

Some training advice from our Shepherds....

So, you have decided, or are thinking about participating in the 2010 Ride for Missing Children on May 14, but you may not be sure if you are prepared. What follows is a simple 10-week general training guideline that you can use to prepare for the ride. First, relax! This is not a difficult "Century" ride. The ride makes a lot of stops, has a lot of support, and best of all, the 2010 route is relatively flat. Our promise is that what you gain in personal fitness will only be overshadowed by the positive experience you will get by your contribution to helping spread the child safety awareness and by providing financial support that benefits the National Center for Missing and Exploited Children\New York Regional Office.

First, your fitness: You are the only person that really knows how fit you are. Please be sure that if you feel it is necessary, discuss your fitness level with your Doctor. This guide assumes that you are in reasonable fitness and you know how to ride a bike etc., but you may not have been riding all that much lately or may have never ridden in a ride of this distance (approximately 100 miles).

Here are a few things to think about:

Equipment Tips:

- **Helmet:** If you have a \$10.00 head, a \$10.00 helmet will work just fine, but you might want the comfort, safety and value that a \$50-100.00 helmet might provide.
- **Gloves:** Recommended both long-fingers and short-fingers. They help prevent fatigue, and if you happen to fall over, they become significant in value.
- **Shorts:** Some people are rather tough and can ride in just about anything. Our recommendation is to look at a pair of cycling shorts in the \$50-100.00 price range for optimum comfort. You going to be sitting on these for many hours; this is not the item that you want to compromise on.
- **Shoes:** Cycling shoes are simply better since they are designed for cycling. We recommend a quality road shoe combined with a clip in pedal system.
 - *Socks:* A quality wicking cycling sock is best.
 - *Insoles:* Super Feet has an excellent insole that will greatly improve the fit and comfort of any cycling shoe. (<http://www.superfeet.com/content/index.html> Look at the grey ones)
- **Jersey:** We will give you one.
- **Foul Weather Gear:** Say it isn't so! But just in case, a suitable cycling rain jacket, pants, head cover for under your helmet and overshoes will make life a lot easier.
- **Leg and Arm warmers:** It can still be cold early in the morning at the end of May and warmers or a pair of pants and a wind breaker can make it more comfortable. Remember that you can have a **duffle back** which will be available to you at all the school stops to exchange clothing.
- **Others :** Water bottle or camelback, sun glasses and sun screen (let's hope that they will be needed), extra socks, Chap Stick, a spare tube in case of a flat, Advil, and Vaseline for any chaffing irritation.

Bike Tips:

- **Bike:** A road bike is highly recommended. The technological evolution of cycling continues to make the sport more and more enjoyable. If your bike is old (over 10-15 years), take the time and go and test ride a new bike and talk to local riders, clubs or participate in a Ride for Missing Children (RFMC) training ride and we can offer suggestions.
- **Position or bike fit:** Call your preferred bike shop, cycling club, or participate in a RFMC training ride and have your fit evaluated. In general, the road bike position when properly fitted (but perhaps with a slightly elevated handle bar) is best for long rides.
- **Saddle :** There has been some terrific advancement in saddles in the last few years. If yours is not comfortable (and you already wear good shorts) the best thing you can do is to talk to your favorite bike shop and see what they have and try a few different saddles out. Saddle comfort is key to an enjoyable ride.
- **Tires:** A good quality tire with a Kevlar layer is best. Keep the pressure near the maximum that it is rated for, but not in excess of 120 psi (they roll faster when hard but they will make the ride more harsh).

Training Program:

The schedule below is optimum to put you into shape to be able to do the entire ride distance. If you can't mimic the plan, or start late, don't worry, remember that we stop every 15 miles or so, and you can elect to take a break during the ride and jump in a support vehicle.

- On easy days ride leisurely at a high cadence (spin). On pace days, ride at or above 15 miles an hour (the ride pace). Your brisk ride should be done at or above 18 miles an hour.
- Try to ride at least 5 days per week. If you have to skip a day, try not to miss your Saturday/Sunday rides. Take advantage of the scheduled training rides; the good company helps, makes good suggestions and it is a good time