

Hello 2010 Campers,

This is the 4th/last 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!). This particular letter is primarily oriented to NEW campers, and will serve as a good review for experienced campers.

- [Getting your bike ready](#) (*sent June 14*)
- [Program schedule and things to bring](#) (*sent July 17*)
- [Helmet Life, Ride Support, Cycle Staff Responsibilities](#) (*sent July 22*)
- Hydration, Bike Courtesy and Signals, Newcomer/Novice Recommendations (*this e-mail*)

## Hydration

Ft. Davis is much drier and higher in altitude than cities like Austin, Dallas, Houston, and San Antonio, so keeping hydrated is a bit more of a challenge. In dry heat, you can be losing water without feeling wet or sweaty. Please read the document we have on hydration and heatstroke - you will have that handout in the Activity guide that you pick up when you register at camp. My recommendation is that you read it before camp by visiting this link --> [Hydration/Heatstroke handout](#).

Carry at least 40 ounces of fluid, which is two large water bottles. That should allow you to do approximately 2 hours of riding before you need more fluid. The rides and support we are planning are counting on your carrying this much liquid with you.

## Bike Courtesy and Signals

Again, we have a document that covers this information. It will be in the Activity Guide and is on-line at this link --> [Cycling Information](#). I suggest that you read it before camp, and if you have any questions, please feel free to contact me via e-mail or any of the cycling staff at camp.

I want to point out several items covered in the document in this e-mail.

If you need to stop on the side of the road, please move as far as practical from the road. If you need help, tap the top of your helmet with either hand. If you wave, we are mostly likely to think you are just being friendly.

Ride to the right as much as is practical. Ride in/on the shoulder if there is one. If cars are approaching from the rear, ride single file. It's easy to get caught up in conversation, so please frequently monitor behind you if riding side-by-side.

Communicate to your fellow riders by speaking and using hand signals.

Shout "car back" or "car up" as appropriate

Shout "on your left" or "on your right" when passing a fellow cyclist

Shout "slowing" and put your left arm down if you start to slow down/put on your brakes

Draft someone only if you have his or her permission. Otherwise s/he may stop suddenly and without warning

Point out road hazards to cyclists that may be following you

## Newcomer/Novice Rider Recommendations

If you are new or relatively new to cycling, please avail yourself of the beginner classes and clinics

On Monday afternoon, there are three classes/clinics.

- The first class will cover very basic information (like fitting your helmet, how tight it should be)
- Next, a clinic will address basic skills (practice in avoiding and navigating road hazards, cleating and un-cleating)
- Finally will be our ever popular flat tire change clinic

On Tuesday afternoon is an instructional class on gears and gear shifting. Also on Tuesday afternoon, for the first time, we will be offering four 30-minute individual sessions in basic cycling skills. If you or your small group want to focus on a specific topic, sign up for one of these sessions. First come, first served.

I look forward to seeing you in Ft. Davis!

Jerry Barrett  
DMFTC Cycle Staff