle Gear List

headlight with spare batteries and bulb-see above description
helmet(Snell or ANSI approved)
reflectors-see above descriptions

Suggested Bicycle Gear List

tire pump (floor type carried by SAG)
spare tubes and tires
tool kit
sunglasses
water bottles or a CamelBack: 3 or more bottles or an extra CamelBack bladder in an ice cooler

Riding Clothes--Be Prepared for High Winds and Both Extreme Heat and Cold

windbreaker
hat that fits under helmet or a helmet cover
insulated top
tights
gloves
booties

Support and Gear Vehicle Information

All Whitney riders must have their own support vehicle or a team vehicle. **You will not be able to participate in the event without a SAG vehicle and crew.**

These vehicles shall not be used to shadow event participants. The support vehicle shall “leap frog” ahead to safe parking areas entirely off of the highway. Interference with the public by **shadowing or lighting the road ahead is against the California motor vehicle code** and will jeopardize future Whitney Classic Rides. SAG vehicle must display sign reading “Caution-Bicycle Riders on Road”.

If you have to leave the course early, please check out at a SAG stop or tell one of the radio carriers, the ride coordinator, or sign out at the Whitney Classic ride headquarters at the Lone Pine Comfort Inn.

Please remember that you are guests of Death Valley National Park and the US Forest Service. There is a \$10 entrance fee per vehicle that enters Death Valley. Summit Adventure will pay for your vehicle and this fee covers your rider who is riding into the Park with you. **You do not need to stop at the Visitor's Center to pay these fees.** If you have a National Park Golden Eagle Pass, please let us know, and this will cover your entrance fee.

Tips for Sag crews and rider families:

Role: Support your rider. Be selfless but take care of yourself.

Before the event:

Communicate with your rider(s): strategize and plan for food and supplies.

Prepare vehicle-lights, flashers, tires, bike rack, etc.

Plan for your needs-clothing, have your own supply of liquids and foods because you may not be able to stop at every SAG station.

Get plenty of rest before the event.

Day of the event:

Pack the vehicle so that the necessities are EASILY accessible:

Make sure your support crew understands your plan for the event

Have your cooler with iced water bottles ready to go

Food-mix supplements ahead of time, have your own supply ready

Daytime and night time clothes-for rider and for SAG crew readily available

Tools and lighting system

First aid supplies-include sun screen for rider and sag and know signs of selected first aid topics such as heat exhaustion, hypothermia, etc.

Eat and drink plenty of fluids before the event.

Fully service your vehicle (gas, oil, windshield fluid, etc.) before heading for

Badwater

Arrive at Panamint Springs for the Rider Brunch and from there to Badwater

Communicate with your rider.

During the event:

Encourage everyone.

Leapfrog with your rider, and use the support vehicle’s flashers at night.

Use odometer to mark miles between checkpoints for your rider’s information.

Communicate with your rider.

Suggested Sample Checklist for SAG Vehicle

(This checklist is not exhaustive and should be used only as a guideline.)

TOOLS:

Pedal Wrench
Truing stand and truing wrenches
Allen keys
Bottom bracket nut
Cassette nut
Screwdriver (Flat and Phillips head)
Tire Pump

CLOTHING: (See Information for Cyclists for additional suggestions)

Arm warmers
Leg warmers
Windbreaker
Neoprene full-finger gloves
Rainwear
Sunglasses

ACCESSORIES: (Spare Parts)

Chain
Rim set
Tires
Tubes
Brake pads

FOOD:

Water
Sports drinks (pre-made)
Energy bars (Clif Bars, Powerbars, etc.)
Power gel

Fundraising Suggestions and Tips

The minimum pledge amount per rider (solo or team member) is \$700. In past years some solo riders have raised \$15,000 or more! The teams have been able to raise more since each rider raises \$700.

Many of us shy away from raising funds because we do not know how or do not think we can. We have included a bunch of ideas that we use in our Whitney Classic fundraising. We have coached many riders over the years and those that follow these suggestions have done well.

Here are some suggestions that may help you raise funds:

Pre-work (Start early)

1. Set your goal. \$700 is easy - 23 friends at \$30 each or 14 friends at \$50 each. Aim high.
2. Make a list of friends, associates, family, vendors, etc. . . who you want to give an opportunity to support your efforts. Remember, you are not asking for you. You are giving them an *opportunity* to support a good cause and your efforts in the Whitney Classic. We recommend sending to 50-150 people if you can. This list can be a running list, compiled as you think of folks over weeks or months.
3. Draft a letter and reply card that will reflect who you are. Make it fun, upbeat, and funny if you like. Be clear about what you are asking them to do.

Send a letter - The simple way to start

1. Finalize the letter - Edit, proof, reproduce the letter.
2. Address the outside envelopes. Hand addressing is best. Labels are okay and setting your names up on the computer this year will save you time next year.
3. As you design your reply card, have specific amounts they can check and an "other" spot for fill in amounts. Start with higher amounts. They add up quicker, and people will select the level they are comfortable with.
4. Stuff your envelopes: Include a *reply card* (separate or tear-off), a *Whitney flier* (if you want to, available on the Summit website via) and a *return envelope* addressed to you along with your *letter*.
5. Mail the letter by August 1, if at all possible. This will allow you a few weeks to see how the return is coming and to plan your next steps accordingly.

Follow-up and personal Contacts

1. Copy the pledge sheet as necessary and use it to keep track of your total
2. Select key folks from your list for a follow-up call to your letter. Call 1-2 weeks after you send the letter. Explain the event briefly, and ask them if they want to participate by sponsoring your ride.
3. Let them know your goal (i.e. \$5,000, \$2,500, \$600, etc...)
4. Suggest a range of amounts, not just \$25.00 (See note on reply card above)

5. You may have co-worker or neighbors that you want to call or approach even if you did not send a letter. Share with your church, friends, and co-workers what you will be doing.
6. Ask your employer to match the amount you raise.

Post-Ride

1. After the ride, gather any uncollected and/or additional pledges, and send them in to Summit Adventure (to the address below).
2. Be sure to write or call your sponsors to thank them for their support and to let them know how you did on the ride and in fundraising - even those that could not participate this time.

Notes

- ◆ If you collect cash, please write down the name and address of the donor. This is important in order for Summit to send out tax-deductible receipts.
- ◆ Please explain to any possible sponsors that the ride is to benefit Summit Adventure, a non-profit Christian wilderness program. The proceeds will be used for general programming.
- ◆ We recommend asking for fixed-amount donations, rather than per-mile donations. This allows you to collect funds before the ride and ensures that you reach your minimum pledge amount, whether you complete the ride or not. Completing the ride is important but not as important as making the effort!
- ◆ Please try to collect all your money before the ride, and mail it to Summit Adventure: P.O. Box 498, Bass Lake, CA 93604, or bring it with you to the ride. Please be sure to total the pledge sheet amount, before you turn it in.
- ◆ Call us if you have questions or want help in your fundraising for the Whitney Classic.

Sample Fundraising Letter

Dear

This coming September 24th– 25th Summit Adventure will be holding the 30th Annual Whitney Classic. This is a bicycling fund raising event for Summit which will push the cyclist to their limit. The funds raised will be used to further the ministry of Summit Adventure. Half of Summit Adventure's annual budget is raised through donations.

Summit Adventure is a non-profit Christian wilderness organization which uses the wilderness as a tool to challenge people of all ages and backgrounds to a spiritual, physical, emotional, and relational adventure. Funds raised will go toward Summit's general fund, which includes programs for youth, families, schools, churches, and individuals with disabilities.

This 135-mile bicycle ride starts at Badwater, Death Valley (-282 feet), which is the lowest point in the continental United States and ends 135 miles away at the Portals to Mt. Whitney which is the highest mountain in the continental United States. The ride will start at 3 PM on Saturday and ends at noon the following day. This is not an easy event, since the ride goes over two 5,000 foot passes and ends at an elevation of 8,365 feet for a total vertical gain of 15,300 feet! The goal is to accomplish this in 21 hours or less.

I think I can do this, but I will need your financial support because each participant is required to raise a minimum of \$700. If you would like to support the ministry of Summit Adventure through my efforts, please fill out the bottom portion of this letter and return it to me. Soon after the event I will write and inform you about this adventure and what I accomplished.

Summit Adventure and I thank you in advance for your interest, prayers, and donation.

Respectfully,

P.S. Summit Adventure will send a Whitney Classic T-shirt for any donation over \$100.

Yes (*Insert Name Here*)! I want to sponsor you in Summit Adventure's Whitney Classic. I will sponsor you for:

__ \$1000 __ \$500 __ \$250 __ \$100 __ \$50 __ other \$ _____

Sponsor's Name: _____

Street Address: _____

City, State, Zip code: _____

Phone number: _____ E-mail: _____

Donations over \$25.00 will receive a tax donation receipt.

You can also donate online at www.summitadventure.com

Just include (*Insert Your Name*) and the Whitney Classic in the comments

Please send your donation to: (*Insert Your Name and address*)

In the Case of an EMERGENCY

Emergency phone numbers and procedures:

If there is a life-threatening emergency, and you are near a phone, contact ride officials, as described below. If you are within 20-30 miles of Lone Pine, first call 9-1-1. If you are not close to Lone Pine, chances are good that a Summit staff member (who is trained in emergency medical response) can get to you sooner than an ambulance from Lone Pine or Bishop.

If you are not near a phone, or the emergency is not immediately life-threatening, contact a Summit staff member in one of the following methods:

- Go to the nearest Sag stop and have the Ham radio operator locate an official.
- Flag down another Sag crew or official vehicle to relay the message and your location to the nearest Sag stop.
- Use a cell phone or pay phone to call the Lone Pine Comfort Inn (760)876-8700, room 117. The stop leader there will locate an official.

Phone list:

Lone Pine Comfort Inn Ride HQ	(760)876-8700 rm.117
Ride HQ (Cell)	(559)760-6939
California Highway Patrol	(760)872-5915
Death Valley Dispatcher (helicopter assistance)	(888) 233-6518
Emergency Medical Services	9-1-1

Selected First Aid Topics

The following is a short summary of medical emergencies you may encounter among participants of the Whitney Classic:

Dehydration

Symptoms: Headache, unusual tiredness, weakness, dizziness, nausea, vomiting, muscular cramps, thirst, and a dry or sore throat.

Cause: Dehydration at some level is almost impossible to avoid in an event like the Whitney Classic. Hot desert temperatures, higher elevations in the mountains, and massive exertion contribute. The most common time and place that dehydration occurs is after dark, especially once temperatures have cooled down, on the mountain passes, both climbing and descending. It is easy for the rider to lose track here of how much or how little fluid has been consumed.

Prevention: Encourage a person to drink before they become thirsty. A person must consciously push himself to drink fluids, even when not thirsty. As a general guideline, a cyclist needs to drink 2-3 water bottles (1 quart) per hour of activity. Most riders will find that they need to drink even more during the hot afternoon hours in the desert.

An excellent indicator of dehydration is urine color and quantity: a well-hydrated person pees clear (no color) and copious urine. A dehydrated person pees dark yellow-colored urine in small amounts.

Treatment: The victim should rest and drink fluids. Water, sports drink (there is Gatorade in the 1st Aid Kit), and salty broth are best; but any fluids the victim can keep down will help.

Hyponatremia (low concentration of sodium in the blood)

Symptoms: Bloating, nausea, upset stomach, muscle cramps, headaches, disorientation, slurred speech and confusion.

Cause: In long, endurance events like the Whitney Classic, lost sweat (salt & water) is replaced by ingested water or sports drink (w/ little or no salt). This dilutes the level of sodium in the bloodstream and hyponatremia results. Once the sodium levels are too low, your body is no longer able to move water from your gut to your bloodstream, and you become "dehydrated" despite having consumed large amounts of liquids.

Prevention: In addition to replacing liquids during the ride, be sure to replace salt specifically. This can be accomplished by either eating salty foods, or by taking salt tablets. Also, avoid taking medication such as Aspirin, Tylenol, and Ibuprofen, as they interfere with kidney function and may contribute to hyponatremia.

Treatment: Hyponatremia can be treated by eating salty foods to increase sodium levels in the bloodstream.

Cramps

Symptoms: Muscular cramps and pain.

Cause: Muscular cramps are caused by lactic acid accumulating in muscular tissues, or by salt deficiency caused by prolonged perspiration. The condition can occur because of a shortage of salt, water, or both, combined with physical exercise.

Prevention: Drink lots of fluids, including those containing electrolytes (salt and potassium.)

Treatment: Relief is usually obtained by stretching the involved muscles and applying firm pressure from the time the first twinges of pain are felt until the spasm is gone. Massage and/or local heat may also give relief. Fluids should be administered, especially those containing electrolytes.

Heat Exhaustion

Symptoms: Body temperature is normal, skin looks white or pale and feels cool and clammy. Victim may faint or complain of weakness, nausea, dizziness, and perhaps cramps.

Cause: Heat exhaustion is a response to heat and the inadequate intake of water to compensate for the loss of fluids through sweating.

Prevention: Drink lots of fluids, especially those containing electrolytes.

Treatment:

- Give the victim sips of salty broth, half a glass every 15 minutes over a period of about 1 hour. If the person vomits, do not give him any more fluids; take him to a hospital as soon as possible where an IV salt solution can be administered.
- Have the victim lie down, and raise his feet 8-12 inches.
- Loosen any tight clothing.
- Apply cool wet cloths and fan the victim.

Heat Stroke

Symptoms: The body temperature may be 106 degrees or higher. The skin feels hot and dry (as opposed to sweaty), and looks red in color. The person's pulse is rapid and strong. They may be unconscious. **Heat stroke is an immediate life-threatening problem.**

Cause: Heat stroke is a response to heat characterized by extremely high body temperature and the disturbance of the sweating mechanism.

Prevention: Drink lots of fluids, especially those containing electrolytes.

Treatment:

- Because heat stroke can lead to death quickly; first aid should be directed toward immediate measures to cool the body quickly. Care should be taken not to over-chill the person once his body temperature goes below 102 degrees.

- Undress the victim and repeatedly sponge his bare skin with cool water or rubbing alcohol, apply cold packs continuously, or place him in a tub of cold water (do not add ice) until his temperature is sufficiently lowered, then dry him off. Use fans or air conditioners if available, because drafts promote cooling. If the victim's temperature starts to go up again, start the cooling process again.
- Do not give the victim stimulants (coffee, soda, etc.)
- Take the victim to a hospital.

Hypothermia

Definition: A decrease in the core body temperature to a level at which normal muscular and cerebral functions are impaired. Normal body temperature is 98.6 degrees Fahrenheit, plus or minus 1 degree.

Symptoms:

Mild: intense, uncontrollable shivering; impaired ability to perform complex tasks

Moderate: Violent shivering persists; inability to perform simple motor functions (like zipping up a jacket); difficulty in speaking; sluggish thinking.

Severe: Shivering decreases; unable to perform even basic tasks; comprehension is greatly lowered; may become irrational or lose consciousness.

Any victim who is past the moderate stage should be hospitalized ASAP.

Cause: Heat loss caused by heavy physical exertion, fluid loss, sweating, and depletion of energy stores.

Prevention: Drink lots of fluids; put on warmer clothes as the ambient temperature drops.

Treatment:

- Although the victim may deny he is in trouble, believe the symptoms, not the victim. Even mild symptoms demand immediate, drastic action.
- Prevent further heat loss by getting the rider into a warm environment such as a car, and turn on the heater. Do not let the rider sit on the ground or road, as this will cause further heat loss.
- Remove wet clothing and replace with dry. Place the victim in a sleeping bag with another source of heat, such as another person (skin to skin contact is preferable) or hot water bottles.
- If the victim is only mildly impaired, give him warm drinks or soup, candy, sweet foods, and carbohydrates (which the body can quickly turn into heat and energy.)
- If the victim is semi-conscious or worse, try to keep him awake.
- If you suspect that the victim is past moderate hypothermia, take him to a hospital or contact a Summit official.

Acute Mountain Sickness (AMS)

Symptoms: Headache, dizziness, fatigue, thirst, shortness of breath, loss of appetite, nausea and vomiting, disturbed sleep, flu-ish feeling.

Cause: AMS is a term applied to a group of widely varying symptoms caused by altitude. This typically will not occur until altitudes of over 8000 feet, most frequently at over 10,000 feet.

Treatment: If the participant chooses to go on, they should drink extra fluids and eat a light, high-carbohydrate diet. Aspirin or other painkillers can be used for headache; Tums can be taken for nausea. If severe symptoms persist, descent to a lower altitude usually results in prompt relief.

Traumatic Injuries

Symptoms: swelling, bruising, pain, deformity, bleeding

Causes: Traumatic injuries to Whitney participants can result from falling, being hit by a car, and a variety of unforeseen events. If you have no first aid training, take care of the ABC's listed below, then get help as quickly as possible.

Treatment:

First, make sure the scene is safe for you, the rescuer. (Never create a second victim!) Then check the following basics in this order (if there is a problem with A, fix it before moving on to the B):

A-Airway: Does the victim have an open, unobstructed airway? If not, do what it takes to open it (remove obstruction, open the victim's mouth, etc.)

B-Breathing: Is the victim breathing? If not, administer rescue breathing.

C-Circulation: Does the victim have a pulse? If not, begin CPR. If yes, is the victim bleeding anywhere? Severe bleeding should be stopped with direct pressure or pressure points. (Don't apply a tourniquet unless you are trained to know when, why and how.)

D-Disability: Does the victim have any disability/injury? (I.e. a broken arm, an inability to feel legs, etc.) Do your best to stabilize these, especially if you suspect neck or spinal injury.

E-Exposure: Protect the victim from exposure to cold by placing blanket or clothing on or around him. It is important to prevent shock by keeping the victim calm, warm, and breathing.

Reminders for Riders

- In an emergency:

Contact a ride official as soon as possible at one of the following locations:

- The official sweep vehicle that will be trailing the last rider.
- Summit Adventure representatives, who will be at each checkpoint.
- The Whitney Classic HQ at the Comfort Inn, rm.117. (760)876-8700.

- Enclosed is a copy of emergency phone numbers and procedures. Please make sure your SAG driver gets this copy and keeps it in the vehicle.

- This is a RIDE, not a race; but feel free to ride for time against yourself.

- Drafting is not permitted, and please do not ride side by side, as this is against the law.

- Please hydrate well!!!! We recommend at least two bottles on your bike frame. Ice your water bottles before you leave.

- This is a long, deceptive event - pace yourself, so you don't flame out early!

- **YOUR SAG DRIVER MUST CHECK OFF YOUR NAME AT EACH REST STATION AS YOU PASS THROUGH IT, EVEN IF YOU DO NOT STOP.**

- Restrooms. At sag stops where public restrooms are not available we will supply a primitive restroom behind tarps. This is so riders will not need to go into the Good Sam RV's at each stop. In regards to the RV's, please be courteous and respect their privacy and property. There shouldn't be any reason to go in the RV's except for a medical emergency.

- Mt. Whitney. If you plan to hike to the Summit of Mt. Whitney on your own following the ride, please review the enclosed hike information. Pay showers are available at the Whitney Portal store; remember to bring soap, a towel, etc., as these items are not provided.

- Rider photos will be taken from 2-2:45 at Badwater. Pre-ride meeting is at 2:40 - come prepared to ride. CHP and Death Valley National Park officials will give a short talk on safety and traffic law. The ride starts at 3.

- We hope you can join us for the post-ride free Pizza Party at the Lone Pine Community Park @ 2:00 pm on Sunday.

- **GOOD LUCK and have fun!**

WHITNEY CLASSIC RIDE MAP

See Lone Pine map for more detail (136W to 395N then left on Whitney Portal Rd)

Whitney Portal (Finish)

10 Lone Pine

11

Route

Route

Keeler 9

Route

(One of Three starts at 7:00pm)

Darwin Turnoff

Father Crowley Pt.

7

Route

Towne Pass 5

6 Panamint Springs

(Two out of Three starts at

Stovepipe Wells 3

2

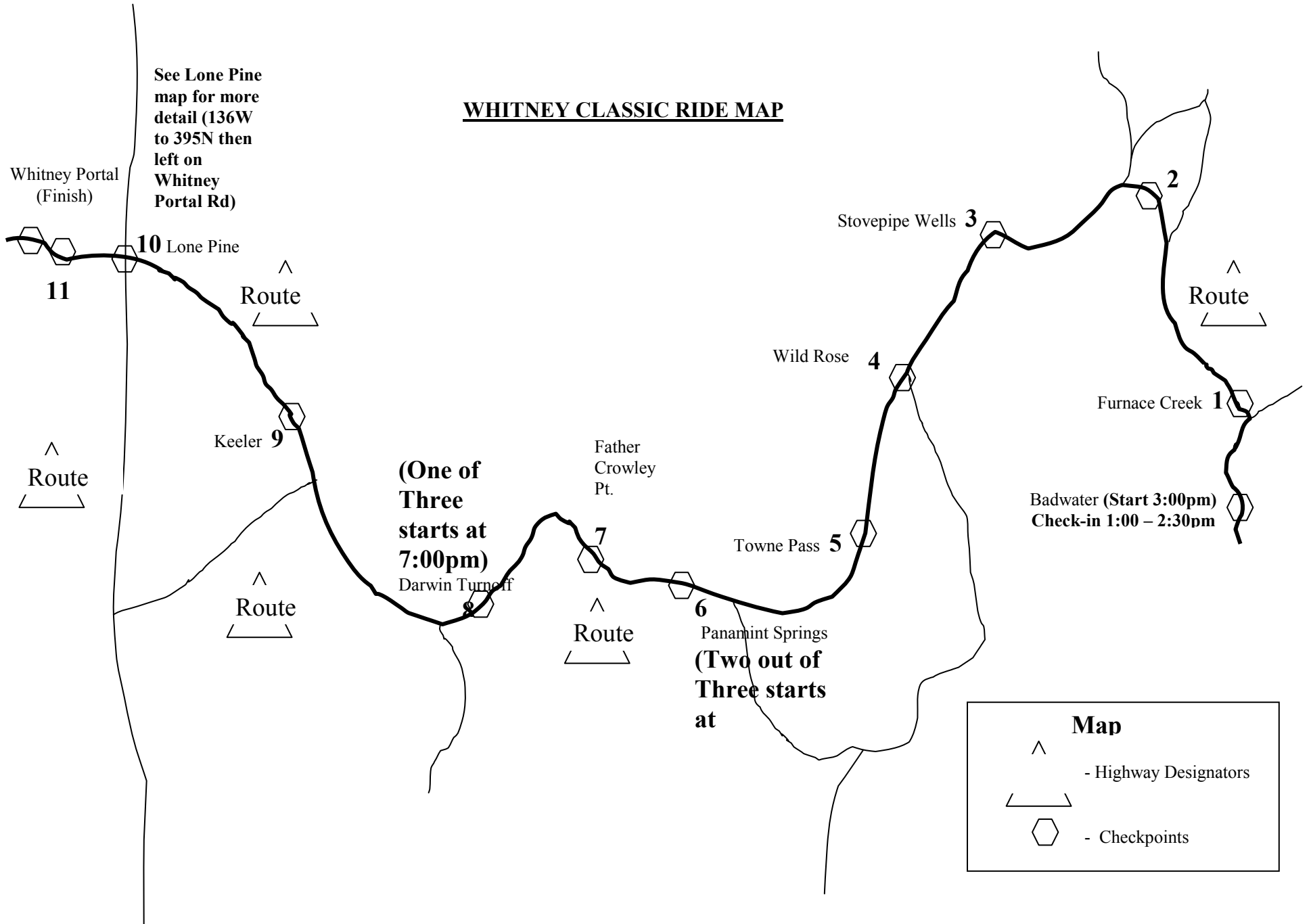
Wild Rose 4

Furnace Creek 1

Badwater (Start 3:00pm)
Check-in 1:00 - 2:30pm

Map

- ^ - Highway Designators
- ▾ - Checkpoints



LONE PINE MAP

