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INTRODUCTION

The training you do leading up to the Victory Ride to Cure Cancer presented by Braswell Family Farms will make ride day (and your memories of it) more enjoyable. Whether you are an experienced cyclist or new to riding, training for the Victory Ride is important. The more prepared you are, the more likely you will cross the finish line with a smile on your face.

Within this Training Guide to Victory, you will find information about nutrition and hydration, cycling gear and more. You will also find a training schedule for the 30, 60 and 100 mile routes. Please note, the Victory Ride training schedules are meant to be used as guidelines. Before you begin any endurance training program, you should consult with your doctor to discuss your current physical condition and any potential risks or limitations.

If you have questions about the information in the training guide or need additional help, we are only an email away. You can find us at info@thevictoryride.org. Ready, set, start training!

ABOUT

JIM VALVANO
Jim Valvano was an award-winning coach and commentator who inspired the NC State University men’s basketball team to defy the odds and win the 1983 NCAA Championship. His team survived and advanced by one simple mantra: “Don’t Give Up . . . Don’t Ever Give Up!” Toward the end of his own struggle with cancer, Jim and ESPN formed the V Foundation for Cancer Research and announced it during the inaugural ESPY Awards.

VICTORY RIDE TO CURE CANCER
Why join the Victory Ride? The answer is simple: 1 in 2 men and 1 in 3 women. That is how many Americans will be diagnosed by cancer in our lifetime. Through the Victory Ride, we are committed to changing that statistic! Victory Over Cancer® is our goal, and with your help, we’ll get there faster.

V Foundation events are managed by Don’t Ever Give Up, Inc., a 501 (c)(3) charitable supporting organization formed by and operated exclusively for the benefit of the V Foundation. You can read more at v.org/degu.

THE V FOUNDATION FOR CANCER RESEARCH
The V Foundation has awarded more than $250 million in cancer research grants across the U.S. “Don’t Give Up . . . Don’t Ever Give Up!”® is the very heartbeat of everything we do. We will never give up until cancer is defeated!
SAFETY

Your safety is important! The Victory Ride staff and volunteers will do all we can to create a safe route and cycling environment, but we need your help to ensure your own safety and the safety of your fellow cyclists. Please adhere to the following guidelines during training rides and at the Victory Ride.

SAFETY GUIDELINES

• The Victory Ride is not a race.
• All routes of the Victory Ride will be held on open roads. Motor traffic will be present, so always be aware of the vehicles, riders and pedestrians around you.
• Always wear a helmet when riding your bike—ANSI, SNELL, ASTM or CPSC-approved helmets are required at the Victory Ride. Before purchasing a new helmet, be sure it is labeled with one or more of these certifications.
  • Obey all instructions from law enforcement and Victory Ride staff and volunteers.
  • If you need to take or make a phone call or snap a photo, safely stop riding and pull over to the side of the road, out of the way of other riders and drivers. Use of a phone while riding is strictly prohibited.
• Headphones, iPods and radios are not permitted while riding.
• Obey all traffic laws, signs and signals.
• Ride single file. Pass on the left only when it’s safe to do so.
• Ride with traffic on the right side of the road. Ride as far to the right as is safely possible, except when passing.
• Leave one bike length between you and the rider in front of you. Do not cross the yellow centerline regardless of the passing zone.
• Use verbal cues to communicate with other riders (see examples on the right).
• Use hand cues to point out potential hazards in the road, like potholes and debris.
• Ride defensively. Never assume that a driver or another cyclist sees you.
• Always be courteous and respectful of other riders and the general public.

YOUR RESPONSIBILITIES

• Call 911 in case of an emergency.
• Always wear your helmet.
• Train for your chosen distance.
• Use a bike that is appropriate for the route and distance you are riding.
• Make sure your bike is in good working order.
• Know how to change a flat tire.
• Carry a spare tube and basic cycling tools.
• Maintain control and speed of your bike at all times.
• Adjust your speed based on weather, road conditions and how you are feeling that day.
• Ask for help if you need it.
• Know your limits.
• Have fun!

We will send additional ride day safety rules and regulations to all participants via email prior to the event. Thank you for helping us make safety a priority!

NEW TO CYCLING?

These verbal cues will help you communicate with your fellow cyclists.

ON YOUR LEFT

This means someone is planning to pass you on your left. If possible, respond with a “thank you” so they know you heard them. If you want to pass someone on the left, be courteous and give this warning.

SLOWING

This means the group is slowing down. When you hear this, tap your brakes and repeat the cue—“Slowing”—to those behind.

STOPPING

This means the group is stopping. When you hear this, tap your brakes and repeat the cue—“Stopping”—to those behind you.

CAR BACK

This means a car is coming up from behind. When you hear this, repeat the cue—“Car back!”—to those ahead of you.

TURNING RIGHT

This warns the group of an upcoming right turn.

TURNING LEFT

This warns the group of an upcoming left turn.
Cycling Gear

Prepare your cycling gear well in advance of the Victory Ride. Use your training rides to find out what works and what might need adjusting. Ride day is not the day to wear or carry something new.

What Type of Bike Should I Ride?
If you are new to cycling, we encourage you to visit your local bike shop. Most bike shops have experienced staff members who can help you choose the right bike. Proper bike fit is important and best done under the guidance of someone who has the proper knowledge and experience.

Note: The following lists are recommendations, not requirements (other than the helmet, which is required!).

What Should I Wear?

**Helmet:** Wear an ASTM, ANSI, CPSC or SNELL certified helmet that fits properly and is in good condition. Always keep the chin strap closed while riding.

**Jersey:** A brightly colored or reflective cycling jersey will make you more visible on the road, allowing drivers and other cyclists to see you. Most cycling jerseys also have pockets on the back where you can store food and other items you want to keep easily-accessible.

**Shorts:** A form-fitting pair of cycling shorts with padding for added protection and comfort will make your ride more enjoyable.

**Shoes:** Dedicated cycling shoes are recommended for the 60- and 100-mile routes. Your local bike shop can help you choose the right shoe.

**Gloves:** Cycling gloves will increase comfort for your hands and wrists. They are padded to reduce road shock and will absorb perspiration for a safer grip.

**Sunglasses:** Sunglasses protect against eye strain and glare, and they will help keep dust and bugs out of your eyes.

**Sunscreen:** Wear sunscreen, and reapply at rest stops.

What Should I Carry?

**Repair Kit:** At least one spare tube, levers for prying a tire off the rim, pump or CO2 cartridges and a compact multi-tool made specifically for bikes.

**Identification:** Your driver’s license or other photo ID.

**Emergency contact information:** You can purchase a Road ID or simply write the names and phone numbers of two emergency contacts on a card and carry that with you.

**Cash and/or credit card:** We recommend carrying one credit card and $20 in cash.

**Cell phone:** For emergency situations as well as navigation.

**Two water bottles:** One for water, one for sports drink.

**Food:** Energy bars, energy gels, fruit strips, pretzels, etc.

Basic Bike Maintenance

Before you begin every ride, ensure your bike is ready. This includes things like checking your tire pressure, testing your brakes and adjusting your seat height. Proper bike fit and maintenance will decrease your risk of injury and increase your overall efficiency. It will also help you protect your bike!

If you are new to cycling, consider taking a bike maintenance class to better understand the mechanics of your bike and how you can keep it in tip-top shape. Before you begin training for the Victory Ride, we recommend taking your bike in for a tune up to ensure you are riding safely.
NUTRITION AND HYDRATION

When you exercise, your body needs fuel. If you already eat carbohydrates throughout the day, you may find that you do not need additional fuel support for rides of less than an hour. The carbohydrate stores in your body may provide enough fuel over short distances and during less-intense rides. For rides longer than an hour, however, you will need to eat or drink to sufficiently fuel your body.

There are a variety of ways to fuel your body while riding, including but not limited to:

• Carbohydrate drinks
• Water and sports gels
• Salty snacks, like pretzels and nuts
• Peanut butter and jelly sandwiches
• Bananas
• Bagels
• Trail mix
• Granola bars
• Energy bars

Use your training rides as opportunities to try different fueling methods, and see what works best for you. Carbohydrate consumption varies from person to person. If you have questions, please consult your personal physician or a nutritionist. You can also find more detailed nutrition information at Bicycling.com.

Nutrition and Hydration Tip: Eat before you’re hungry; drink before you’re thirsty. Give your body what it needs before it has to tell you. This means eating lightly, but frequently, throughout your ride and hydrating regularly with water and sports drinks to keep your body happy.

Dehydration and Hyponatremia

We recommend carrying two water bottles on your bike—one for water and one for a sports drink. How much you need to drink depends on your body weight. It also depends on the weather. In hot or humid weather, you may need more fluids. You can find more detailed hydration information at Bicycling.com.

Dehydration and hyponatremia (loss of sodium) are life-threatening conditions, but easily preventable. Dehydration occurs from inadequate fluid intake. Dehydration and hyponatremia can occur in all types of weather.

To prevent dehydration, do not wait until you are thirsty to drink. To prevent hyponatremia, these fluids should contain electrolytes, namely salt, or you should make sure you are eating foods with salt, like pretzels or nuts.

Note: Before you begin any endurance training program, you should consult with your doctor to discuss your current physical condition and any potential risks or limitations. If you experience any pain or shortness of breath while riding a bicycle, please stop training and consult your physician.
TRAINING SCHEDULES

We have provided a sample training schedule below for 30, 60 and 100 mile routes. Adjust as needed based on your fitness level and cycling experience.

**Note:** The Victory Ride training schedules are meant to be used as guidelines. Before you begin any endurance training program, you should consult with your doctor to discuss your current physical condition and any potential risks or limitations. If you experience any pain or shortness of breath while riding a bicycle, please stop training and consult your physician.

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**TRAINING RIDES**

Find a Group Training Ride in Your Area

Group training rides are a fun way to prepare yourself for ride day, build endurance, test new gear and swap training stories. To find a list of training rides in your area, go to thevictoryride.org. Find the Events Calendar, located under the About menu, and choose the link for the training ride closest to you.

If you do not live close enough to participate in our training rides, consider connecting with a local cycling group in your area. In addition to having company on your long rides, you may even make new cycling friends who will want to join you for the Victory Ride. We are happy to help you start a team!

**Training Tips**

**Tell someone your plan.** Before every training ride, especially if you will be riding alone, tell someone where you are going and approximately when you'll be back.

**Calculate your training time.** Plan your training rides according to the distance you will be riding and your average speed. Remember: Stop signs, traffic lights and rest stops will all slow down your average mileage per hour.

**Pace yourself.** Monitoring your speed on training rides is important. The faster you go, the more fatigued you may be toward the end of a long ride or on the second or third day of the training week. With practice, you'll find the pace that works for you.

**Push your limits.** To increase your fitness level while training, pace yourself, but also push yourself. It’s easy to hop on your bike and go at a comfortable speed, but by exerting yourself hard enough to create muscle fatigue, you will gradually increase your fitness level over time.

**Rest at least one day per week.** The rest days in any training schedule are as important as the training days. Rest days allow your body and mind to recover in between long rides.

**Avoid overtraining.** Symptoms of overtraining include fatigue, excess tiredness and the feeling of not wanting to ride. Overtraining may also lead to injury. If you begin to feel significant fatigue and do not feel like training, you may need to increase your rest days.
FREQUENTLY ASKED QUESTIONS

For our complete list of Frequently Asked Questions, including information about fundraising, please log in to your Participant Center at thevictoryride.org.

I don’t own a bike. Where should I buy one? Most local bike shops have experienced staff members who can help you choose the right bike. They should also be able to give you advice on what additional accessories you need: water bottle, repair kit, etc.

Do I need to have a road bike? On the 60- and 100-mile routes, we think most people would be more comfortable on a road bike. However, we do not require riders to have a specific type of bike.

Can I ride my: recumbent bicycle? tandem bicycle? tricycle? unicycle? Recumbent and tandem bikes are welcome at the Victory Ride, but please email info@thevictoryride.org to let us know if you plan to use a recumbent or tandem bike so we can plan appropriately. For participants choosing to ride a tandem, please note that both riders must pay a registration fee and commit to a fundraising minimum.

Do you offer group training rides? Yes, we will offer group training rides prior to the event. Participating in group rides is a great way to connect with the V Foundation community while preparing yourself for ride day.

What should I do if I’m experiencing pain during my training? Listen to your body. If you are experiencing pain, take a break, stretch and refuel. Injury can be caused by overexertion. The strengthening of certain muscle groups can help decrease pain over the course of your training schedule. If pain persists, consult your personal physician, and postpone training until it is safe to resume.

Should I cross train? The most important part of training is time spent on your bike. If you do not have access to your bike due to weather or your schedule, cross training may be an alternative source of fitness and may help improve muscle balance, core strength and overall fitness. Cross training includes running, swimming, weightlifting, Pilates and yoga.

Indoor cycling or spin classes are a great alternative when weather and/or daylight restrict your availability to ride outdoors. Consider checking with your local gym, health club or cycling studio to find a class near you.

What should I eat while I’m training? You should eat or drink carbohydrates to replace the energy you burn while training. Please consult your personal physician or nutritionist for recommendations based on your medical and diet history.

How can I stay hydrated while training for the ride? Alternate between water and sports drinks, as your body needs electrolytes and sodium to maintain a healthy fluid balance. The amount of fluids you need to consume while riding depends on your bodyweight. Please consult your personal physician or nutritionist for advice.

My bike hasn’t been used in a long time. How do I know if it is safe to ride? Before you start training for the Victory Ride, you should have your bike serviced at your local bike shop by a professional bicycle mechanic.

If I have more questions about training, whom can I contact? Please email info@thevictoryride.org.

TOOLS AND RESOURCES

Planning Your Training Routes
ridewithgps.com
mapmyride.com
strava.com

Google “bicycle routes” and the name of your city to find popular routes in your area.

Training, Nutrition, Gear
bicycling.com
rei.com/learn/expert-advice/bike-fit.html
rei.com/learn/expert-advice/bicycle.html
WE'RE HERE TO HELP

On behalf of the V Foundation for Cancer Research and the more than 17 million cancer survivors in the U.S. today, thank you again for being part of the Victory Ride to Cure Cancer. With your help, more research will be funded and more lives saved.

“Don’t Give Up . . . Don’t Ever Give Up!”®

CONTACT US

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Email: info@thevictoryride.org
LinkedIn: @TheVictoryRide
Address: the V Foundation, attn: Victory Ride
14600 Weston Parkway, Cary, NC 27513
Phone: (919) 443-3575