



Beginner/Intermediate Group

CENTURY RIDE PREPARATION

*"To get the most out of an organized ride, be ready for anything."
Alex Stieda*

PREPARE FOR THE BIG DAY

Preregister or register as far in advance as you can

Route information

Make sure you are aware of the course length, any big climbs or descents and rest-stop locations. Find out where the ride begins and start time(s).

Two months before

Plan your training around the length of time you'll be riding, not the distance. Over this time period gradually increase your riding time.

(NOTE: if you do train by distance, you should be able to ride at least 75% of the length of the route before the ride comfortably).

One month to two weeks before

If you're going to take your bike into the shop for a tune up or any kind of repair or maintenance now is to do it. This way if further adjustments need to be made you have time to get them done.

Two weeks before

If possible plan a ride that will take about the same time as the ride event.

One week before

Take it easy. It's taper time for you and the bike. Do one or two shorter easier rides.

Hydrate. Drink lots of fluids and don't experiment with food or hydration formulas now.

Prepare your bike. Clean your bike, lube the chain, and pack your saddlebag (see checklist). Check your computer. Check your shoes and cleats. Check your bottle cages.

One week before (Con'd.)

Prepare your gear.

If it's an out of town ride, make a list of what you will need to bring. Start packing.

One day before

Pick up your packet. The night before, pack whatever clothes, pumps, tools you want to have with you at the ride start (see checklist). Pin your number on your jersey if you have them in advance. Eat well and get enough sleep.

Event day

Eat something light for breakfast and plan to arrive at least 30 minutes before the start time. Give yourself extra time to get ready. Do an ABC Quick Check. If you use a chamois cream, don't forget to apply it and/or take a packet along.

Check out this for the MS150 Training Guide: http://biketxp.nationalmssociety.org/site/DocServer/TXP_Bike_MS_Training_Guide.pdf?docID=38522.

See Checklist on next page.

CHECKLIST

Saddlebag:

- _____ Spare tubes (2)
- _____ Cell phone
- _____ Tire levers (2)
- _____ Road id or id
- _____ CO2 inflator
- _____ CO2 cartridges (2)
- _____ Sunscreen
- _____ Lip balm (with sunscreen)
- _____ Mini tool
- _____ Money

Other items

- _____ Small frame pump
- _____ Pins and numbers for Jersey
- _____ Water bottles or hydration pack
- _____ Any food you want to bring
- _____ Helmet
- _____ Bike shoes
- _____ Gloves
- _____ Bike socks
- _____ Sunglasses
- _____ Arm warmers, leg warmers, jacket
- _____ Rear view mirror
- _____ Clothes to change into after the ride

Other _____

ABC Quick Check

- _____ A - Air your tires the day of or the night before.
- _____ B - Brakes-make sure they're engaged and not rubbing, spin your wheels.
- _____ C - Chain and cassette-pick up your back wheel and turn pedals a few times.
- _____ Check quick release levers to be sure they're engaged.
- _____ Check bike once more all over.