

# Training / Safe Riding

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**Anchor House  
Ride for Runaways**

# Build up slowly

<b>March</b>	<b>50 miles</b>
<b>April</b>	<b>100 miles</b>
<b>May</b>	<b>300 miles</b>
<b>June</b>	<b>400 miles</b>
<b>July</b>	<b>150 miles</b>
<b>TOTAL</b>	<b>1000 miles</b>

## Increase frequency and length of rides

March	50 miles	• Ride 2-3 days a week • 10-25 miles
April	100 miles	
May	300 miles	• Ride 4-5 days a week • 25-60 miles • Work up to long back-to-back rides
June	400 miles	
July	150 miles	
<b>TOTAL</b>	1000 miles	



## Keep a training log

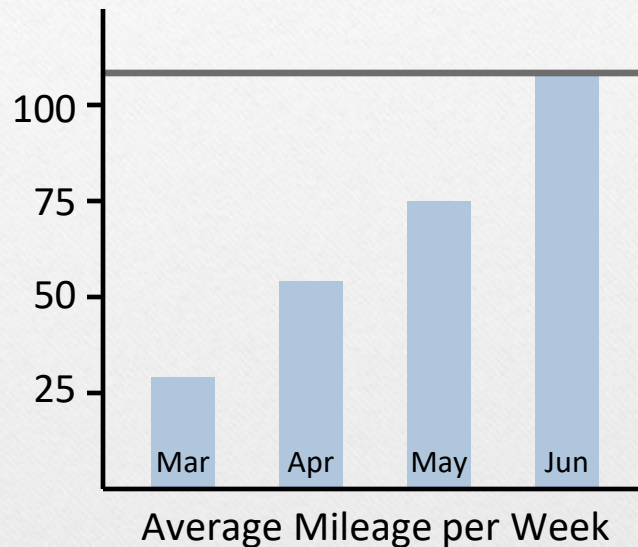
Date	Distance	Route	Total Miles
3/26	15	Frenchtown Flat	15
3/30	35	Hopewell Hilly	50
4/2	20	Lawrenceville - rolling	70

# Vary your routes

Vary flat and hilly rides but make sure you get the hills in



# Don't let up



Build up to 100-150 miles per week

Keep that riding schedule until the last few days before the ride

With proper training, you can do this ride



# Flat/Rolling Mandatory Training Ride

## "Tour de Manure"

**Date:** Saturday, April 15

**Time:** 10:00 a.m. Hopewell Valley High School  
(parking lot on Timberlane Road)

**Route:** 35 miles, mostly flat

**What to bring:**

Helmet, bike computer, 2 water bottles, snack

Cue sheets will be available and there may be a rover on the route

# **Hilly Training Rides**

## **You must do one of these!**

**Dates:** Saturday, May 13 (rain date May 20)  
Sunday, May 21 (rain date May 28)

**Time:** 7:30 a.m. Hopewell Valley High School  
(parking lot on Timberlane Road)

**Route:** 62 miles, hilly

**What to bring:**

Helmet, bike computer, 2 water bottles. There are several places to eat on the route. Cue sheets will be available and there will be a rover on the route





# Ride Safe, Ride Smart!

- ▶ Your bike is not a toy. It's a vehicle.
- ▶ Wear a helmet that fits
- ▶ Do the ABC Quick Check
- ▶ Ride on the *RIGHT*
- ▶ Say something when you pass
- ▶ Obey signs and signals
- ▶ Yield when crossing roads
- ▶ Watch at driveways
- ▶ Warn about hazards



# **Ride Ambassadors** **Veteran Riders Assistance Program**

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

- Promote smart and safe cycling.
- Ease the integration for new participants by riding with them on training rides and being available if needed on the week long ride.
- To enhance overall camaraderie among all Ride Participants.
- Ask questions. Don't be shy or stubborn they are there to help.



# Road Position

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





# Approaching a curve

When approaching a curve, move out towards the center for better visibility from both directions





# 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





# Climbing with a group

Two wide for better  
visibility from behind



As the group crests the hill,  
move right





# Choosing a lane

Choose the lane that best serves your destination





# The challenge IS

You never know what may be approaching from behind,  
with minimal pre-notice

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





Drink **BEFORE** you're thirsty



Eat **BEFORE** you're hungry



# Things you should have on you or on your bike when riding

- ▶ A good helmet that fits properly
- ▶ Sunglasses
- ▶ Biking gloves
- ▶ Bike computer
- ▶ 2 water bottles
- ▶ Road ID
- ▶ Mirror
- ▶ Cue sheet holder or Garmin
- ▶ Cell phone



## What happens next?

- You will get an email in about a week 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 April 30.
- 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.