

TRAINING / SAFE RIDING

**Anchor House
Ride for Runaways**

OVERALL TRAINING PLAN

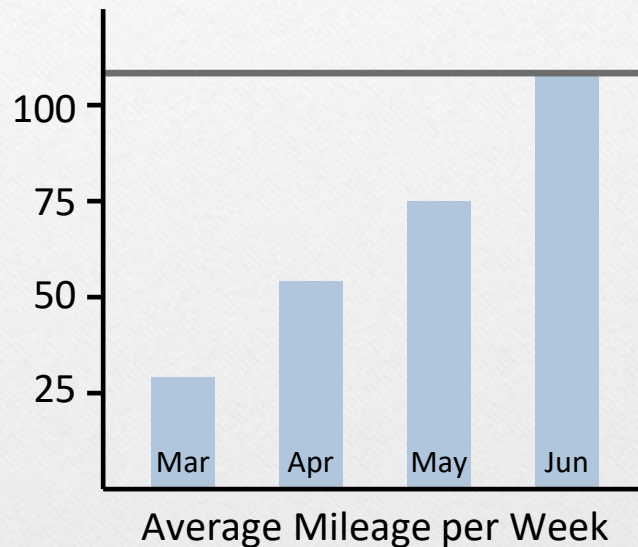
- Try to reach 1000 training miles, primarily on hills
- Build up slowly with a plan
- Keep a training log.



INCREASE FREQUENCY AND LENGTH OF RIDES

March	50 miles	<ul style="list-style-type: none">• Ride 2-3 days a week• 10-25 miles
April	100 miles	
May	300 miles	<ul style="list-style-type: none">• Ride 4-5 days a week• 25-60 miles• Work up to long back-to-back rides
June	400 miles	
July	150 miles	
TOTAL	1000 miles	

DO NOT LET UP



- Build up to 100-150 miles per week.
- Keep that riding schedule until the last few days before the ride.
- Get your bike tuned up by your bike mechanic prior to the Ride.

TRAINING RIDES

Date: Saturday, April 23 aka "Tour de Manure"

Time: 10:00 a.m.

Route: 35 miles, some hills, some flats

Location: Rosedale Park, (upper lot) 424 Federal City Rd, Pennington NJ 08534

Date: Sat, May 7 and/or Sun May 15 - Hilly Training Ride

Riders who have never done the Classic Ride must do at least one

Time: Meet at 7:30am (ride begins at 8)

Route: 62 miles, mostly hilly

Location: Rosedale Park, (upper lot) 424 Federal City Rd, Pennington NJ
08534

Date: Saturday, June 18

Time: Meet at 7:30am (ride begins at 8)

Route: 50 miles, rolling and hills

Location: Princeton Shopping Center, Southeast Corner Lot
301 N Harrison St Princeton NJ 08540



RIDE SAFE, RIDE SMART!

- ▶ Wear a helmet that fits.
- ▶ Do the ABC Quick Check (A – air, B - brakes, C - chain).
- ▶ Your bike is a vehicle; use right- & left-hand signals when turning.
- ▶ Obey all traffic signs and signals
- ▶ Ride on the *RIGHT*
- ▶ Say “On your left” when you pass
- ▶ Yield when crossing roads
- ▶ Watch at driveways
- ▶ Warn other riders about hazards



RIDE ADVISORY TEAM

What is it all about? What will I get out of it?

This team is made up of veteran riders who will be teamed up with new riders in order to:

- Provide guidance on both cycling challenges.
- Can be reached via text, phone or e-mail.
- Can help with Classic Ride best practices on packing, gear, nutrition, safety, training, bike maintenance etc.
- Can be available for one-on-one or group rides.

ROAD POSITION

**Always stay to the right as far as practicable,
leaving a buffer of 2-3 feet on your right side**



NO MORE THAN 2 RIDERS WIDE

When one announces: *"car back"*, all riders should form up single file



PASSING ANOTHER CYCLIST

Do not try to pass another cyclist on a curve, wait for visibility and announce “on your left” loud enough so the person knows that you are approaching and before you start to pass.

If passing in a group, be sure that the last person passing announces that they are the last one.



AVOID STOPPING IN A ROADWAY

And especially refrain from turning your bike across and into the traffic lane

If you have to stop, move off the road



CHOOSING A LANE

Choose the lane that best serves your destination



THE CHALLENGE IS

**You never know what may be approaching from behind,
without much warning**

For that reason,
wearing
headphones,
talking and texting
on a cell phone
while riding are not
permitted



Drink BEFORE you're thirsty



Eat BEFORE you're hungry



THINGS THAT YOU SHOULD HAVE ON YOU OR ON YOUR BIKE

- ▶ A good helmet that fits properly
- ▶ Sunglasses
- ▶ Biking gloves
- ▶ Road ID bracelet
- ▶ Bike computer and cue sheet holder or GPS
- ▶ Cell phone
- ▶ 2 water bottles
- ▶ Mirror
- ▶ Spare tube, tire levers, pump, energy bar
- ▶ Rear tail-light

WHAT HAPPENS NEXT

- If you are a new classic ride participant, you will get an email within the month from someone on the training subcommittee. Please respond to this email when you receive it.
- You will get a reminder email a week before each training ride. We need to know which of the two mandatory training rides you are planning to do by May 1.
- Please contact us with any questions
- It's our job to determine that you are capable of doing the ride and that you are following Anchor House safe riding rules.