

DEMPSEY™

CHALLENGE

Presented By 



PREPARATION FOR A 50-MILE RIDE

Congratulations on your decision to go for a long ride!
Below are some tips to help with your preparation.

- **SET A SCHEDULE:** We recommend that you train 3-4 times a week, either by bike or another type of sport. At a minimum, you should **try to ride three times per week** while building towards the goal.
- **BUILD IN REST DAYS:** Think about a Monday, Wednesday, Saturday schedule or Tuesday, Thursday, Sunday allowing rest days between your rides.
- **LISTEN TO YOUR BODY:** Riding this often will prepare your saddle for a longer ride as well as help you build endurance and strength for the big day. You will learn what your body needs for hydration and fuel. This will also help you to explore areas that you might want to include as you plot your distance spin plan.

At 14 mph, a 50-mile ride will take about 3 hours and 30 minutes on average. This will vary with terrain of greater elevation, headwinds/tailwinds, stops and your energy level on the day of the ride.

SAFETY TIPS

- Learn basic bike maintenance (e.g. how to change a tire) or bring someone with you who knows bike maintenance. PRO TIP: L.L. Bean offers free instruction
- Assign a backup friend/spouse/family member who can pick you up
- Set a deadline finish time (if I am not back by _____)
- Set an intention; dedicate the ride
- Check the weather and plan for optimal conditions: leave early if it will be a hot day, pay attention to sunset, check possible wind speed
- Plan for short breaks - be careful not to break for too long as your saddle may adapt to being off the bike making it harder to get back on!

HELPFUL TIPS FOR RIDE DAY

- Have fun! Pick a route that is interesting to you.
- Make sure your bike is tuned up.
- Eat before you think you have to.
- Go with some friends. Bonus points if they are of a similar skill/fitness level.
- Don't overdress, even if the morning is cool.
- Have a good helmet, always a good helmet. While you are at it, gloves too.
- Track your ride. Use your phone, Strava, bike computer, etc. That way you can check out the data later.
- Keep riding!