

## Rider's Narrative Summary

- Record attempt: Utah – West to East
- Jim Webb
- Start time - May 22, 2021 at 2:08 am
- Start date location – Utah/Nevada Border at the state line sign across the street from the gas station at the Border Inn on Highway 6.
- Conditions – some wind out of the South to Southwest, temperatures in the 30's with mostly clear skies, visible stars.
- Reason for completing the ride - I wanted to complete the record as a challenge with my friend Benjamin (Jay) Fichialos to see if we could set a fast time. It was a good motivator to get out and train earlier in the season to stay in shape. I have never done a relay ride before so that was also a fun challenge with the dynamics of changing riders and having a support crew.
- Equipment used - I used my OPEN UP gravel bike without clip on aero bars or anything similar.
- Nutrition - Doing the ride as a relay gave me time to eat in the support van while Jay was riding so I was able to eat normal food. I ate a lot of bagels, muffins, sandwiches, cookies, and drank a lot of Coke especially from about 2 pm to the end to keep me going. On the bike I drank Skratch labs mix.
- The best part was probably the latter half of the day after we descended off of the San Rafael Swell into Green River on I-70. The winds became more favorable out of the South/Southwest and I felt a lot stronger than I had previously.
- The hardest part was riding South on I-70 East of Salina as the road turns more southerly the winds really picked up out of the South and it as a slight incline for many miles. The way the road is graded it seemed like you should be going downhill but it was around a 3% grade which combined with the wind really slowed me down and sapped my energy. We had been up for 10 hours switching off riding so the fatigue started to set in. That was the low point for me.
- Luckily, nothing really unusual happened while we were riding. The only mechanical to speak of was that my tail light broke as I was taking my bike out of the van for my first leg and he had to quickly duct tape it to my seatpost.
- The exact finish location is on I-70 at the Utah/Colorado border at the “state line” marker behind the sign on the right hand side of the road that reads “Welcome to Colorful Colorado.”
- The finishing time was May 22, 2021 at 8:26 pm.