



TEXAS VÉLO

Come and Bike it



Cycling Route

Bike Camp

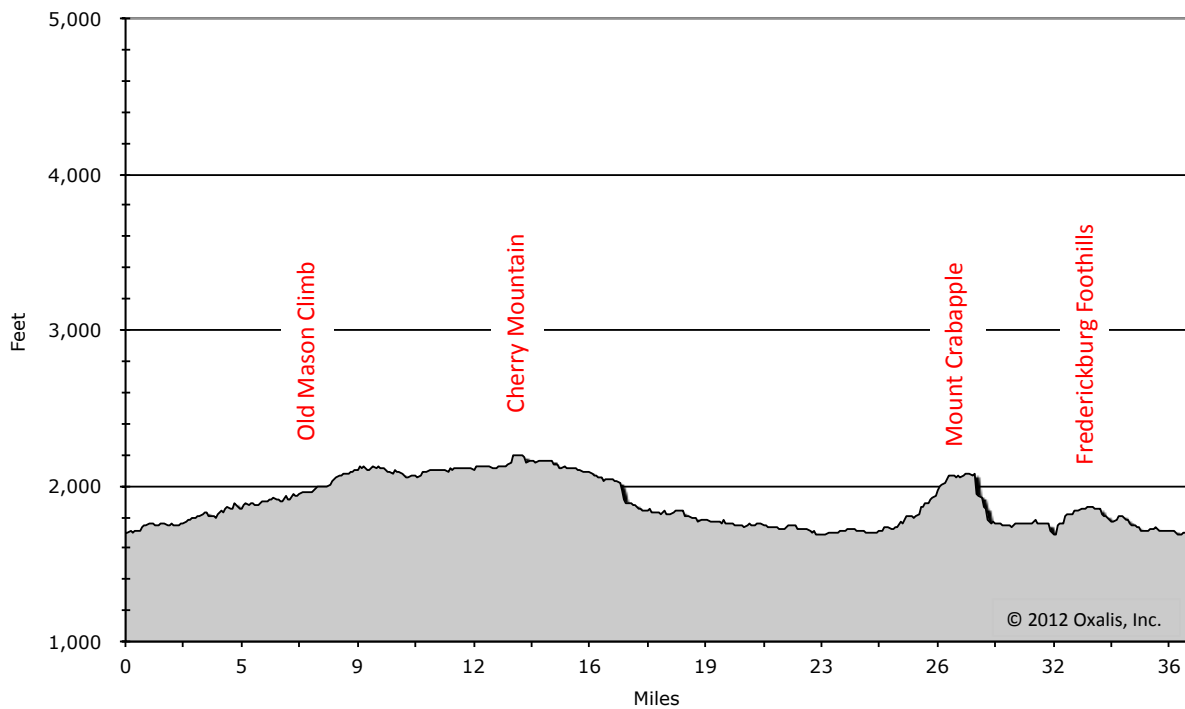
36 miles

Region: Fredericksburg, Texas

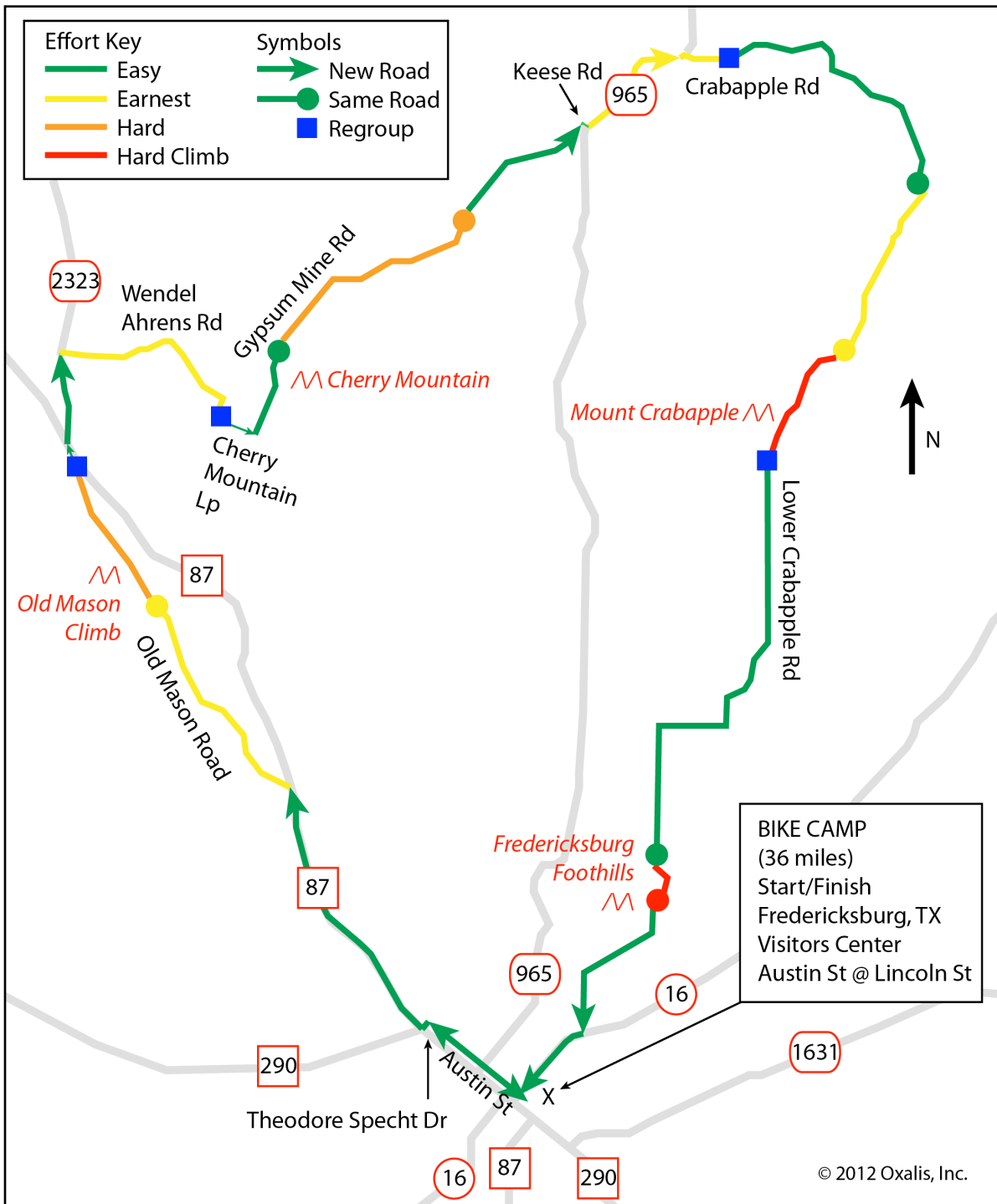
Author: Gregory L. Kagay

Catalog: 1019.2

Bike Camp
Route Elevation Profile



Route Map: Bike Camp



Emergency Numbers

Police/EMS: 830-997-7585	Fire: 830-997-8080
FBG Hospital: 830-997-4353	FBG Taxi: 830-997-8044

Route Instructions: *Bike Camp*

#	Miles	Effort	Turn	Location	to Next
1	-	-	Start	FBG Visitors Center	0.0 mi
2	-	Easy	Go Straight (NW)	E Austin St	0.1 mi
3	0.1	Easy	Cross TX 16 (NW)	W Austin St	1.3 mi
4	1.4	Easy	Turn Left (SW)	Theodore Specht Dr	0.1 mi
5	1.5	Easy	Turn Right (NW)	US HWY 87	3.1 mi
6	4.6	Earnest	Turn Left (NW)	Old Mason Rd	2.5 mi
7	7.1	Hard	Go Straight (NW)	Old Mason Rd	1.9 mi
8	9.0	Regroup	Regroup	US HWY 87	0.0 mi
9	9.0	Easy	Turn Left (NNW)	US HWY 87	0.3 mi
10	9.3	Easy	Turn Right (N)	RR 2323	1.1 mi
11	10.4	Earnest	Turn Right (E)	Wendel-Ahrens Rd	2.4 mi
12	12.8	Regroup	Regroup	Cherry Mountain Lp	0.0 mi
13	12.8	Easy	Turn Left (E)	Cherry Mountain Lp	0.4 mi
14	13.2	Easy	Turn Left (N)	Gypsum Mine Rd	0.7 mi
15	13.9	Hard	Go Straight (N)	Gypsum Mine Rd	3.0 mi
16	16.9	Easy	Go Straight (NE)	Gypsum Mine Rd	1.6 mi
17	18.5	Easy	Turn Right (SE)	Keese Rd	0.1 mi
18	18.6	Regroup	Regroup	FM 965	0.0 mi
19	18.6	Earnest	Turn Left (NE)	FM 965	1.5 mi
20	20.1	Easy	Turn Right (E)	Lower Crabapple Rd	0.3 mi
21	20.4	Regroup	Regroup	Lower Crabapple Rd	0.0 mi
22	20.4	Easy	Go Straight (E)	Lower Crabapple Rd	3.5 mi
23	23.9	Earnest	Go Straight (S)	Lower Crabapple Rd	1.9 mi
24	25.8	Hard Climb	Go Straight (S)	Lower Crabapple Rd	1.7 mi

#	Miles	Effort	Turn	Location	to Next
25	27.5	Regroup	Regroup	Lower Crabapple Rd	0.0 mi
26	27.5	Easy	Go Straight (S)	Lower Crabapple Rd	5.3 mi
27	32.8	Hard Climb	Go Straight (S)	Lower Crabapple Rd	0.6 mi
28	33.4	Easy	Go Straight (S)	Lower Crabapple Rd	1.8 mi
29	35.2	Easy	Turn Right (SW)	TX 16	1.0 mi
30	36.2	Easy	Turn Left (SE)	E Austin St	0.1 mi
31	36.3	Finish	Arrive	FBG Visitors Center	0.0 mi

Safety

TexasVelo.com, its sponsors, the author, and Oxalis, Inc. assume no responsibilities to users of the routes described and make no warranties regarding the condition of these roads.

Routes presented utilize public roads open to traffic; ride at your own risk and obey all traffic laws.

Always wear a helmet and utilize properly maintained equipment. Carry ample food and water. Carry tools. Carry a mobile phone in case of emergency.

Climactic conditions may change rapidly. Use common sense. Carefully walk bikes when crossing wet water crossings.

Ride Summary

Amplify the training benefits of your cycling workout with short intervals of increased intensity. *Bike Camp* shows the way.

This route facilitates an interval workout by delineating sections for both increased intensity and

easy-riding recovery. Designated regrouping points suit it well for group rides.

Only fit cyclists that have completed multiple rides of over 30 miles on (at least) flat roads would be obvious candidates to pursue *Bike Camp*.

Enjoy easy conversational riding in the *Easy* (green) sections, more-challenging riding in the *Earnest* (yellow) sections, and at-your-own-pace difficult in the *Hard* (orange) and *Hard Climb* (red) sections. (See "Effort Key" below for explanations.) Wait for others at the *Regroup* (blue) spots to compare notes, hear excuses, and otherwise socialize.

Effort Key

Easy (Green)

Ride the *Easy* sections at warm-up pace, akin to steady walking. Such ease provides important recovery between harder efforts. Find conversation comfortable while riding *Easy*.

Earnest (Yellow)

The cycling equivalent of jogging; note the importance of riding at your own ability when riding *Earnestly*, and NOT riding too hard just to stay with others. Abandon easy conversation as heart rates rise in these sections.

Hard (Orange)

Ride *Hard* sections at or just below “anaerobic threshold” (the highest pace you could sustain for, say, five or more miles). Expect heavy breathing in these areas and an apparent elevated heart rate. Again, remember to ride your own pace; avoid the temptation to follow the tempo of others if it varies from your own.

Hard Climb (Red)

Riding above anaerobic threshold on these sustained climbs very well may *increase* your time to the top; best to ride them in the narrow zone separating the orange from the red, which takes practice and discipline. On long climbs, slow and steady often *does* win the race.

Points of Interest

Old Mason Road

The old road to Mason makes a favorable alternate to US HWY 87. Quiet, with very few vehicles, a long gradual grade, and pretty.

Promised Land Loop

This complex of rural roads (primarily Wendell Ahrens Road.) offers short climbs and descents—and much fun twisting and turning.

Gypsum Mine

Not much to look at, but a novelty for sure; by the time you reach the mine entrance you should be in the Hard effort zone. Anticipate the plateau and descent that follows thereafter.

Scenery

Find terrific scenery on the middle third of this route. Our favorite landscapes lie between the big descent after the gypsum mine all the way to Mt. Crabapple.

More Scenery

After climbing Mt. Crabapple take in the spectacular view of the Pedernales River valley from it’s summit, just before the route descends dramatically (again). The *Fredericksburg Foothills* provide notable scenic viewing as well.

Hills of Interest

Old Mason

(Cat. 4)—not a hard climb, but an extended one for sure. Although the early miles on Old Mason Road challenge very little, the slope grows steeper as you near the top.

Mt. Crabapple

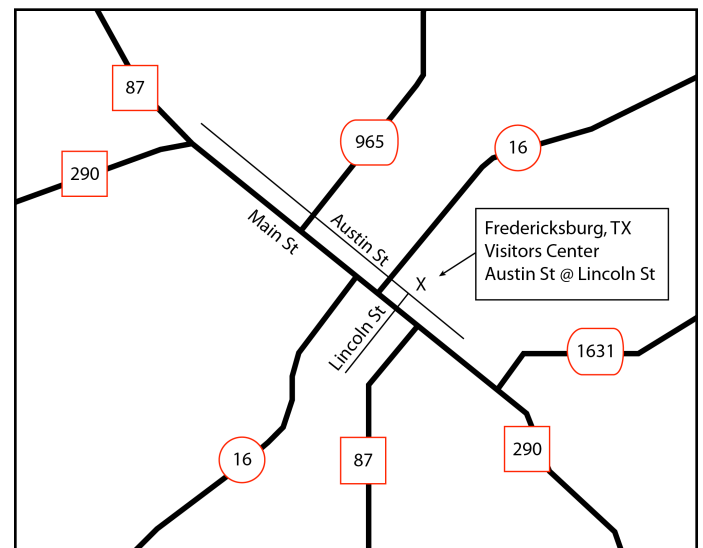
(Cat. 1)—One of the more infamous climbs in the county, it starts at about 25 miles into the route with a stinging convex profile that challenges any strength-to-weight ratio. Beyond that, the climb mellows but continues for about two miles.

Fredericksburg Foothills

(Cat. 3)—Returning to town, beginning at about the 34 mile mark, the route ascends up and over this promontory situated north of the city. Find great views of suburban Fredericksburg here.

Start/Finish

This route begins and ends at the Fredericksburg, Texas Visitor Center. Find it at the corner of Austin Street and Lincoln Street, one block north of Main Street.



Fredericksburg Visitors Center location map

This departure location favors groups of gathering cyclists because it features off-street parking. When forming a group ride here, we recommend cyclists gather in the large parking lot located behind (north of) the Visitor Center (and Chamber of

Commerce) office buildings. To minimize exposure to traffic, we discourage gathering in front of the facility on busy Austin Street.

The restrooms here usually open at 8 A.M. For more information visit the Fredericksburg Chamber of Commerce website at <http://www.fredericksburg-texas.com/>.

Road Map

Print a road map corresponding to this route here:

<http://www.dot.state.tx.us/travel/countymapbook2006/Pages/371.pdf>

Eat & Drink

This route offers NO commercial sustenance outside the city of Fredericksburg. Fuel up before departing and carry ample hydration and energy resources. Distances between commercial establishments offering such may be vast. When cycling on hot days we recommend hydration packs for longer routes.

Ride Friendly

We are all cycling ambassadors. Cyclists and motorists utilize our roads rightfully. Courtesy mitigates anger. Ride single file when vehicles approach from behind. Large groups should be extra vigilant to accommodate passing vehicles. Please educate inconsiderate cyclists—share the road.

Obstacles

Many obstacles—familiar and otherwise—dot Texas roads. Potential dangers include cars, cattle, cattle guards, deer, trucks, water crossings, and more. Stay vigilant and slow down.



Find more great cycling routes at www.TexasVelo.com
