

The Ride for Missing Children – Finger Lakes 2009 Last Minute Reminders

Remember the MOST important reason for the ride is the children. Please talk to the children, especially at the longer rest stops. They have been preparing for our arrival.

- Remember to eat a good breakfast before the ride and drink fluids before and during.
- The opening ceremony begins at **7:15 sharp**. If you need to pick up your rider packet or turn in donations, please arrive no later than 6:30
- We will have the gear bag vehicle in the parking lot; **place your well labeled gear bag there when it is ready.**
- This is a loop course so we return to our starting point, and there is plenty of parking
- Have your bike ride ready and in the bike parking area **before** opening ceremonies

A few safety tips to remember

- Pay attention.... to the people in front of you, and the person beside you, and the shepherds' riding suggestions
- Call out signals...Car back...Pothole ahead... **Railroad tracks**...Turning... Braking... And STOPPING....
- Pay attention.... to the people in front of you, and the person beside you.....
- Drink water during the day make sure you are hydrated...at least one bottle every 20 miles...eat small amounts each time we stop, don't wait until you are hungry, it will be too late
- Pay attention.... to the people in front of you, and the person beside you.....
- Walk safely. The bottom of your cycling shoes can be slick especially if wet. When walking through the schools be especially careful on the nicely waxed (&slippery) floors.
- Pay attention.... to the people in front of you, and the person beside you.....

What to do at the rest stops

- Smile, greet and talk with the children.
- Use the restrooms; there will be restrooms available at all stops.
- Replenish your water bottles.
- Get something to eat.
- Get back on your bike.

What to pack?

- Sunscreen, Chap Stick, Tissues, Sunglasses extra pair.
- Towel – good to have for wiping down at the rest stops, sweat or rain
- Extra Socks – You may need to change half way through the ride to prevent blisters
- Rain Gear – we hope for the best but plan for the worst, 'polypropylene' is a great base layer for a rainy day
- Aspirin/Advil – really a good idea for those who have not been training like they should have
- Spare Tubes – make sure they fit your bike, if you can, bring two

Finally...

- Make sure your gear bag is identified with your name and phone number, so if you leave it after the ride we can call you and let you know you forgot it.
- Remember to drink at least 16 ozs / hour & eat even if you do not feel hungry in order to maintain energy.
- ENJOY THE RIDE AND THE DAY!!!!