



Artwork by Cobaltbluegraphics.com

Ride Guide

1-866-696-7701

1314 E. Las Olas Blvd Ste 302 Fort Lauderdale, FL 33301

www.TheSmartRide.org

Welcome to The Southern Most AIDS/HIV Ride Family

Please print this guide and refer to it often

Dear **SMART Rider**:

We are so pleased to have you join our efforts to make a real and significant difference in the lives of those infected and affected by HIV/AIDS in Florida. We are at an interesting point in the ongoing fight against HIV/AIDS, on the one hand the medical community has made great strides in improving the lives of those infected and affected by HIV/AIDS over the past decade. On the other hand these tremendous strides have not given us a cure, but have given too many the false beliefs that the disease is controllable, manageable, and survivable.

Sadly, **Florida is still believed to rank #2** in the nation for incidences of HIV/AIDS, this is a statistic we can not be proud of, and one we should feel obligated to change. Through the agencies we have earmarked to benefit from your efforts we believe that we can assist in changing those statistics, by first and foremost caring for those in need and educating those at highest risk for contracting this still deadly, highly infectious and uncontrollable disease. Many are shocked to learn that the elderly are at great risk, in Broward County alone according to the Miami Herald, **20% of all new infections occur in the elderly**. Many of our minorities continue to **NOT** address the disease head on and as a result we see AIDS as the **#1 killer of black men and women**, we see that if you're a **Hispanic male your chances of contracting the disease jump by 20%**.

Enough about the statistics, we are **preaching to the choir!**

What makes **The SMART Ride** unique is **YOU!** - you have a degree of control over the money you raise and the how it is distributed amongst the 6 chosen agencies-**100%** of what you raise will go to charity **guaranteed**- All our organizers are volunteers who give their time, talents and want to see your efforts make a real and significant difference. Finally the theme of this ride remains "**never doubt that a small group of thoughtful committed citizens can change the world, indeed; it is the only thing that ever has**", a quote from Margaret Mead, and one we feel best embodies our spirit and passion for our efforts. It is with this passion that we move forward and conquer this disease.

We look forward to greeting and seeing everyone on January 7th (registration day)! **Ride Safe, Ride Smart, Train Hard, and Start Fundraising Today, because Together we can make a difference!**

On behalf of everyone involved, Thank You!

David

David Spacht
Ride Director

This Guide...

that you are reading **(and hopefully have printed out)** contains valuable information about the Ride. You'll find tips on everything from training to fund-raising.

- PRINT IT OUT!
- READ THIS GUIDE
- START TRAINING TODAY!
- START FUND-RAISING TODAY! **(There are some great prizes to be won)**

Those **4** little steps can make a **BIG** difference in helping you get the most out of **The SMART Ride**.

LET'S GET READY TO RRRR...RIDE!

Important Stuff You Need to Know

- Your Rider Number -- Memorize it. Become one with it.
- These Dates (go to your calendar right now and write them there):

Tuesday December 1st, 2009 your medical form is due back to Dr. Marah Lee (this form is available on line, and will be sent to you when you register)

Thursday December 31st, 2009 -- All pledges should be mailed. (If mailed after this date, it is hard to say it will be recorded in time, electronic pledges can be taken up to January 8th, 2010). If you have pledges after this date, hold on to them and bring them with you on registration day!

- **Thursday, January 7th, 2010** -- Registration/Check-in for all riders and Crew – **Location (in south Miami) MorningStar Renewal Center 7275 SW 124 Street Pinecrest, FL 33156-5324.** Plan on being there between Noon - 8pm. There's a lot to do and this process takes about 1 ½ hours so plan accordingly!

Friday, January 8th, 2010 -- The SMART Ride begins! Breakfast starts at 5:30am, followed by ride out ceremonies. MorningStar Renewal Center 7275 SW 124 Street Pinecrest, FL 33156-5324

Saturday, January 9th, 2010 – Leave Hawks Cay Resort Marathon-Arrive in Key West, the closing ceremonies will take place at the White Street Pier at the AIDS Memorial. Tell your friends and family to be there by 2:00PM,

TIP: Make your travel arrangements in Miami and Key West immediately, you are responsible for these reservations and payments. Space is based on availability. Go to FAQ's on the website for suggestions.

POP QUIZ: Q: When should you be at the starting site for registration? (It's O.K. if you have to cheat.)

**A: That's right! Between Noon-8pm Thursday, January 7th, 2010
(the day before the actual Ride begins!)**

THE PROCESS FOR RIDERS ON REGISTRATION DAY – JANUARY 7th, 2010

1. Registration/Check-in

- Check-in (have your Rider Number handy)
- Receive your Rider packet with instructions, bike tags and gear tags
- Put bike tag on your bike and check it in with Bike Parking,

REMINDER: Bring your **bike** on **Thursday, January 7th, 2010!**. All bikes must be checked into Bike Security on Thursday

Bring your **luggage** on **Friday, January 8th, 2010 between 4:00am-5:30am** there will Crew available to help with your luggage and a truck to put it on.

2. Bike Check-in

- If you had your bike shipped, please make prior arrangements to pick it up before arriving at MorningStar Renewal Center.
- Make sure your bike tag is on your bike
- Check it in to Bike Security.

3. Housing

On Thursday Night January 7th, you are responsible for making your housing arrangements. Check Please check out www.thesmartride.org under FAQ's for more information on these locations.

For Friday night in Duck Key. We return to Hawks Cay, a resort hotel in Marathon. To see the property, go to www.HawksCay.com. All units feature 2 bedrooms, with living room, kitchen, etc. A far cry from camping!

- All villas sleep a total of 4 participants (change for this year). We will have a separate process to determine roommates and upgrades. You will be emailed instructions on housing after you register.
- If you still don't have a roommate, don't worry. We'll pair you up with someone when you get to the hotel room assignment area.

Housing in Key West

After the ride is over, many riders and crew decide to stay a few days and relish in their accomplishment, enjoy some Key West hospitality. We have a party planned for Saturday evening, but where to stay?

We have tried to make arrangements for special rates with some very special places in Key West. These accommodations actually will give back a % of your room payment to the ride. Please check out www.thesmartride.org under FAQ's for more information on these locations.

4. Safety Orientation

- Mandatory for ALL participants of The SMART Ride
- No one travels with or rides if they haven't completed Safety Orientation
- Once you have completed the safety orientation, you will be rewarded with the highly coveted "safety wristband". Trust us, you want this wristband. It's your key to receiving many necessities on the Ride (like food and water, a room to sleep in... you get the picture).
- Do NOT Remove your wristband until after the celebration Saturday Evening.

5. Dedication Ceremonies

- **Thursday January 7th, 2010, @6:00 PM – South Miami MorningStar Renewal Center, 7275 SW 124 Street Pinecrest, FL 33156-5324** This event will officially open the ride, please invite your friends and family to this moving moment when we pay tribute and celebrate the lives of those living with or who have passed from AIDS.

6. Opening Dinner

- Dinner starts immediately following the Dedication Ceremonies at approximately 7:00 PM and goes until approximately 8:30PM. Please take a minute to thank our sponsor this evening!

TIP: On Thursday night, eat a good dinner, load up on your carbs, and get to bed early. You'll have to wake up before the roosters on Friday morning! (Breakfast will be waiting with coffee from Starbucks and plenty of treats)

7. Ride Out

It's the moment you've been waiting for and it comes bright and early Friday morning, January 8th, 2010. Plan on being at MorningStar Renewal Center between 5 a.m. and 6 a.m. You'll need time to get your bike out of security, get your luggage loaded on a truck, eat breakfast and be ready for the start of the Ride. We are on the road promptly at @ 6:30am!

HERE'S SOME OF THE STUFF YOU CAN EXPECT

We've done our best to think of everything that will make your trek to Key West as pleasurable, comfortable and well organized as possible. The credit really goes to our volunteers who are extremely dedicated to one mission: making your life easier. You will come to worship these people -- They're called **Crew**.

- **Routes** that have been carefully designed and clearly marked for your convenience.
- **Meals** including breakfast and dinner, a lunch during the day, snacks and water. We'll serve up plenty of pasta, veggies and other carbs to keep your body going. Note: If you requested vegetarian meals, we will make sure that you have food to meet your dietary needs throughout the Ride. Because we cannot provide everything, you might want to bring a few snacks, just in case.
- **Pit Stops** about every 15 miles. Each is staffed with Crew, medical personnel and fully stocked with energy snacks, sports drinks and water. (Remember to drink lots of water! Even in November, the Florida heat and humidity can creep up on you.) Departure Times will be posted at each pit stop. This is for your own convenience and protection to ensure that you won't be riding after dark. If you haven't left the pit stop by the posted time, you maybe be transported to lunch (pit stop 3) or to the hotel.
- **Sweep Vehicles** (do not read as "taxi service"). These are the minivans that will pace the route looking for injured riders or disgruntled riders with injured bikes. If you need to flag down a sweep vehicle, give them a "thumbs down" signal or stand with hands crossed over your head. You'll be transported to the next pit stop so that you or your bike can receive the medical attention you need. From there, a bus will take you to the hotel. The sweep vehicles will also pick up riders who are still on the road when it is getting late in the day.
- **SAG** (support and gear) Wagons (again, do not read as "taxi service"). These are the buses or large vans that will transport riders who cannot continue or are too far behind schedule. Warning: Unless you are seriously injured, you may have to wait a long time before you are transported to lunch or the hotel.
- **Bicycle Mechanics** will be at designated pit stops, hotel and in support vehicles along the route. You are responsible for fixing your own flat tire (start practicing!). Use the "thumbs down" sign to flag down a support vehicle on the road.
- **Medical Support** will be available including doctors, emergency medical personnel and an ambulance. They will have information on the closest hospitals and other emergency facilities in the area.
- **Port-a-john Toilets** will be set up at pit stops, where public toilets aren't available.
- **Raffles, Music and Contests** at Hawks Cay Resort (hotel) Friday evening.
- **Transportation for your Gear**
- **Massage services** We love these guys and gals, they will be available at the hotel once you arrive and take a shower!

BASIC SAFETY INFORMATION

THUMBS DOWN OR HANDS CROSSED OVER HEAD FOR HELP: Use the "thumbs down" signal or cross your hands over your head (like an "x") to get help on the road if you are injured, unable to continue for some reason, or need help with a bicycle repair (other than a flat tire).

TIPS ON EMERGENCIES: If you see an emergency, report it immediately to the first Ride staffer or volunteer you see. If you have access to a phone, call 911! Your wristband will also have a toll-free number, which can be called to reach a 24-hour emergency line. Likewise, if someone needs to reach you in an emergency situation, they can call that number too. Remember, if you need assistance on the Ride, use the "thumbs down" signal.

Aaahh...life on the road! Even though you are not on a real vacation nor are you a traveling salesman, **you will be spending the night in a hotel instead of a tent.** There will only be **four of you to a villa**, but think of being on spring break again, or at a slumber party. Trust us; it really is a great part of the Ride.

For one, it's a "bonding" experience.

For two, you'll probably be so exhausted by the time you get to the hotel, you're not going to care much about the sleeping arrangements.

For three, if you come prepared with the right stuff and the right attitude, it's a hell of a lot of fun!

FRIDAY EVENING AT THE HOTEL

Checkin' In:

When you arrive at Hawks Cay, check in will be pretty easy; (we made some improvements over the last two years which we hope will expedite your accommodations quickly) you will go to the Ride Check in desk and obtain the key to your room. **IF YOU WANT ACCESS TO HOTEL PHONES, PAY PER VIEW MOVIES, ETC., YOU WILL THEN HAVE TO GO TO THE HOTEL FRONT DESK AND PROVIDE SOME FORM OF PAYMENT (CASH) OR (CREDIT CARD).**

Checkin' Out

Please be considerate of our hosts at the hotel and try to leave your room in the best possible shape. **Place all your used towels into the tub**, return the furniture to it's original place, make sure all of your trash is in the can, draw the curtains, **turn off the TV and lights** and lock the door behind you. (leave your keys in the room) All of the towels and ashtrays left behind along with a gratuity on your nightstand would be very appropriate and appreciated. Finally, with a smile and friendly "Thank You", **head to bike parking to obtain your bike.** Our cooperation and considerateness will ensure that we are able to use this hotel in the future.

Dining Pavilion-Located at Hawks Cay Friday Night

Dinner is served between 5:30 p.m. and 8 p.m. Breakfast is served in the mornings between 5:00 a.m. and 8:00 a.m. Note: Your lunch is served at Pit Stop #3 each day.

Parkin' Your Bike

All bikes must be checked into security when you arrive at the hotel. The parking area for the bikes will have 24-hour security. Your bike must remain in security until the Ride Start the next morning. You will need your wristband to retrieve your bike.

Loadin' Your Gear

Gear trucks will be open in the mornings from 5:35 a.m. to 8:00 a.m. and from 1 p.m. to 8 p.m. (or until all gear is claimed whichever comes first) in the evenings. Load your gear on the truck. You are allowed one bag of up to 35 lbs.

TIP: Bring a small bag to cover your bike seat so the morning dew won't give you a wet, squishy seat.

It's in your best interest to keep it light. Remember, you'll be carrying it from the gear truck to your hotel room and back again (unless you're rich enough or smart enough to "bribe" someone else to do it for you).

Rider Services

Always look for SMART Ride Personnel in Crew T-Shirts or Collared SMART Ride shirts to assist you.

Rain or Shine

A quick note about the weather. The Ride goes on, even if it rains. So be prepared. There will be some canopies for coverage at the pit stops. Most importantly, please be extra-cautious while riding on slippery roads in the rain!

STUFF YOU SHOULD BRING ON THE RIDE

A FEW WORDS TO THE WISE.....

- **First**, please, don't run out and blow all your money on the most expensive bike and equipment!
- **Second**, pack light!
- **Third, leave your valuables at home.**
- **Fourth, leave alcohol and 'recreational drugs' at home**

How to Pack

You are allowed one gear bag weighing up to 35 pounds. We strongly recommend that you do not bring a suitcase. A better option is either a canvas or nylon duffel bag or a large backpack. Make sure to put your name and rider number on everything!

PACKING TIPS: Bring only the bare necessities.

What to Pack

For your convenience, we've created this nifty checklist. The first items are absolutely, 100 percent required. The others are suggestions that we've compiled based on years of data and research (well, it sounds better than "we just used common sense"). By the way, one of the most important things to remember to bring with you on the Ride is a sense of humor!

The Required Things

- Your Bicycle (sorry, sometimes it's necessary to state the obvious). It is important that your bike is in tip-top shape for the Ride. Take it to a local bike shop for a thorough check-up and make sure your brakes and gears are working properly! (check out bike discounts on our website)
- Your Helmet. Buckle It On -- It's the Law! All riders are required to wear an ANSI, Snell or ASTM approved helmet at all times during when riding.
- Tire Pump
- Spare Tubes
- Tire Irons
- Patch Kit
- 2 Large Water Bottles
- Towel (a shammy towel is great)
- Sun block

Other Bike Things

- Cycling Gloves
- Fanny Pack, Seat or Handlebar Bag
- Small Wrenches

Things to Wear

NOTE: See Training Section for tips on cycling clothing and accessories.

- Cycling Jersey(s) if you have one (these make for more comfortable riding than T-shirts and are available on line, why not get the official 2008 Jersey)
- T-shirts
- Cycling Shoes
- Spare Set of Cleats and Screws for Cycling Shoes
- Cycling Shorts -- 1 or 2 pair Sweatband
- Wind Breaker / Light Jacket or Rain Poncho (in case it gets a little cold or rainy)
- Regular Shorts for nighttime comfort
- Long Pants/Sweat Pants
- Comfortable casual shoes
- Underwear
- Socks
- Sleepwear
- Swimsuit (Yes **There Is a POOL!** which is great for those tired muscles)
- Ball cap / hat

First Aid Things

- Any Prescription Medications You Need
- Anti-blister aids
- Ointment for chafing (Vaseline works great!)
- Antacid
- Ibuprofen (a Godsend)
- Bandages
- Lip Balm (with SPF)
- Insect Repellant (look for one with "deet" to keep away the notorious "nosee-ums" and those West Nile filled mosquitoes!)
- Sanitary Protection (again obvious, but the men don't need to bring these)
- Disposable Plastic Bags

TIP: Put some ointment and Band-Aids in your fanny pack for any minor cuts or "road rash" that you might get during the Ride.

Toiletry Things

- Toothbrush and Toothpaste
- Shampoo
- Soap (you are sharing a room and a bathroom with several people)
- Moisturizer
- Razor & Shaving Cream (optional for women)
- Deodorant
- Nail Clippers

Miscellaneous Things

- Washcloth
- Sunglasses
- Earplugs (to drown out the sounds of your snoring roommates)
- Camera (A disposable one is highly recommended)
- Watch (bring the Mickey Mouse, leave the Rolex at home)
- Alarm Clock (or just use the one on your cell phone!)
- Identification
- Credit Card
- Journal
- Pen
- Money

Note: Cellular phones are permitted. However, **you may not** use them while riding.

TIP: Shoes are a common and often unexpected problem. If you use clips or cleats, make sure to bring a spare set and extra screws! And be sure you have practiced with them for a minimum of 3 weeks.

Note: For the safety of everyone involved and the smooth operation of this event, you may be expelled from The SMART Ride at any time for violating any of the following rules or policies.

1. Safety, Safety, Safety.

We can't say it enough. When you are riding with hundreds of other cyclists on public streets, knowing and utilizing certain safety precautions can save your life or that of your fellow rider. That's why we insist that you:

- Attend the Safety Orientation on Registration Day
- Brush up on safety knowledge while training (see Training Section - Safety Tips)
- Practice the Golden Rule. You know, do unto others... Remember that your actions and riding behavior not only affect your safety, but also, and probably more so, the safety of your fellow riders.

2. Helmets

All riders must wear an ANSI, Snell, or ASTM approved helmet at all times while riding, including on training rides.

3. Earphones/Cellular Phones/Radios

Riders are **not** permitted to wear earphones or use radios or cellular phones while riding or any other devices that may impair their ability to hear traffic or concentrate on riding and safety.

4. Drafting/Pace Line

Riders are not allowed to draft behind other riders or vehicles, regardless of cycling experience. Pace lines or drafting are not permitted at any time during the Ride.

5. Laws

SMART Ride participants are not to engage in any activity which is in violation of any criminal or statutory laws.

7. Alcohol & Drugs

Ride participants are never to ride while under the influence of alcohol or drugs, nor be in possession of such. **Neither alcohol nor recreational drugs are permitted at any time during the Ride.** (Prescription medications approved by a doctor are the only exception). This is reason for immediate expulsion from the ride; it is for your safety and the safety of the other riders.

8. Inappropriate Behavior

Ride participants should never engage in inappropriate behavior, e.g. fighting, arguing, or harassment of others.

9. Directions/Instructions

Ride participants must follow any directions or instructions given to them by Ride Officials or Crew. All riders **must** stay on the designated route, especially bike paths when available. **IT IS FOR YOUR SAFETY!**

10. Children/Minors

Children/minors under the age of 18 are not permitted to participate in the Ride or in any training rides.

11. Pets

Pets are not permitted on the Ride, at hotel, or on training rides. (Leave Fido at home with friends.)

Here are just a few other policies so that we can keep the Ride organized and running smoothly.

1. Daily Check-in/Check-out

This is a simple process that helps us keep track of our riders, and ensure that everyone is safe and sound. You must check-in your bike to Bike Parking as you arrive at the hotel and checkout with Bike Security before you leave in the morning. If you leave the route at any time during the day you must contact a staff member or call the Ride's emergency phone number. If you do not ride on a given day, you must notify Bike Parking.

2. Riding Times

Bike Parking will open at 5:30 a.m. Friday and 5:45am Saturday morning so that you can checkout your bike and hit the road. You can cycle until the route is closed for the day. At that time, the sweep vehicles will pick up riders who are still on the road, and transport them back to the hotel. Riders who refuse to be picked up by sweep vehicles may be expelled from the event.

3. Vehicles

Only Ride staff, crew and other officials will be issued special SMART Ride Permits. Since parking is limited at the hotel, absolutely no vehicles without The SMART Ride permit will be allowed to park at the hotel. Portions of the hotel parking lot will be staked off for other uses. You should strongly discourage your friends and family from driving along the route. The distraction and any honking or pulling over can be a severe safety hazard for riders.

4. At the Hotel

As guests of the hotel, we ask that you be respectful and courteous to your hosts and adhere to a few regulations:

- Don't litter at the hotel (or anywhere on the Ride)
- Lights (and TV) out by 9 p.m. (everyone is going to need their rest!)
- Stay only in your assigned room in the event someone needs to be located during the night
- Treat all hotel officials, and all Ride participants and volunteers with the utmost respect. Everyone is working hard to ensure that you and all riders are happy and comfortable.

5. Leaving the Ride

Participants who wish to leave prior to the conclusion of the Ride, or any rider who is expelled from the ride, will be given information about transportation home as the need arises. All transportation arrangements and costs are the sole responsibility of the participant.

6. Guests

Guests may visit at the hotel, but it is strongly discouraged. If you have family that would like to stay at the hotel have them contact jalgozer@browardhouse.org for availability and pricing. For security purposes, any guests who come to the hotel will not be allowed inside without an escort and thus, must wait at the entrance until you show up.

7. Remember the Golden Rule

Spending two days in close quarters with hundreds of people, while enduring heat, sweat and muscle soreness, can be rather taxing. We just ask that you don't let it get the best of you. Everyone is in this together, for a good cause. So if you're having a "moment", take a moment to think about the Big Picture. Remember why we're all participating in this Ride and treat everyone around you with the utmost respect.

TRAINING FOR THE RIDE

TRAIN (tran), v. -- to get oneself into condition for an athletic feat or contest through exercise, diet, practice, etc.

1. **The first thing** you have to know about training for the Ride is simply this: you've just got to do it!
2. **The second thing** you should know about training is this: start today! Don't wait until a month before the Ride to start your training program. Unless you're a masochist, you will want to give yourself time to get in shape and improve your skill level (regardless of how much cycling experience you have!). The only one who gets hurt when you procrastinate is you! Your body needs time to condition itself for the kind of endurance test you are going to be putting it through. The sooner you start studying, the easier the test will be!
3. **The third thing** you should know about training is this: you're not alone!
 - One option is to form your own Team. Get all your friends, family, co-workers and other cohorts together and share the entire experience of The SMART Ride (including training, fund-raising and of course, the Ride itself). As a Team, it will make the challenge (and pain) of training for the big day all the more fun. Check out the Participant Rider Section for the Team Guidelines.
 - Another option is to take part in Training Rides in your area. To find other riders in your area to train with visit our calendar on the SMART Ride Official Web Site. You can also contact your rider rep (they will contact you first after your register) or call the office at 1-866-696-7701 or drop an email at info@thesmartride.org

TIP: Find a buddy to ride with. The Ride is much more fun when you have someone at your same skill level who is will go the distance with you. (It may not be the friend or loved one you signed up with. And unless you prefer solitude, it can be very frustrating to get left alone on long stretches of the Ride.) Training rides are a great place to find that perfect someone to keep you company.

We thank you in advance for cooperating with all Ride officials at all times. We will also have highway patrolmen and other local law enforcement officials helping out, so please obey their directions and signals.

What You're Challenge will be: Ride approximately 100 miles on day one and 60miles on day two.

What You Should Aim For While Training: Riding 70 to 75 miles a day, two days in a row, without feeling like you're going to die.

How Do You Accomplish This? Read on...

Make a Personal Plan

Now that you're ready to start training, your next task is to come up with a plan. Look at your schedule and block out the time that you know you can devote to training each week. It also helps if you can get some extra miles in during the week and/or **devote a few hours during the week for getting into shape, even it's just for working out at the gym** or getting on a stationary bike (see the section on cross-training).

The key to a successful training program is coming up **with goals that you know you can meet**, according to your own level of fitness and cycling skill. If you're a beginner and you think you're going to go out and ride 50 miles without feeling it, think again. Break it down into smaller goals and that way you'll avoid a lot of frustration and pre-Ride burnout. Before you know it, you will be riding that 50 miles like a pro!

So what's a good plan? Generally, start with a minimal distance (10 to 15 miles) until you are able to ride it comfortably. The idea is to build up from there (over time) until you are riding 70 to 100 miles in one day and feeling like you could get up the next morning and do it all again. Don't get discouraged by those big numbers! With time and patience, you really will get there!

V.I.T. (VERY IMPORTANT TIP): There is absolutely, positively no substitute for the real thing -- training on your bike, on the road!! If you can do nothing else, the least your training should include is some kind of regular training ride.

A FEW POINTERS

1. Keep a Training Log

There's nothing more rewarding than watching your own progress. Make a training log and record your riding info every week. Seeing your steady improvement on paper will give you the inspiration to keep going. Add up the miles you've accumulated as you go and equate that to an overall distance. For instance, if over 3 months you rode 600 miles (50 miles a week), realize that you could have ridden from San Francisco to Los Angeles or from Chicago to Cleveland -- amazing!!

2. Stretch That Body

As you start training, you are likely to discover some muscles that you never even knew you had! A good 10-minute stretching routine before you hit the road for each ride can make a huge difference in how well you will be able to walk the next day. Seriously, it really is important to keep those muscles flexible. Tight muscles are more prone to injury and make for a less efficient riding performance. And don't forget a good 10-minute cool-down stretch after your ride to help prevent charley horses and soreness. Get into the habit of stretching now, while you're training, and you'll be ahead of the game during the Ride.

3. Endurance vs. Speed

The idea behind training is to build up your endurance – your ability to maintain physically and mentally while traveling at an average speed over longer and longer distances. If you do too much, too fast, you will burn out. (Of course, there are always those who will have to learn that lesson the hard way.) The best way to build your endurance is to do one increasingly longer ride each week at a steady, long-distance pace. Consistency is the key! Remember to drink lots of water and stay focused.

But just how slow is too slow? Good question! In order to complete each day of the Ride before the route closes, you will need to maintain a minimum average speed of 10 - 12 mph. While you definitely don't need to be a speed demon, working on gradually increasing your speed over the course of your training should be a secondary goal.

4. Cross-Training (if you have time for other stuff besides riding) First, refer to our V.I.T. (very important tip) at the beginning of this training section (there is no substitute for in-the-saddle training). That said; let's say that you do have some extra time to complement your training rides with some extra-curricular activities. Great! The right kind of workouts will truly enhance your overall progress and condition. It also adds more versatility to your training program and lessens the chance of boredom.

- Your goals here should be aerobic conditioning and strengthening certain muscle groups. Some suggestions for off-road training:
- Aerobic activities such as in-line skating, stair stepping, running, swimming, rowing, aerobics, and spinning classes are great ways to improve your heart rate and stamina.

A wind trainer turns your bike into a stationary bike at home so you can train in-doors. This is great for getting used to sitting in your bicycle saddle for long periods of time. But remember our V.I.T. -- it still applies. Weight workouts - the most important areas to strengthen for cycling are your legs and buttocks (for cycling power), as well as your abdomen, back, shoulders and chest (yep, you use those too).

5. Beware of Over-training

This is a very real and dangerous consequence that comes from pushing yourself too hard and not giving your body the time it needs to recover (see box on the warning signs). Whether it's on a single training ride or over the course of your training, it is vitally important to pace yourself. Listen to your body and do as it says. At the very least, you should take one or two days out of your weekly training routine to let your body rest. And if you need to take some time off from training, do it! Not allowing yourself the rest you need only increases your risk of pain, injury, exhaustion, disability, and lost training time. On the other hand, a short break may be just what the doctor ordered and may actually be the key to enhancing your training progress in the long run.

WARNING SIGNS OF OVER-TRAINING: If you are experiencing fatigue, low grade fever, moodiness and irritability, joint and muscle pain, decreased appetite and sex drive, and/or increased resting heart rate, you are pushing yourself too hard. Continuing to train at this point will do more harm than good. It's time to stop and take a break. Don't worry about falling behind in your progress. Odds are you'll pick up where you left off and actually be better than ever, both physically and mentally.

6. Beware of the "bonk"

You'll know the "bonk" when it hits you. It's like hitting a wall. Your body runs out of steam and you can become disoriented, experience headaches, and/or the loss of control of your body or bike. The cause: you have completely depleted the glycogen stores in your muscles. The prevention: the adequate intake of calories and fluids. Cycling burns a lot of calories and can dehydrate you, without warning. It is imperative that you eat before you are hungry and drink, drink, drink, even if you are not thirsty!!

If you feel a "bonk" coming on, get off your bike immediately and start eating and drinking.

DEHYDRATION is a common problem that sneaks up on cyclists. It is very serious and can lead to severe health problems. Start getting into good habits now, while you're training. Drink every 15 minutes at the least, before you are thirsty! You should consume at least one 28-ounce bottle of water every hour. And start using a sports drink to replenish those electrolytes, such as Gatorade (invented right here in Florida) or Powerade.

7. Consume Your Carbs!

Carbohydrates equal energy and you'll need plenty of that as your training rides get longer and longer. When you are on your bike for two hours plus, your muscles become depleted of the "glycogen" that keeps them going. That opens your "glycogen window," the short time after exercise that your muscles can maximally be refueled. Take advantage as soon as possible by eating or drinking carbohydrate-rich foods (energy bars, sports drinks, fruit, bagels, etc.) as soon as you get off your bike. Get to that window before it closes and you'll fuel up with the energy you need to continue.

8. Minimize Your Risk of Injury

A little common sense and a few simple steps really can help cut down on your chances of getting injured while cycling.

Some common causes of injuries are: Most of these are easy enough to avoid. By taking a little time to make sure your bicycle fits you properly and is maintained, and by following a consistent training program and not overdoing it, you can prevent an unnecessary injury.

9. Saddle Soreness (ouch!) (Yes, we're talking about an affliction that affects your private parts -- your groin and butt)

To keep saddle soreness at bay, make sure that:

- Your bicycle saddle is comfortable and adjusted with the correct tilt
- Your bike shorts have sufficient padding
- You prepare your "seat" by spending plenty of training time in your bike "seat"

(Men, too much saddle time can actually make you numb you know where.)

TIP: Vaseline (or another ointment) liberally applied and re-applied to your groin area before and during riding does wonders for saddle soreness. Keep it in your fanny-pack! After one day on the Ride, you'll lose your inhibitions and join the crowd -- everyone will be "greasing up" at the pit stops.

10. Have Fun!

A good training program will help you enjoy the Ride all the more once you get there. Remember, it's not about "winning" or "competing" -- the Ride is not a race or a competitive event. It's about having a good time for a good cause, and doing it with a smile on your face, with as little pain as possible! So enjoy your training, and enjoy the Ride!

STUFF YOU SHOULD KNOW ABOUT CYCLING

If The SMART Ride is your first adventure in long-distance cycling (or even if it's not), we've got news for you. Cycling has come a long way in recent years! People (some bicycle enthusiasts and some who just want to make some money) have actually come up with great techniques, equipment and accessories that can make your life on a bicycle much easier.

Of course, we don't have the time and space to tell you everything. If you feel the need to find out more (and we hope you do) check out the internet, your library or bookstore. There are a lot of great books out there with gobs of information about cycling.

For now, here are a few things we thought would help you.

Some Tricks of the Trade

Spinning -- The experts' "trick" for conserving energy and leg strength. Rather than pushing the biggest gear as hard as you can, switch to a lower gear and aim at a higher number of revolutions per minute (80 to 100 rpm). It may take a little getting used to, but you will last longer by using this technique. It also lessens the stress on your knees.

"Gear Down" for Climbing -- Learning to use your gears is very important, especially when you hit those bridges and other hills (yes, there are hills in Florida!). Spinning in the lowest gear will help you make that climb (along with chanting "I think I can, I think I can"). You'll save energy on the way up and truly savor the reward of going downhill.

Sit Back--Try to sit as far back as possible in your saddle, especially when climbing. This will help distribute your weight better. You'll use the front and back of your legs (quadriceps and hamstrings) rather than just your quadriceps (the front part).

Your Bicycle Size Matters! --One of the most important things about your bicycle is that it should fit you properly. **A correct fit** is the difference between comfort and pain (or possible injury), especially on the long mileage you'll be covering. To check the fit of your bike, take it to a reputable bike shop in your area. Make sure to bring the shoes you'll use when riding. **They'll measure you** and your bike and check your positioning on the bike. If your bike does not fit you correctly, they can make certain adjustments to help you and your bike become **a match made in Heaven**. This is really, really important. Really! The little time, effort and money it may cost you now, is well worth the dividends in the long run.

The Helmet -- This is the most important piece of bike equipment you will own. It only works, however, when you wear it (and you must) and wear it properly. **Look for a helmet that is ANSI, Snell, or ASTM** approved and make sure that it fits securely on your head. It should fit snugly all around. Always tighten the straps so it doesn't move around. And make sure that it is on top of your head (not cocked back) so that it covers the front and back of your cranium (that's where your brain is). Your helmet is for your protection, not for making a fashion statement.

THE COLD, HARD FACTS: Bicycle riders who don't wear helmets are about seven times more likely to suffer head injuries in a crash. **Furthermore, cyclists who sustain head injuries are 20 times more likely to die than** those who sustain other kinds of injuries.

Other Handy Bike Paraphernalia -- You really could go crazy (and broke) acquiring all the neat gadgets and toys that are out there for cycling. But there's no need (unless you're into that sort of thing). Here are a few items that are worth investing in:

- Water bottles (2 large ones are required)
- Tire pump (required)
- Spare inner tubes, tire irons and tire patch kit (required)
- Fanny pack, seat or handlebar bag (optional but strongly suggested for carrying your essentials like ID, money, energy bars, spare tubes, etc.)
- Gel seat (your rear will thank you!)
- Mirror (can be attached to helmet or bike to give you a rear view)
- Small bike wrenches (for emergency repairs and minor adjustments)
- It's Not How You Look... Bicycle clothing is specially designed for comfortable riding, and it doesn't have to be expensive. Look for sales in your bike shop or in special bicycle catalogs. Here are some basics on bike duds:
 - Cycling Shorts are designed to give you comfort where you need it most! They have a liner/padding sewn into the seat (men's and women's versions) as well as a snug fit for comfort and muscle support.
 - Cycling Jerseys utilize special material that helps keep you cool and relatively dry. They also fit snugly so they don't flap around in the wind as a T-shirt might.
 - Cycling Gloves help minimize blisters and calluses. They also absorb shock from the handlebars and protect your hands if you fall.
 - Cycling Shoes are made to prevent sore feet and to help you pedal more efficiently. There are various types depending on your bike pedals (clips, stirrups, clipless, etc.). Choose what you're comfortable with and then make sure you have used those shoes throughout your training. (In other words, don't show up for the Ride ready to try out your brand new clips for the first time.)
- Wind Jacket is handy to have for protection in windy, cool or rainy conditions.

In addition to the safety rules we listed in the beginning of the book, there are certain good habits, good etiquette and other common sense safety rules that you should be aware of and follow. Practice them on your training rides, any time you get on your bicycle and in your sleep if you have to!

PRACTICE SAFE CYCLING (READ THIS PART)

- Always keep in mind that according to state law, a bicycle is considered a vehicle and has all the same privileges and restrictions as any other vehicle.
- That means you should know and obey all traffic signals, signs, markings, laws and regulations. Stop at all stop signs. Signal all turns. Etc.
- Wear a helmet at all times and be prepared for those flats (carry your tire pump, spare tube, tire levers, and patch kit with you)
- Always ride predictably and in control. Sudden or unexpected actions are a big cause of accidents with other cyclists, as well as collisions with motorists. Be alert and stay aware of your surroundings.
- Always use hand signals and words to indicate to other cyclists and motorists that you are turning, slowing or stopping. Shout out "SLOWING!" or "STOPPING!" When you do stop, make sure to pull to the edge of the road. And pull completely off the road if you need to rest or make a repair.
- Always cycle with the traffic, never against it. Yield to traffic when switching lanes. Keep to the right of the road, so that other cyclists can easily pass you on the left and are not forced into traffic.
- Always pass another cyclist on the left and make sure to shout "ON YOUR LEFT!" or "PASSING!" to warn the cyclist that you are passing.
- Before entering the road or crossing an intersection, always stop and look left, right, left. If you see a car, shout "CAR!" to let other cyclists know about it.
- Make left turns from the center of the road.
- In a group, always ride single file, never side-by-side, which can create a serious hazard for passing cyclists. Remember, we are vehicles, we have to act like vehicles and we have to share the road with those bigger, motorized vehicles.
- Ride in a straight line (no weaving back and forth).
- Watch the road ahead for hazardous debris or obstructions (glass, sand, loose gravel, pot holes, road kill, alligator... you get the picture). It is your duty and obligation (and it's polite, too) to let your fellow riders know about it loud and clear. Remember, if they're following close behind, they may not see the obstacle in time to react. So shout out "POTHOLE!" or "SNAKE!" or "POSSUM!" or "ROADKILL!"... You get the picture (do keep it short and simple).
- Watch out for people in parked cars that could unexpectedly open their car door (and send you and other riders flying!). You need to be aware of them, because odds are they're not aware of you.
- Drafting is not allowed on training rides or on the Ride. Sorry, but it causes pile-ups and puts too many people at risk.
- Be careful crossing railroad tracks -- always cross at a right angle to the tracks or your tires may slip into the ruts.
- Be extra cautious when riding in the rain. The roads get very slick and fallen leaves and other hazards become even more hazardous. Visibility also decreases and cars may not be able to see you as well. So slow down! Especially when going down hills or bridges. And be very, very careful! Don't avoid riding in the rain. Remember, the Ride goes on even in the rain.
- Wear bright clothing (day and night) so motorists can see you easily.

GUIDE TO FUNDRAISING

100% of what you raise to charity! Guaranteed

Or Many Ways to Reach Your Target

Each rider has their own reasons for riding, sharing that enthusiasm with others will increase your success, and who knows, your energy may be so infectious that you convince others to ride alongside you. Below you will see some ideas that have been proven to work effectively, we encourage you to use these ideas, ask us for help if you need it, and **SHOOT FOR THE STARS!**

Start Right Away-

The goal is \$1250, but...shoot higher, you will surprise yourself when you see the results! So if you think you want \$2,000 tell everyone your shooting for \$3,000 etc. etc. etc.

Getting Started-

#1 – Write a letter to everyone you know, it's a great way to get your fundraising started, it's quick, and it's easy!

Send the letters to:

- Business associates
- Co-workers
- Family members
- Friends
- Neighbors
- Dry Cleaners
- Hair Salon
- Dog Groomer
- Former Teachers
- Former Employers
- You get the picture...

We have a sample letter, which comes with your Pledge Sheet, personalize it, and don't be afraid to ask for the money! Some Tricks to stand out from the rest of the mail, is to print your letter and pledge sheet on **Bright Bold Colors**. Don't be afraid to shout out **"I NEED YOUR HELP"**.

A-Follow-Up After your letter has been in the mail for about a week, contact the people you sent the letters to, most will say "I just got your letter..." opening the door for you to thank them for taking the time to support you. If they don't mention it first just ask, "Did you get my letter regarding the AIDS bike ride?"

#2 Pay Check Stuffer-

- If you work for a company with many employees, here is a simple way to get everyone involved. Talk to your accounting department, or your personnel department, tell them what you are doing, and ask for their help with this idea. It's simple, efficient and can cause a flurry of conversation from your peers. Here how it works:
- Talk to the powers that be and get permission.
- Put together a short and direct request, discuss briefly what your doing and why, and ask for their financial help, tell them your financial goal. Give them a date you need the money by, usually two weeks from the date of their current paycheck.

#3 Plan a Party

Everyone loves a party so plan one. Invite everyone and let them know on the invitation that they are coming to a party to learn about your efforts and involvement in the bike ride. Tell them to bring their checkbooks and you will need their help.

- Make a list of guests
- Mail or email out the invitations two weeks in advance and ask guests to RSVP
- Follow up with a phone call a few days before to remind them about the party

At the party let everyone mingle and get comfortable. After awhile, when everyone is there and comfortable, you should make a presentation to your guests. Be honest and frank and ASK FOR THE MONEY! If you need help or would rather have a ride representative speak at your party, let us know.

- Make sure you have plenty of pens and pledge forms
- Make sure to thank your guests and send them a note after the party

In most cases you will be very surprised by your guests!

#4 Penny Drive

Everyone saves Pennies: some people have jars and jars and jars of change. You can do this many ways, again work is a good option or a club you might belong to. Decide on the group you want to utilize (bowling team, local hangout, professional chamber, etc).

- Send out a note and announce the date of the collection.
- On the day of the collection set up a table where change should be brought to.
- Be sure to have help with the change as it is heavy.
- Many banks or grocery stores have counting machines you can utilize or plan a counting party with friends.

You will be surprised at how quickly the change adds up.

#5 Garage Sale

Everyone loves a bargain and everyone has stuff lying around. Why not get a group of friends together and have them bring over everything they no longer have a use for and have a garage sale. All proceeds help you reach your target and at the same time clean out the clutter.

#6 Car Wash

A standard that works, plan a few weekends, contact a local McDonalds, Gas Station or local Pub.

- Two weeks out gather commitment from friends or your team members to help.
- Make signs to place on the street
- Make sure you have a bucket, soap, lots of towels, some sort of window cleaner, and paper towels.
- Set a goal, ask for donations, or set a fee for cleaning.

#7 Create a Newsletter

A great way to remind your friends who have said "I'd love to help" or "I'd definitely support you" gently reminding friends who have forgotten to send the check. It also gets your friends, family and co-workers to get involved in what your doing, they hear about how your training is going. You'll find they will be giving you moral support and feel a sense of mutual ownership. Too often people ask for money but don't hear anything after the check is written. This is guaranteed to get you the money that is outstanding.

- Write a one page newsletter
- Insert a picture of yourself training
- Include the website address for the ride
- Tell them how much you've raised so far and how much more you hope to raise
- Thank those how have sent in their pledge

#8 Create a Raffle

What a great way to create excitement and your outreach of potential donors is enormous. You can sell the raffle tickets at work to friends and have friends sell tickets.

- Determine what items you can get to raffle
- Check with your dog groomer, your vet, your hair salon, a local supermarket, the place you work, a sporting goods store, a bike store, a hotel, a local bar or a comedy club.
- Secure the items, determine the amount you want to charge per ticket
- Print the tickets up on your computer
- Set a date for the drawing
- Watch the money come in

#9 Do a 50/50 Raffle

This is an easy one, but check at work before you do this, some offices may object, so you might have to do this outside the office. You collect \$1/ticket or \$5/ticket. You decide and then you pick one winner, the winner gets ½ the pot, so if you collect \$100, you get \$50.00 and the winner gets \$50.00. What is great about this fund raiser is that you can repeat it monthly if the interest is there.

#10 Local Bar

There are a lot of ways to get your local club/bar to help you raise money:

- If there is a door cover, ask them to donate it during certain hours or on a given night, the club promotes the event, they get the good publicity for doing something philanthropic and you get the money.
- Another idea is to have the club give you the first drink free and complimentary hors d'oeuvres, invite friends to attend and use it as an opportunity to fundraise. Be sure you tell the guests invited they are being invited to a fundraiser!
- Ask the bartenders to donate their tips for the night and have they club advertise they are doing this promotion.
- See if the club will let you solicit outside the bar, set up a table, wear a biking jersey, bring your bike. Put out a jar and talk to patrons about helping you make your goal and educate on AIDS along the way.
- See if the bar would even be your official sponsor. You could wear a biking shirt with their name on it, promoting their establishment and giving them a good opportunity to do something good for the community.

#11 Local Restaurant

Here is another opportunity that offers many options, similar to working with your local pub:

- Approach the owner/manager of your local favorite restaurant, talk to them about what your doing, and ask them what options work best for them
- Suggest that you set up a table outside the restaurant to collect funds from patrons
- Ask if they will sponsor you and you will wear a shirt advertising their restaurant during the ride
- See if you can talk to the wait staff and get them to donate their tips to help you
- See if the restaurant wants to put together a team from its service staff and get the restaurant to pay the pledges or registration fees
- Do a celebrity waiter night, invite friends to go to dinner, have local celebrities, mayor, county commissioner, radio personalities volunteer as waiters and donate their tips.

#12 Find a Sponsor

Lots of organizations you belong to are eager to help, when they hear your passion, your commitment, your enthusiasm to make a real and significant difference in the lives of others.

- Ask your gym or favorite restaurant or your company to sponsor you. Wear their logo on a rider shirt and advertise for them
- Are you a member of a church/temple/synagogue? See if you can get your congregation to support you
- Are you part of the Rotary? The Chamber of Commerce? A Professional Organization? These are all great opportunities to ask for money, get sponsorship and build a base of additional riders.

#13 Matching Gifts

Many companies have matching gift programs, check with your HR Department or manager and find out if they will match your efforts. You could easily double your target this way.

#14 Bowl A Thon

Invite your friends to bowl. Ask the local bowling alley to donate the lanes for the night. Ask everyone to get donors for every pin they knock down and donate the money to your efforts.

#15 Local Publix or Winn Dixie

Most Publix and Winn Dixie have satellite vending vehicles. Talk to the local manager and ask if you can sell hot dogs and soda (that they donate) in front of the store.

#16 Gifts

Instead of a birthday or holiday gift, ask your family and friends to make a pledge.

#17 Jars and Jars and Jars

Find some empty jars, plastic water jugs. Take the logo from the ride (or call us for one) and past it on the jar. Go to your salon, groomer, bakery, gym and ask if you can put out a jar and collect money. Go back once a week and check the status and collect the funds.

#18 Sign on a School

Visit a local school and speak with the principle, let them know what your doing and ask the school to become your partner and sponsor. You can do education about HIV/AIDS to the school and in return get them to do bake sales, car washes and ask friends and neighbors for donations.

#19 Posterize

This is a great way to get others involved in your efforts. Put your poster some place visible, your office, cafeteria, message board at work. As you fill in the amount raised, others will get behind you to help you reach the target you set! Remember shoot for the stars, ask for more than you need and you will probably exceed even that number.