

Training Ride Overview

What To Expect

Participating in a training rides allows participants to build community before the actual ride itself in August. You will get to know other participants, build strength and endurance, get exposure to different riding situations (i.e. wind, rain, sun, terrain, location), and have fun.

Here is what you can expect when attending a training ride:

- 1) drive to the training ride location at least 15 minutes prior to the ride-out time (have some food in your stomach already)
- 2) unload your bike, gear
- 3) ensure bike is in working condition (tires pumped, chain lubed, gears working, brakes tightened, proper fit) note: you should check your tire pressure with a gauge before every ride and lube your chain every other ride-you will ride faster and easier and your chain won't wear out as fast)
- 4) put sunscreen on even when it is cloudy
- 5) stretch
- 6) mingle and introduce yourself to other participants until five minutes before ride-out
- 7) training ride leader(s) will hand out route directions / map
- 8) training ride leader(s) will pass around a sign-in sheet / waiver -be sure to record the name and phone number that the ride leader can really contact in case of an emergency
- 9) five minutes before ride-out, training ride leader will gather everyone together
- 10) introductions will be made (depending on training ride leader(s))
- 11) safety speech will be given by training ride leader(s)
- 12) get on bikes and ride-out
- 13) stop at various pit stops along the route
- 14) come back to the end and feel a great sense of accomplishment!

Items To Bring

- your bike in good condition (required)
- CPSC or ANSI or Snell or ASTM approved helmet (required)
- bike pump
- cash
- coins or a cell phone for emergency calls
- electrolyte tablets (if you don't like to drink sports/electrolyte replacement drinks)
- insurance card
- medical emergency info
- nutrition bars / food
- patch kit
- pack to carry your stuff, handle-bar, under-seat, or small back pack
- photo id
- 2 small zip-lock bags, one for cash, id and cell phone, one for route sheet
- rain gear
- spare tubes
- sunglasses / riding glasses
- sunscreen lotion
- water / electrolyte replacement drink (2 full bottles or camelbak minimum)