

Triple Loop 200k/400k/600k – 4/6/2019

The Triple Loop 600k consists of three 200k loops, each starting and ending at the Extended Stay America at 22711 Oakcrest Circle, Yorba Linda, CA 92887. Rooms at this location currently start at \$90 per night. 200k riders complete the first loop, 400k riders complete the first two loops, 600k riders complete all three loops.

Loop 1 - <https://ridewithgps.com/routes/28474201>

We start this brevet at the unusual time of 6:30am because the city is locking the trail at Katella Ave at 9:00pm and isn't unlocking it until 7:00am. Katella is 11 miles into the ride. On the plus side – there's no homeless encampment on the trail. We will meet in the north corner of the hotel parking lot. I will be there at 6:00am but please try to get your paperwork completed by 10pm Friday evening.

This is a very fast 200k that uses about 96 miles of bike path and only has 1800' of climbing.

It heads to the coast on the Santa Ana River Trail (SART), heads north on PCH or the beach path, then inland to El Monte on the San Gabriel Bike Path. We return to the coast on the Rio Hondo and Los Angeles River Trails, head south on PCH and the beach trail, and return to the hotel on the SART.

There is a very short section of dirt as we approach and leave the control in El Monte, and a slightly longer section as we head to the Rio Hondo trail head. The dirt is normally rideable, but even if you walk you won't lose more than two or three minutes. There's always a headwind as we approach Long Beach so try to find some ride buddies.



Rio Hondo bike path

This year I am moving the Long Beach control to Belmont which is 3 miles down the coast. There's an Arco, a 7-11, a Chronic Tacos, a Jack-in-the-Box and more at the new location.

Most riders will return to the hotel with a huge time buffer. This is the perfect opportunity to grab your lights and an extra layer of clothing before you head out on the second loop. Don't forget to have me sign your brevet card. If a 400k or 600k is not in your immediate travel plans, this would be a good time to stop riding.

Loop 2 - <https://ridewithgps.com/routes/28514629>

This is a PBP year and it's important to do a brevet that has some climbing. This loop climbs over Santiago Canyon twice (you're welcome). We head out of the hotel on the SART again but quickly exit onto surface streets towards Santiago Canyon. We will climb and descend the entire canyon before the first receipt control at mile 42. There is almost 2000' of climbing in this long section so watch your nutrition.

At mile 26 we enter a series of bike paths that are beautiful but navigationally challenging. I strongly recommend being very comfortable using a GPS navigation system. When we reach the first control the navigation gets much easier.

When we reach the coast we will turn south through Dana Point. Then we will pass through San Clemente. There are three options you can take through this city. The official route is the bike route (option 2) southbound and PCH (option 1) northbound but you can use any of these three options in either direction.

1. Stay on PCH – this has heavy traffic and lights and more climbing, but it is easy to navigate

2. Take the bike route. This is slightly longer but has less traffic. It's well signposted
3. Take the beach path. This is hard packed sand and can have pedestrians but has no traffic and it's fun

This loop turns around at the end of San Onofre campground. There's an info control here that involves looking for a sign. If you're lucky your tailwind will have died down and you will have no headwind going back. If you ride too fast, this may not be the case.

The reason the official route returns on PCH is that there is a Carl's Jr at mile 73 which, although it's not a control, is well placed. There's a ton of other places to refuel in San Clemente. We're going to head inland at Dana Point on the San Juan bike path and climb as we head back towards Santiago Canyon. There's a receipt control at mile 93 just before we re-enter the same bike path we descended earlier. We retrace our route over Santiago Canyon all the way back to the SART.



San Clemente beach path

It's possible some riders will find the entrance to the SART is locked. If that happens there is a simple alternative route that adds no miles or climbing. This will all be explained on the cue sheet.

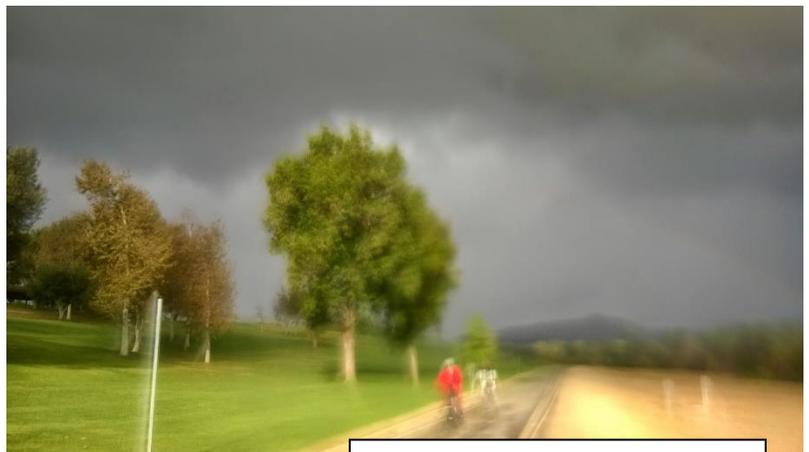
Back at the hotel, the 400k riders will stop. We've ridden 249 miles with about 8500' of climbing. This is less climbing than the average 400k on PBP has, but not by much. After a few hours sleep the 600k riders will head out on loop 3.

Loop 3 - <https://ridewithgps.com/routes/28474202>

The third loop heads inland and climbs to 2500' at the turn-around in Beaumont. Take a look at the elevation profile. The last 100k is almost all downhill or flat.

We start by heading inland on the SART to Norco and after some surface roads we ride the entire length of the upper SART. It's a long ride to the first control in San Bernardino at mile 40.

After San Bernardino we keep climbing to the turn around at a gas station in Beaumont. There are other options here if you're getting tired of gas station cuisine. We head back on San Timeteo canyon. During the descent on "San Tim" it's pretty easy to hold 25mph for the entire 16 miles.



Artsy photo of the upper SART

After the fun of the descent we make our way back to the entrance to the upper SART and retrace our route back to the hotel. Entering the upper SART is a little tricky so pay attention here – you need to use the sidewalk. Don't forget it's 40 miles from the 7-11 at the entrance to the SART back to the hotel, but it's slightly downhill all the way.

At this point you've ridden 374 miles with about 13,000' of climbing. PBP is a bit more climby than this route.

You need to get your card signed by the ride organizer at the end of each loop. I have found this triple-loop format means riders need less support, but I will have SAG and some refreshment available for you.