

City Hill Sprints 2023 - March 24-April 2, 2023

In just over one week you have to hit all 8 hill segments on Strava (click [here](#) if you don't know what a Strava segment is). Share your times with me via this [form](#) and I'll total it up and rank everyone.

-Prizes to overall M/W and random participants as well.

-Prizes for any new KOM/QOM set and standing after March 26.

-Specialty coffee prizes from Coulee Bicycle Co

**Must have public strava ride to be eligible for prizes.*

**Void where prohibited.*

**E-bike encouraged, but not eligible for overall winner prizes.*

**Kudos to CBC!*

****Safety First! We assume no responsibility and you should be careful****

all roads are public, and open to traffic; please follow the rules of the road

please respect the folks who live in the neighborhood and remember that we are all cycling ambassadors. No yelling STRAVA as you pass unsuspecting pedestrians

1: Ebner <https://www.strava.com/segments/1237943>

2: Farnam <https://www.strava.com/segments/1237961>

3: Wedgewood <https://www.strava.com/segments/6875609>

4: Boma <https://www.strava.com/segments/4186471>

5: Horseshoe <https://www.strava.com/segments/21125835>

6: Skyline <https://www.strava.com/segments/4526117>

7: Easter <https://www.strava.com/segments/765497>

8: Crown <https://www.strava.com/segments/1150587>

| | Distance (MI) | Gain (FT) | Average Gradient |
|-----------|------------------|--------------|---------------------|
| Ebner | 0.79 | 191 | 4 |
| Farnam | 0.53 | 299 | 9.6 |
| Wedgewood | 0.61 | 163 | 4.8 |
| Boma | 1.02 | 137 | 2.7 |
| Horseshoe | 0.64 | 142 | 4.2 |
| Hagen | 0.36 | 121 | 6.2 |
| Easter | 0.59 | 315 | 10.7 |
| Crown | 0.29 | 243 | 15.6 |
| Totals: | 4.83 | 1611 | 7.225 |