

2010 Fitness Campers,

This is the 3rd in a series of 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 14*)
- [Program schedule and things to bring](#) (*sent July 17*)
- Helmet Life, Ride Support, Cycle Staff Responsibilities (*this e-mail*)
- Hydration, Bike Courtesy and Signals, Newcomer/Novice Recommendations

Helmet Replacement

One of our campers last year went through the process of buying a new bike helmet. What he found was a lot of information and controversy over helmet lifespan, how often they should be replaced, under what conditions, etc. What wears helmets out are exposure to UV and heat. There did seem to be a modicum of consensus to replace a helmet every five years.

What I suggest is to educate yourself on this topic then make your own decision. Here are links to a couple of websites that the camper found that might be of interest.

<http://www.helmets.org/replace.htm>

<http://www.smf.org/faqs.html#10>

http://www.cyclingsite.com/collected_wisdom/touring_info/on_the_road/helmets.htm

Ride Support

The information below is intended to give you a pretty good idea of what to expect. It is best that you attend Rider meetings before each ride to learn about the support for the ride that day.

Ride Leaders - All rides will have a bike staff person assigned to that ride. The Ride Leader will conduct the pre-ride meeting that starts 10 minutes before the ride start time, attempt to ride in the middle to the rear of the group, and stop to lend a hand if you signal them for help. NOTE: Scenic Loop and Marfa Alpine Loop will have a cycle staff member in a sag vehicle versus on a bike.

Sag support - All medium and long (>20 miles) supported rides will have one motorized vehicle on the route to provide sag support. The vehicle/driver will have water and snacks, possibly electrolyte powder and sunscreen lotion, attempt to get you going again if you have had a breakdown, and give you and your bike a ride back to camp if necessary. The timing of a return trip back to camp is subject to the need to continue provide support for the ride and number of people needing a ride back. We will do our best to support as many breakdowns as we can!

Gate Times - The longer rides will have gate times that will be announced at the riders' meeting. If you arrive at a gate before the gate time, you can expect Ride Support if you proceed. If you arrive at a gate after the gate time, Ride Support will not be guaranteed. You will be advised to turn around at the gate.

Water/snack stops - Most medium and long (>20 miles) supported rides will have one or more water stops. Stops will have (approximate) Open and Close times based on a wide range of average speeds. Times will be published in the Activity Guide you will receive when you register.

We need Water/snack stop volunteers: We will be grateful for camper volunteers to handle/staff all the water stops. If you would be willing to volunteer part of your camp time to serve your fellow campers we would all appreciate it. All water stops start, and all but one end in the mornings. A Signup Sheet for water stop volunteers will be available at the entrance to the food line in the Dining Hall. Feel free to contact me before camp starts if you want to volunteer or if you have questions.

Here are the nine planned water stops:

- Monday - Wild Rose Pass
- Tuesday - Madera Canyon, Bear Mountain, Valentine Cutoff Road, Point of Rocks
- Wednesday - Wild Rose Pass, Boy Scout Cutoff Road
- Thursday - Alpine/Musquiz Canyon
- Friday - Point of Rocks

Cycling Staff Responsibilities

Staff members will

- Teach the classes and clinics
- Provide bike fit/adjustments on Sunday afternoon during registration
- Plan the routes and logistics of each route, and communicate that to you in the rider meetings
- Be present on each ride, either on their bike or in a vehicle
- Drive sag vehicles to provide water, snacks, and to assist in getting you going again
- Will definitely assist in a medical situation (get you to our nurse or to the hospital)
- Trailer and un-trailer your bike on rides involving the bike trailer
- Answer questions relating to class material, rides, training options

Staff members are not required to

- Provide bike repair services. They will provide options for your consideration
- Handle bike/mechanical issues you might have starting 30 minutes prior to the start of a ride or class
 - Priority in that time period is preparing to support the scheduled rides and classes/clinics

The Staff is

- Made up of seven volunteers who are campers just like you
- Made up of people with a diverse range of skills and abilities, both on and off the bike
- Not necessarily trained in bike mechanics or emergency medical services
- Here to educate and help you all they can

Fitness Camp Cycling Program - Letter #3

July 22, 2010

If you have any questions or comments, feel free to contact me via e-mail or phone.

Jerry Barrett
DMFTC Cycle Staff