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

<table>
<thead>
<tr>
<th>Month</th>
<th>Distance</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>March</td>
<td>50 miles</td>
<td>• Ride 2-3 days a week</td>
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<tr>
<td></td>
<td></td>
<td>• 10-25 miles</td>
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<tr>
<td>April</td>
<td>100 miles</td>
<td></td>
</tr>
<tr>
<td>May</td>
<td>300 miles</td>
<td>• Ride 4-5 days a week</td>
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<tr>
<td></td>
<td></td>
<td>• 25-60 miles</td>
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<tr>
<td>June</td>
<td>400 miles</td>
<td>• Work up to long back-to-back rides</td>
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<tr>
<td>July</td>
<td>150 miles</td>
<td></td>
</tr>
<tr>
<td>TOTAL</td>
<td>1000 miles</td>
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</tbody>
</table>
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
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.