

## Fitness Camp Cycling Program - Letter #2

July 17, 2010

This is the 2nd of four e-mails to assist you in preparing for the Camp Cycling Program and to tell you about the cycling program (and to keep my talk at Orientation as short as possible - yea!).

- Getting your bike ready (*sent June 20 - also on the [Website](#) and just re-sent by Eva Quearry*)
- Program schedule and things to bring (*this e-mail*)
- Ride Support, Cycle Staff Responsibilities
- Hydration, Bike Courtesy and Signals, Newcomer/Novice Recommendations

### Cycling Items to Bring

While on your ride, please take/carry the following:

- Driver's license or some form of identification
- Medical insurance card

Also carry the following on you or on your bike

- Money/Credit Card
- 1-2 spare tubes
- CO2 cartridges and associated tool
- Portable air pump
- Tube patch kit
- Tire levers and allen wrenches (in your frame or saddle bag) for adjusting/tightening your seat post, bottle cages, etc.
- Hydration bags (e.g. Camelback) and/or bottles for water and/or energy drinks
- Nutritional supplements - energy bars, gels, snacks
- (Optional) cell phone, as reception is spotty at best

Items to wear on the ride

- Gloves
- Mirror if not attached to the bike
- Shoes - consider replacing cleats with over 6,000 miles
- Helmet - you must wear a helmet at all times while riding - on the road, trail, or in camp
- (Optional) Head cover, sweat band
- (Optional) Heart rate monitor
- And apply sunscreen

Additional items to bring:

- 2-3 Spare tubes
- CO2 cartridges - lots of them
- Floor pump
- Box of Tools
- Nutritional supplements - energy bars, gels, snacks, energy drinks and/or drink powder.
- Bike jerseys, including your DMFTC jersey
  - If no DMFTC jersey, bring a yellow shirt to wear on Balmorhea day Wednesday
- Bike shorts
- Bike socks
- Head covers, sweat bands
- Sunscreen

Other optional items

- Rags and chain lube
- Spare cables for rear derailleur and rear brakes
- Spare chain
- Bike stand (we will have a few at the bike fit)
- Spare tire

## The Planned Cycling Program

This is a preview of what we plan to offer in the Activity Guide that you will receive when you get to camp - pretty firm at this point but still subject to change.

In general

- A long (>50), medium (20-50), and short (<20) ride every day
- Mostly out and back with two loop rides and several point-to-point rides with bus/trailer one-way
- Classes/clinics for beginners/novices and intermediate riders
- Car/truck sag support and water stops on all supported rides over 20 miles
  - This support is very limited - much less than you would find at a big event
  - No EMS folks on motorcycles or in motorized vehicles
- No planned/supported off-road rides

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### Rides

#### Monday

Out and back rides from the Ranch toward Balmorhea. Up to 58 miles.

Ft. Davis out and back with optional city tour on your bike. 12 miles

#### Tuesday

Scenic Loop. 75 miles. Counter-clockwise - mountains first

NEW: Scenic Loop Backside. 31 miles. Trailer/Bus out, Ride Back

NEW: Out and Back Ride to the Tomato Plant on the way to Marfa. Up to 20 miles

#### Wednesday

Balmorhea ride. 36 miles

Balmorhea + going in and out to Boy Scout Ranch Entrance. 58 miles

Wild Rose Pass to Balmorhea Ride. 20 miles

#### Thursday

RETURNING: Marfa Alpine Loop. 83 miles.

NEW: Alpine to Ranch. 29 miles. Trailer/Bus out, Ride Back

CDRI Entrance out and back. Up to 20 miles

#### Friday

Out and back to McDonald Observatory. 20 mountainous miles

Observatory Challenge. From the Visitor Center to the old Dome

Out and back to the Point of Rocks. Up to 35 miles

No long supported ride

### Classes/Clinics

Bike Fit during Registration

Beginner/Novice Class/Lecture

Beginner/Novice Clinic/On the Bike

NEW: Individual Beginner/Novice Sessions

Flat Tire Change Clinic

Hill Climbing Clinic

Gear Changing for Beginners

Pace Line Basics

Jerry Barrett

Camp Cycling Staff