



Bryan's Notes Notes About Bryan

## Browse Notes

Friends' Notes Pages' Notes

My Notes

My Drafts

Notes About Me

Jump to Friend or Page

## Tagged



Subscribe Bryan Rierson's Notes

Report

# Ride report- Branson's Carthage Coffee Run 200K 10/3/10

by Bryan Rierson on Monday, October 4, 2010 at 10:31pm

When Geof contacted him to see if we could ride his Yanceyville Ramble 200K on Sunday, Branson suggested we could be the first to ride his newly RUSA-approved Carthage Coffee Run 200K Permanent. It was an offer we couldn't refuse. We set the start time for 7:30am but promptly neglected to post it up to the NC Randon mail list, meaning it would be just the two of us. Ooops.

The start was at Bean Traders coffee in Durham, and it was about 50 degrees on Sunday morning. Contrary to our usual tradition Geof and I arrived on time, and we were donning arm warmers and whatnot when Branson arrived with cards and cue sheets. As if getting out of bed early on a Sunday morning the day after a 200K brevet to deliver our paperwork wasn't nice enough, Branson bought us each an espresso to send us off in style. Thanks B!

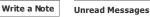
First little bit was just trying to warm up while dodging manhole covers on Audobon Lake Rd, then it was down Hwy 751. We decided not to take the ATT on the way out, hoping that the roads would have more open areas of sunshine. It was a beautiful morning, and the miles were flying by. We got onto Old US 1 and its familiar rollers, and Geof was setting a brisk pace. Next thing you know, as we enter Bonsal we encountered the Jordan Lake Women's Only Triathalon! Geof and I got separated, but we were both passing quite a few ladies who seemed a bit surprised that old guys on steel bikes with bags were cruising along at about 23/24mph! We stopped at the first control at Maxi Mart, hopefully that wasn't too confusing for the racers as we pulled in. A short stop and it was back to passing Tri girls until they turned on Pea Ridge Rd.

We rode through beautiful countryside on Lower Moncure Rd, and since the road pretty much always goes up from mile 35 all the way into Sanford we had plenty of time to look at the scenery. I'm a bit slower than Geof when it comes to climbing, so I'm sure he had a great time looking around while soft pedaling and waiting for me to catch up! We got into Sanford and had an open control. Pick a store, get your card signed and get a receipt. We picked the Fairview Dairy Bar, mostly because it has a cool name. And also because by the time we remembered that Sanford was an open control, we'd passed most everything else! Fairview Dairy's parking lot was jam packed with cars on a Sunday morning, and as we rolled up a nice lady who was leaving told us that we'd just found the best place in town to eat. We were eager to get on down the road, but we decided that this might just be a good place for a sit-down lunch on the return. Geof got a pastry and I took some snapshots.

After Sanford it was on to Carthage. There were some more big rollers and then we turned onto Martin St. in town for the steep climb up to the courthouse roundabout. Geof cranked it in the big ring and I watched him do it. Carthage was also an open control, and since it's the coffee run we chose the Coffee Court and got café mochas. Sat outside, took some snaps, and talked to the ladies from the antique store as they were unloading their truck. We got back on the road, went around the courthouse once and then down the steep hill back the way we came. Wheeeee!

Earlier in the day I'd felt something sharp poking one of my fingers from my right shifter. Never a good sign, that's a frayed shifter cable poking out from where it attaches. I was hoping maybe it would last through this ride, since I'd already planned on completely re-cabling the LeMond anyway. The big rollers on the way into Carthage were also big rollers on the way out. Strange how that works. Anyway, for me that means a good bit of shifting. It's a bad habit, and I should probably get my single speed back on the road and let it break me of the habit once and for all. Sure enough, once Geof had a nice big gap and was out of earshot- SNAP. Cable broke. Rear derailleur shifts to the biggest gear- a cool design feature that as far as I know is common to all derailleurs, and I yelled at Geof. He just kept going, and for a second I wondered how far he would go before he noticed I wasn't back there anymore. Replacing a cable would take me awhile, and yes- I carry spares!! Since we were on a bit of a flat/downhill section I decided to try to catch him before I stopped. I had almost closed the gap when the road started going up again, but luckily he heard my yelling and got the message that I was stopping. We found a suitable spot to pull over and proceeded to try to remove a very stubborn cable nub so I could replace the broken one. It seemed like a long stop, and once we were back on the road I knew it would take awhile for my legs to get rid of that heavy-as-lead feeling and warm back up. I let Geof go his own pace and I rode mine, and at some point he waited for me to catch up again!

Soon we're back in Sanford, and the Fairview Dairy Bar is packed again (still?) We sat at the counter and ordered lunch. Mine was very good. I was conservative and just had a bacon grilled cheese, chips and a drink. There were lots of other things on that menu I'd like to try, but I didn't want to upset my stomach. A milkshake sure was looking good, though... Geof went with a shrimp po-boy wrap- apparently he's not only a stronger climber, he also has better gastronomical fortitude than I.



# sages

Home

BONNIE PRINCE BILLY Louis Giuliani sent you a message. View Message · Mark as Read

Profile

Account

See All



SAT. AUGUST 14TH AT

Louis Giuliani sent you a message. View Message · Mark as Read

## Sponsored

## 4 Foods to Never Eat



Some "diet" foods can actually increase stomach fat. Learn to avoid these hidden junk foods. The Diet Solution Program

Create an Ad

#### More freight. Less wait. usxiobs.com



U.S. Xpress has plenty of freight. PLUS freight managers that are experts at keeping solos, teams and contactors rolling.

## **Ballantyne Pediatric Dentistry**



Dr. Scott was interviewed yesterday by News 14 Carolina. Check out charlotte.news14.com and click on "healthy" link on the left

Like · 95 people like this

#### Folev Services, Inc.



Own a trucking company? See how we can help you!

Like · 173 people like this.

# Facebook (27) | Ride report- Branson's ...

The same road that was mostly uphill on the way out provided a nice way to digest lunch on the way back, and soon I was feeling pretty good. We did have some strong headwinds, and I was taking some pulls on the front and giving Geof a bit of respite from the wind. His pulls were longer, and without that draft I would've had a much harder time of it. Thanks again G. Old US 1 was fairly uneventful, the triathalon was long since over! After the control at Maxi Mart we decided to take the American Tobacco Trail option instead of Hwy 751 to avoid traffic and get out of the wind. I was a little worried about my tires- just last week I put on a set of 23c Torelli Torino open tubulars that were given to me- good Karma from a set of 26" city tires I gave away. I wasn't expecting to do any trail riding, and these Torellis are known for their supple, smooth road feel and NOT their durability! The hardpack section of the ATT was ok and we were enjoying the ride, even though we lost a bit of speed by using the trail. Soon it gave way to a paved section and we were able to pick it up a bit, but still not full gas since there were other trail users to think about. The paved section then gave way to a rough gravel section with exposed roots and manhole covers. The pucker factor was high, but we made it to the end without a flat!

At this point we were just a few miles from the finish, but just for good measure we missed the turn onto Audobon Lake Rd. and got a couple bonus miles. Turned around at Hwy 54, backtracked to the turn and rode to the finish back at Bean Traders. All in all another great day on the bike and a fantastic new Permanent route right here in our backyard. Thanks Branson!

Garmin stats HERE



In Sanford- open control. We chose the Fairview Dairy Bar. Parking lot was full and the place was packed, always a good sign at a restaurant. Would take too long to have breakfast, but we made a mental note that this might just be our lunch stop on the return trip...



Geof got a pastry. Strange reaction to sugar, I assume...



10/5/2010

# Facebook (27) | Ride report- Branson's ...

In Carthage, outside the coffee shop. 62 miles done and at the turnaround!



Back in Sanford, a sit-down lunch is in



Geof stylin' the arm warmers.



Done. A small amount of bonus miles, probably a combo of taking the ATT option on the return and missing one turn.

## Share

Mike Dayton and 3 others like this.



Jennifer Heringer Very cool, thanks for the report. Also, I think the espressos are apropos for "Branson's Carthage Coffee Run". As for the Karma, I'm loving the 26's... and I still owe you! (I haven't forgotten) 22 hours ago · Flag



Vance Ricks Haha! "the pucker factor" good ride report -- how does the hilliness compare to, say, that of the Morrisville 200? 21 hours ago · Flag



Bryan Rierson @Vance- it's hard to say. The GPS gives me roughly the same ascent- 4,500ft, but this route seems a bit hillier to me. There's definitely nothing like the climb into Carthage on the Morrisville 200K. No real long, gradual climbs on this one- all rollers, so even though they're similar amounts of climbing the character of the climbs is very different. 21 hours ago · Flag



Peggy Malanosky Great read!!! Ur so close to ur R12!!! Congrats to U & Geof on another long ride!! 21 hours ago · Flag



Branson Kimball My bad on the bonus miles- the cue sheet was wrong. Fixed now. Thanks for opening the route and being the "beta testers!" 21 hours ago · Flag



Geof Simons hehe. it's as much fun as you said, Bry! @Vance-the rollers are spread out on the far end. no "three sisters" like morrisville. more akin to lake loop. the wind was the culprit. oh, and once out of durham, very quiet! 11 hours ago · Flag

Facebook © 2010 · English (US)

Chat (12)

About · Advertising · Developers · Careers · Privacy · Terms · Help