



CF **CYCLE**[®]
FOR LIFE
CYSTIC FIBROSIS FOUNDATION

CYCLIST GUIDE





Important: Pre-Event Information

Welcome and thank you for joining us for the Georgia CF Cycle for Life event! This guide includes the essential information you will need to ensure that you have a safe and enjoyable experience. Please visit our event website, <http://cycle.cff.org> and contact us for additional information. If you are a team leader or would like to form a team, please reach out for more information and support. See you on the road!

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Ride Details

Get your wheels in motion and join us for the 7th Annual CF Cycle for Life as we ride through some of the most picturesque and scenic terrain in Senoia, Georgia! CF Cycle for Life is a fully-supported ride with route options of 15, 30 & 65 miles. From breakfast to our post cycle festival, you can enjoy fully stocked rest stops every 7-10 miles, bike mechanics, ride marshals to cheer you along the way and plenty of support vehicles to help you complete the ride. This unique event empowers participants to take action and demonstrate their fight in finding a cure for cystic fibrosis in a tangible, emotional and powerful way.



Date: October 8, 2016

Fundraising Minimum: \$165.00

Fundraising Incentives: [Click here](#) to learn more. Incentives include our official jersey, bike shorts, and your very own bike!

Registration Opens: 6:30 am

Start Times:

- **65 Milers:** 7:30 am

- **15/30 Milers:** 8:30 am

Route Mileages: 15, 30 & 65

Location: Merrimac Park in Senoia Georgia (*Note: this is a new start/finish location*)

Address: 148 Pylant St, Senoia, GA 30276

Parking: By typing in the address above, you'll be directed to Senoia City Library, located in Merrimac Park. Upon arriving, volunteers will help you park nearby.

Route Maps & Cue Sheets: We will provide these on ride day. To review them in advance or print your own, click to view the routes below.

STRAVA™ Routes on Strava: [65 Mile Route](#), [30 Mile Route](#), [15 Mile Route](#)

Contact us: Ginny Conrad, vconrad@cff.org, 678-258-1781

Follow us: [Facebook.com/cffgeorgia](https://www.facebook.com/cffgeorgia) / [Twitter.com/cff_georgia](https://twitter.com/cff_georgia) / Instagram

What you need to know:

1. Remember: whether you raise funds online, bring your cash or check donations to a pre-event packet pick up, or turn them in on the day of event, all riders **MUST** raise the fundraising minimum of \$165 to ride.
2. Cyclists have until four weeks after the ride to turn in any additional donations and qualify for great thank-you gifts. Please read the Fundraising Guide included in this packet or our online step-by-step guide at <http://cycle.cff.org> for helpful tips on how to meet and exceed your fundraising goal.
3. Participants under the age of 16 are not permitted to participate in CF Cycle for Life. For any minors who are between the ages of 16 and 17 years old, they must be accompanied by an adult during the event, and a parent/legal guardian must sign a hard copy of the waiver specifically for the minor.
4. All cyclists must wear a bicycle helmet to ride in CF Cycle for Life events.
5. Before your event, it's a good idea to take your bicycle in for a tune-up and check for any needed repairs. Talk with your local CFF Chapter for a list of official bike shops supporting the CF Cycle for Life.
6. Start training. See page 12 for tips and talk with your local CFF Chapter for a list of local training rides.
7. Bring clothing appropriate for the weather. We ride rain or shine.
8. Be sure to train with both water bottle and sports drink. Bring your own water bottle to ensure you stay well-hydrated. Don't forget any medication or medical supplies you may need.





Fundraising Ideas to help you meet your goal

START NOW

The earlier you begin fundraising, the better off you'll be. Consider making a self-donation to encourage others to follow your lead.

PARTICIPANT CENTER

One of the great features of our website is the personal participant center where you can upload a photo of yourself or your team, write a little bit about your reason for participating, and create a fundraising goal. You can also send out fundraising emails, track your donations and more. Contact us for assistance.

CORPORATE MATCHING GIFT

Ask your company to match the amount of pledges you receive from your coworkers and ask all donors if their company has a matching gift program.

COMPANY GRANTS

Find out if your company offers grants to employees who volunteer their time for charitable causes. If so, you can volunteer your time at the CF Foundation office and get paid grant money (pledges!) for the work. You may need a letter from us stating that you'll be volunteering in the office, which we'd be happy to provide.

CORPORATE SPONSORSHIP

Identify one of several major companies in your area and contact them directly.

FUNDRAISE WITH SOCIAL MEDIA

Utilize your online networks to raise money towards your goal with Facebook, Twitter, LinkedIn, etc.

IN MEMORY OF

If you're participating in memory of someone, include a picture of you with your loved one in your pledge letter, on posters, etc.

PLEDGES FOR EACH MILE YOU RIDE

Ask people to pledge an amount for each mile of the event route. For example: 65 miles at \$5 per mile and you will receive \$325.

JEANS DAY

Ask your company to allow an official Dress Down Day. For the privilege of dressing down, employees pledge \$5 or \$10 toward the event.

HOST AN EVENT



From sit down dinners to scrapbook classes, there are many ways to raise money through hosting a special event. Start by integrating a hobby or activity in which you are already participating.

What to Bring Day of Event:

- Bring any additional donations that you collected. Reminder: cyclists must raise the minimum fundraising amount to ride.
- A well-tuned bike.
- A bicycle helmet. Helmets must be worn by all cyclists -- no exceptions! If you fail to comply with this safety standard, you cannot participate in the ride.
- Your favorite cycling outfit. Jersey's are not mandatory. Just wear clothing that is comfortable to ride in.
- At least one full water bottle and a second bottle for sports drink.
- If there is a certain food you must have or something you have been eating during training, you may want to bring some along.
- Spare tube, patch kit, pump, and tire tools.
- Cash for bike mechanic supplies should you need repairs. Bike mechanics will not charge you for labor, just the cost of the materials.
- Personal ID and medical insurance cards.
- Sunscreen, lip balm, and sunglasses if you think you'll use them.
- Pain reliever, vitamins, or any other medication you are taking.

What to Expect on the Route:

CF Cycle for Life events have many features to ensure a safe and enjoyable experience for cyclists and volunteers. On the route, you will see:

SAG Wagons – (Support and Gear) wagons are vehicles that patrol the route and assist the weary, broken down, or injured cyclist. In addition, they will lead the way in order to slow down any approaching vehicles and bring up the rear to make the pack of cyclists more visible to motorists. SAG wagons will be clearly marked with magnets on the side and back, and flags in the windows.

Mechanical Support – Mechanics will be available on the route to help if you break down, but we do recommend that you bring a few basic items such as a tool set and a spare tube. The mechanics may be delayed in reaching you if there are several people needing flats changed, and they will not have supplies to give as handouts.

Amateur Radio Operators (HAMS) – Known as the eyes and ears of the route, these individuals will be placed at each rest stop and/or in SAG vehicles on the route. With the help of their communications equipment, we will monitor where cyclists are on the various routes, where assistance may be needed, and the location of the first and last cyclists.



Medical Support on Call – This important group is selected for their ability to assist a cyclist in a variety of crisis situations. They bring an added sense of safety and security to the ride in the unlikely event of an injury or emergency.

Police Escorts – All local municipalities will be contacted and their assistance secured when possible. You will more than likely see local police slowing traffic at busy intersections, leading cyclists along the route and giving the okay to turn when sight distance is limited.

Directional Signs – Directional signs will be posted alongside the road. Each turn will be preceded by a sign and will be followed by a confirmation to reassure you that you did, in fact, make the correct turn. On occasion, you may be on a road for a long stretch without having to make any turns. When this occurs, a straight ahead sign will be placed every half mile. There will also be signs to provide both you and approaching motorists with necessary information about the road ahead, such as “Rest Stop Ahead” or “Caution/Cyclists on Road.”

Rest Stops – Rest stops are conveniently located every 10 to 12 miles and will be fully stocked with fruit, snacks, water, and sports drinks. They are staffed by our excellent team of volunteers and event officials that can assist you with any needs you may have, i.e. bike mechanic, medical, SAG, etc...

Rules of the Road: What to Expect on the Route

Safe Riding Tips

When riding, and especially in events with group-riding, safety is our chief concern. Please understand the following rules of the road.

VERY IMPORTANT!

The bicycle is legally considered a vehicle in most states. With that in mind, you have full rights and responsibilities on the roadway and are subject to the regulations governing the operation of motor vehicles where applicable.

The CF Cycle for Life route is not closed to traffic. Obey all traffic signs and police officers. Remember to ride single file.

Please refer to “How to Not Get Hit by Cars” for the ten most common





collision types and how to best avoid them.

<http://bicyclesafe.com/>

Positioning Yourself in Traffic

The five basic principles of cycling in traffic are:

- Ride on the right side of the road with traffic -- never against traffic and never on the sidewalk.
- When you reach an intersection with a major road (one that is larger or has more traffic than the one you are on), yield to traffic in the new lane or line of travel. Yielding means looking both ways, and waiting until you see that no traffic is coming.
- When you intend to change lanes or move laterally on the roadway, yield to traffic in the new lane or line of travel.
- When approaching an intersection, position yourself with respect to your destination direction: on the right near the curb if you want to turn right, on the left near the centerline if you want to turn left, and between those positions if you want to go straight.
- Between intersections, position yourself according to your speed relative to other traffic; slower traffic is nearer the curb and faster traffic is nearer the centerline.
- By obeying these five principles, you can cycle in many places with a low probability of being involved in traffic incidents.





Safety Tips

- OBEY ALL TRAFFIC SIGNS, SIGNALS, and directions from traffic officials. Stop at all stop signs. Signal all turns. Cross only at intersections.
- Ride in a straight line, follow a predictable path and stay in control. Avoid excessive weaving back and forth.
- Ride single file on the right, with – not against – traffic, and stay a couple of feet from the edge of the road.
- Warn others when stopping or turning by giving the required hand signals with the left hand.
- Pass on the left only. When passing another cyclist, call “on your left.” When you hear another cyclist attempting to pass you, don’t turn around or look over your shoulder. Ride straight and steady.
- Keep a safe distance: do not follow too closely behind other cyclists or cars. Never draft behind cars.
- Never make abrupt stops. Slow gradually, and when stopping to rest, move completely out of the path of other cyclists.
- Keep clear of roadside hazards such as sand, gravel, trash drains, and parked cars.
- Cross railroad tracks with your tire at a right angle to the tracks.
- Look out for your fellow cyclists. Call out obstacles to avoid like “car back,” “car up,” “on your left,” “stopping,” “road kill,” “gravel,” “potholes,” or “tracks.”
- Do not ride in a pace line if you haven’t trained in one! Always pull out of a pace line before slowing.
- Speed must be reasonable for control with regard to weather, traffic, road, and light conditions.
- Do not bring portable audio devices with headphones -- they are not permitted because they interfere with your ability to hear traffic sounds around you.

- Use extra caution when riding in the rain. Roads become more slick and cars won't be able to see you as well.
- Be vigilant when going fast downhill. Keep your hands on the handlebars for more stability.
- Wear bright clothing that can be easily seen and avoid loose-fitting apparel that could get caught in the spokes or chain. Don't forget your helmet (required to ride).

Watch for Dogs.

Be aware that dogs are unpredictable. If a dog does decide to pursue you, the best course of action is to continue riding and move forward; however, you can also deter the dog by squirting it with your water bottle. It will startle the dog and give you time to get away. Do not kick a dog that chases you!

Remember, this is not a race.

You will be riding with cyclists of all levels and abilities. Be courteous to other cyclists as well as motorists with whom you share the road. Most important: have fun!





Training Basics

Training for a long-distance bike ride can seem like a daunting task. When that task is broken down into smaller increments, it becomes much more manageable and fun. Build a regular training schedule and stick to it. Here are some tips on getting started or building your skill level.

Visit <http://cycle.cff.org> for local training rides and the League of American Bicyclist's website at: www.bikeleague.org for riding courses.

Where do I start?

- Assess your current state of fitness and cycling abilities. Decide whether you are:
 - **Beginner:** Never ridden a bicycle for more than an occasional 5-minute ride (nor ever exercised more than 20 minutes) up to someone who can ride a bicycle on the road comfortably for at least 30 minutes.
 - **Intermediate:** Can ride a bike on the road comfortably for at least 60 minutes daily without stopping.
 - **Advanced:** Riding a bike for 70-100 miles daily without stopping.
- Always consult with your physician before beginning any new exercise program.
- Plan your schedule to make time for training.

The first step is to get into a rhythm with training. You can build up your frequency and duration at your own pace. Beginners should start with one-hour workouts 3-5 times a week. Do NOT rush this! Take your time. It will come slowly. Be sure to never add more than 10% to your training volume in any given week.

Training Basics

- Spend at least the minimum time on your bike prior to the event to train.
- Every week or two increase your distance by no more than 10-15 miles, and less if your base mileage is fewer than 20 miles.
- Continue increasing your mileage until you've reached your target distance, ideally at least two weeks before CF Cycle for Life ride.
- Ride a combination of long distances at a moderate pace and shorter distances at a more strenuous pace and with hill-climbs.



Training Tips - 8 Week Metric Century (62 Miles) Training Plan

With this easy 8-week plan, you can hit your metric century mark with just three rides a week. The key is making those rides count. Each week you'll be doing one of the following: 1) a long ride; 2) a fast (don't worry, it's all relative!) ride; and 3) a steady ride. On other days, you can do some cross-training, or, if you have time, one or two easy spins on your bike, even if it's just to the store.

The Rides

Long ride: Do your long rides at a steady, but not taxing, pace. Your effort should be such that you're breathing a little harder than normal, but can have a full conversation. Most people find that Saturday or Sunday works best for their long rides, but the day doesn't matter. Just get it done!

Steady ride: These rides should include two to four efforts (15 to 30 minutes in length) that are done at a slightly higher intensity than your long rides, as though you're riding with someone slightly faster than you. You should still be able to talk, but in shorter sentences. These steady rides train your body to ride more briskly in comfort so you can finish your century faster *and* fresher.

Fast ride: Speed work improves your endurance by raising your lactate threshold, the point at which your muscles cry for you to slow down! When you raise this ceiling, you can ride faster and farther before your legs hit the brakes. Aim to do four to six very hard efforts between 30 seconds and 2 minutes long (pushing hard up a hill for 30 to 60 seconds is one good way) during your fast rides.



8 Week Metric Century (62 Miles) Training Plan

The actual days are only a suggestion. Do the rides when they fit into your schedule, leaving a day of rest, easy riding, or cross-training between your three workout rides.

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Week 1	X-train/Rest/EZ	Speed Ride 30 min	X-train/Rest/EZ	Steady Ride 30 min	X-train/Rest/EZ	Long Ride 1 to 1.5 hr	X-train/Rest/EZ
Week 2	X-train/Rest/EZ	Speed Ride 45 min	X-train/Rest/EZ	Steady Ride 45 min	X-train/Rest/EZ	Long Ride 1.5 to 2 hr	X-train/Rest/EZ
Week 3	X-train/Rest/EZ	Speed Ride 1 hr	X-train/Rest/EZ	Steady Ride 1 hr	X-train/Rest/EZ	Long Ride 2 to 2.5 hr	X-train/Rest/EZ
Week 4	X-train/Rest/EZ	Speed Ride 1 hr	X-train/Rest/EZ	Steady Ride 1:15 hr	X-train/Rest/EZ	Long Ride 2.5 to 3 hr	X-train/Rest/EZ
Week 5	X-train/Rest/EZ	Speed Ride 1 hr	X-train/Rest/EZ	Steady Ride 1:30 hr	X-train/Rest/EZ	Long Ride 3 to 3.5 hr	X-train/Rest/EZ
Week 6	X-train/Rest/EZ	Speed Ride 1:15 hr	X-train/Rest/EZ	Steady Ride 1:30 hr	X-train/Rest/EZ	Long Ride 3.5 to 4 hr	X-train/Rest/EZ
Week 7	X-train/Rest/EZ	Speed Ride 1:15 hr	X-train/Rest/EZ	Steady Ride 1:30 hr	X-train/Rest/EZ	Long Ride 4 hr	X-train/Rest/EZ
Week 8	X-train/Rest/EZ	Speed Ride 1 hr	X-train/Rest/EZ	Steady Ride 1 hr	X-train/Rest/EZ	METRIC CENTURY!	X-train/Rest/EZ





Changing a Tire

Every cyclist knows that with bicycling comes popped tires. Should you need help changing your tire during event day, you will have support, but it's a good idea to learn to do it yourself! All riders should know how to change a flat tire and should carry the tools needed to change one.

Tools to include: Patch kit or preferably a new tube, a tire "boot", tire irons and an inflation mechanism (pump or CO2 cartridge).

A tire "boot" is a strong, waterproof stiff piece of rubber (or other stiff material) that patches the sidewall until the tire can be replaced.

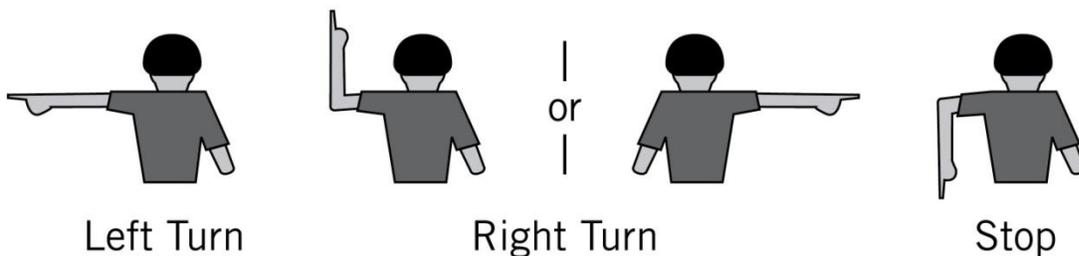
Be sure to move to a safe stopping place that is away from traffic if you find yourself with a flat tire. Remove the wheel by unlocking the skewer and use the tire irons to wedge between the rim and the flat tire bead. Remove the bead of the tire from the rim only on one side. Remove the flat tube. Carefully feel around the inside of the tire to check for a sharp object that caused the flat and remove the offending object. Place the new tube back inside the tire by first putting the valve stem into the hole of the rim. Reseat the tire bead into the rim, and then slowly pump the tire back up to the proper pressure.

Road bike tire pressure is usually between 100-120 psi and mountain bike pressure is usually 30-40 psi.

Proper Hand Signals

Many people enjoy cycling on roads with cars and other vehicles. When you use cycling hand signals, you can let other motorists know your intentions, which will help prevent accidents and help you stay safe on your bike. For example, when turning right, put your right arm out horizontally to the right. Another acceptable way to signal a right hand turn is by putting your left arm out and the hand straight up.

To signal stopping, put your left arm out with the hand facing down.





Sharing the Road While Training

How to position yourself in traffic

The reality is sharing the road with automobiles can be very dangerous. It's important to always be on your guard as automobiles can be unpredictable. You can't control what drivers do, but you can practice safe riding to avoid some very dangerous (and sometimes deadly) situations.

- Follow all automobile traffic rules when cycling on the road.
- Ride in the direction of the traffic, on the far right-hand side of the road. When approaching an intersection, briefly look over your left shoulder to see if an automobile is approaching and beware if the automobile is turning right.
- Try to ride on bike lanes or heavily traveled bicycle routes whenever possible. Avoid busy traffic roads and times. Find routes that have a large shoulder to ride on or have no automobiles present. Try to go on group rides with multiple cyclists so you are more visible.
- When approaching a parked car, there is a risk that someone in the car will open the door in front of a cyclist. Therefore, look for warning signs like someone in the car or a car that has just finished parking. When approaching a car, look in the car's mirrors for the face of the driver. If you pull out away from the car to avoid an opening door, beware of the traffic coming from behind.
- Another very dangerous situation can occur when automobiles turn in front of the cyclist. Beware of automobiles approaching from behind that may not see you or may misjudge your cycling speed. Also, beware of automobiles approaching, as they are usually looking beyond the cyclist to avoid a larger vehicle while turning into the unseen cyclist.
- Try to make eye contact with drivers approaching at intersections, driveways, alleys, parking lots, and oncoming traffic.
- Beware of potholes, drain grates, thick road cracks, road debris, slippery manhole covers, railroad tracks, slick dew/oil covered roads, painted intersections, or any small amount of water in turns. Cautiously avoid traffic when swerving to miss these obstacles. Remember, it is better to hit a pothole and get a flat than get hit by an automobile while swerving.
- Maintain complete awareness of your environment. Never wear earphones while cycling on the road. Your ears are very important for awareness of the environment and balance. You will hear an automobile approaching from behind before you see it.





Riding in Groups

Riding with friends in a group is a great way to tour new areas in and outside of town. When you ride with a local bicycle club, you can meet other cyclists and share information about routes, equipment, and bicycling events. In addition, athletically inclined cyclists often push themselves harder and improve more when training together.

But with more cyclists around you, you are at a higher risk for bike crashes, so it's important to follow the following tips for safe group riding.

- Let other cyclists know if there is a car coming up from behind you by saying, "Car Back." If you're near the front of the group, let cyclists behind you know there is a car coming towards you by saying "Car Front." In both instances, this will let other cyclists know whether it's safe to pass or if they need to reposition.
- If you're going to pass another cyclist, say "Passing Left" or "On Your Left" before you pass them. This will alert the other cyclist to stay in line while you pass.
- Point out road obstacles (e.g. rocks, holes, glass, oncoming pedestrians) for cyclist behind you.
- While cycling behind another cyclist (drafting) keep your eyes on the road in front of the cyclist in case an obstacle is not marked.
- Never overlap your front tire with the cyclist in front of you.
- Try to keep your handlebars even with the cyclist at your side. Protect your handlebars from anything that may hit them and could throw you off balance.
- Anticipate red lights and stop at every yellow light, as the riders behind you will not make the light.



Stretching

Taking a few minutes to stretch and warm up your muscles before beginning exercise releases a lubricating substance from the cartilage within the joints, which aids the fluid motion of muscles and also keeps bones from scraping against one another at connection points in the body. Lubricated and fluid moving muscles have more flexibility which reduces your chances of injuring them. Helping your muscles to become more flexible by stretching is not only beneficial for preventing injury during exercising, flexible muscles are able to distribute strength better which helps you in doing a variety of physical activities with more balance, using less energy, especially while lifting and bending.

Stretching muscle groups such as the neck, shoulders, back, hips, thighs and calves for at least thirty seconds before and after exercising usually gets the job done. You can stretch them for longer if they still feel extra tight. Below are some recommended stretches:



Achilles Crouch



Butterfly



Squatting



Seated Hamstring



Piriformis



Gluts



Spinal



Lunge Stretch



Quad



Shoulder chest



Calf



Iliotibial (IT) Band stretches



Hamstring

Hydration & Nutrition

Hydrating before and after you ride is just as important as drinking fluids during your ride. For best absorption, sip 12 to 16 ounces of water four hours before hopping onto your bike. Two hours before, sip another 12 ounces. While riding, drink enough to match the intensity of the exercise, the heat of the day and your body's needs. The average recommended amount is one 16-ounce bottle per hour in cool weather and up to as many as four bottles per hour in extremely hot weather, based on a 150-pound cyclist. Afterward, your goal is to replace lost fluids and electrolytes.

Along with dehydration, hyponatremia (loss of sodium) is another serious condition that can be life threatening. Hyponatremia can be caused by losing more salt through sweating than you take in, or by diluting your salt levels by drinking too much plain water. To prevent hyponatremia, some fluids should contain electrolytes, namely salt, which can be found in sports drinks and gels.

A good breakfast is essential to fuel your body, especially for long-distance rides. A half-hour before training, you'll want to top off your energy supplies and make sure that you are well hydrated. A high-carb, low-fat diet works best for most.

Take in 30-60 grams (1-1.5 bananas, 1-2 gels, or 1-2 bottles of sports drink) of carbohydrate every hour during events that are greater than 1 hour. This amount represents the upper end of what most athletes can absorb during exercise. Carbs that are not absorbed can lead to abdominal discomfort and diarrhea. Experiment during training to figure out how much carb intake you can tolerate during exercises.

It is important to realize that your body cannot absorb enough carbs to keep up with the demand of moderate to intense exercise. Your intake of carbs simply extends the time you have before you run out.



Volunteers Needed!

The CF Cycle for Life provides a fun and exciting opportunity for volunteers to support cyclists as they ride for a great cause! We couldn't do it without our volunteers, and we offer a variety of pre-, day of, and post-event opportunities for volunteers of all ages to get involved. Family and friends make the best volunteers — so please ask yours to join us this year.

Areas where we need help include:

- Check-in/registration
- Bicycle Mechanics
- Rest Stop Attendants
- Route Marshals
- Radio Operators
- Support-and-Gear (SAG) Drivers
- Cheerleaders

For more information or to sign up, please contact:
Natalie Adams, nadams@cff.org, 404-325-6973

