

EDC cyclist climbs 1 million feet in 1 year

By Blair Anthony Robertson, Sacramento Bee

Torey Philipp has been riding and racing his road bike since he was 14. Now, he trains on the roads throughout Northern California, often leaving from his El Dorado Hills home and heading out into the foothills of the Sierra to go up and down all kinds of hills and mountains on quiet rural roads.

In cycling, it's called climbing, and it's not only the hardest part of the sport but the key to getting faster and stronger. This past year, Philipp did something extraordinary as part of his often grueling training schedule. With an extra push at the end of 2016, he racked up 1 million feet of elevation gain while riding his bike 14,248 miles.

Those numbers, along with maps of all of his routes, are all saved on Strava, the app and website used by many endurance athletes to keep track of their workouts and see how they stack up to others.

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