

State Crossing Rider Report - Benjamin "Jay" Fichialos

Record Attempt: Two person West-East Utah Crossing

Rider: Benjamin "Jay" Fichialos

Woke up at 1:15 am on May 22, the previous evening we had a good meal and made sure our gear was set-up. I was riding my custom built frame made by Rob English in 2020, Sram Red Etap gearing and Zipp carbon wheels.

Jim and I suited up and made our way out to start. I had agreed to ride the first leg. Judges and crew had not realized their clocks had switched to Pacific time so there was a bit of a scramble as they hurried to get ready.

Ended up starting at 2:08 AM, May 22, 2021 at the Nevada Utah border on Highway 6/50.

Cold start, checked the temperature and it was just below freezing.

First stage was slightly uphill, little to no wind. I was moving at a good pace and finished 18 miles in the first hour. Too many layers made it difficult to get into and stay in the aerobats.

Sweating quite a bit, stripped wet clothes in the van and tried to get them dry.

I ate as much as I could, and before I knew it the 1 hour split passed quickly and I was back on the road coming into Hinckley and Deseret. I was munching on baked potatoes from the previous evening as much as I could.

Road got rough, but I had removed some layers and was able to use the aerobars more.

After this split when I got back into the car I eat quickly and dozed off for a few minutes. One more ride with the moist clothes from early.

Crossed I-15 and came to the frontage road. MPH was slower than previously, but the power seemed right so I stuck with it. Some punchy steep climbs. Then the road ran out and I rode on the gravel into Scipio. For the most part it was hard packed so pace was only slowed a little. Up to this point I was drinking a combination of on the bike Powerbar drink and Gatorade in the van.

After finishing up outside of Scipio I started drinking cokes and had 1 or 2 each split in addition to on the bike drinks.

Climbing out of Scipio I finished the climb on my split and caught the descent into Salina.

Moving at a quick pace through town the weather had warmed up. I passed through town quickly starting the first big climb. Changed into skinsuit for the next section, wind had picked up and was now blowing hard crossing from the right and directly head on.

First part of the climb I was a little cold in the skinsuit, next section Jim lost power and I picked up a little earlier around 45 minutes rather than 1 hour.

Put on a vest over the skinsuit and the temp was just right. Finally made the first summit, traded off with Jim and he was feeling better. Ate Famous Amos cookies and a turkey sandwich

Transitions were smooth with no time lost. Eating was still easy, but I started feeling full.

I finished the second big climb and had a fast descent into Green River. Wind still crossing from the right but the pace was good.

After Green River my stomach felt acidic. Had Coke and Cheetos just to keep the calories going.

Getting back out on the bike there was a strong tailwind now. First 10 miles of my split was done in 20 minutes, and I finished 20 miles in around 50 minutes. Some lower back soreness when pushing hard on the pedals while in the aerobars. Not a show stopper.

Jim had the last 15 miles to ride, I met him with 1.5 miles to go. We rode together to the finish, just before we reached the end the rain started to fall. Finished at 8:26 PM, May 22, 2021 at the Colorado/Utah border on I-70. We loaded the bikes into the van, took some photos and hit the road.