

TFAC Bike Clinic

Thursday, May 28, 2020 ~ 5:00PM

Opening Remarks

Welcome and thank you!

Julia Bachelder

What to Expect for Bike Clinic

Julie Marchese

- How many first timers? How many survivors?
- My short story.
- What is a Virtual Triathlon? Choose your event – do it your own time, your own place your own pace!
- Choose – Triathlon - swim (1/3 mile), Bike (15 miles), Run (3 miles) Duathlon run (1 mile), bike (15 miles), run (1 mile). Or event either as a relay. Modifying distances is fine, make them longer, shorter or whatever your goal is just make a goal and hit it!

Getting Ready for Race Day

Julie Marchese

1. For the bike portion for the Tri For a Cure, choose how you are going to complete it.
 - you can ride outside on the road (like tri for a cure)
 - on trails (on your mountain bike),
 - on a stationary bike at an indoor cycling studio
 - on a stationary bike in your own home.

Get creative. Make a goal and stick to it. Push yourself.
Choose something you have never done before.
2. If you are choosing your goal to complete the bike portion of the triathlon on a stationary bike that is great! It is still fun to bike inside. Here are some fun ways to complete it.
 - If you have your own stationary bike – pump up the volume on your music and pedal away while getting down on your bike to your favorite music. I would suggest a 1 hour and 10 minute ride. This is the average bike time for the Tri for a Cure. But really – do what will challenge you and make you proud.
 - Invite your friends or relay partners over to cheer you on!
 - Post your playlist to the 2020 Tri for a Cure facebook page and let others know what inspires you to ride! Share your goals with others and it will help you feel good about what you are doing!
 - Sign up for a Premium Indoor Cycling Studio ride. CycleBar Portland will be providing 2 free opportunities to complete your ride with other Tri for a Cure participants in an indoor class dedicated just for this purpose.
 - Invite other friends doing the Tri to join you. The more the merrier. Classes will consist of 40 others having fun completing the bike portion with you.
 - Post to facebook and share your goal. The ride will be about 45 – 55 minutes and we will complete approximately 12 - 15 miles while we are dancing on the bike!
 - No safety precautions needed for inside riding. Just hold on and have fun.
 - Wear comfortable, dry fit clothing. Bring a water bottle. Shoes will be provided.

3. If your choosing to do the bike portion of the Tri on the trails on a mountain bike, here are some fun ideas on how to complete it.
 - Choose a location to train and do your race.
 - Make it interesting – choose a trail system you have or may not have done before.
 - Challenge yourself.... If your new – find a spot that is easier that are on wide trails that are easily marked.... If you love riding on trails, find something out of your comfort zone and try to train to make this fun. Try single track..... The choice is yours.
 - SAFETY is always the key.
 - Best is not to ride alone.
 - Let someone know where you are going and when you will be back.
 - Bring a phone.
 - Bring a tube, tire levers and CO2 cartridge to change a tire if needed.
 - Wear a helmet & bright clothing.
 - Fun places are – Pineland, Bradbury Mountain, Greenbelt Trail.

INTRO ANDREA – riding a bike on the streets

INTRO

ANDREA GLEASON

1. Training

- What kind of bike can you ride? - Road, Mountain & Hybrid
- Make sure whatever kind of bike you have and in good working order. CYCLEMANIA
- Item that will be needed:
 - Helmet
 - Tube, Tire Levers, Co2 Cartridge, Under seat pack
 - Water bottle carrier & water bottle
 - May want a “Bento Box” for your phone & other needs
 - Bike shoes or sneakers (pedals on bike will be different depending on what kind of shoes)
- What to wear:
 - Bike or Tri Shorts (if your planning on doing the entire event at the same time – Tri Shorts are best)
 - Tri Top (nice to have pockets in the back to carry – nutrition)
 - Sunglasses
 - Brightly colored clothing
 - Bike Shoes or sneakers
 - Gloves
- Practice
 - Shifting – big ring, small ring
 - Pick Ups
 - Hills
 - Distance
 - Nutrition (food & water)
 - Make sure your tires are inflated before each ride to help prevent flat tire
 - Great places to practice
 - ⇒ Closed parking lots
 - ⇒ Road with wide bike lanes
 - ⇒ Non traffic roads

⇒ Experiment with different terrain – hills, flats, rolling hills etc.

2. Race Day

- Choose what to wear
 - Are you doing the whole tri = Tri outfit.
 - If you are just doing the bike = bike shorts?
 - Brightly colored is best since roads are open.
 - Dry Fit Clothing
- Choose your bike route in advance
 - Go to “Map My Ride” to choose your course – distance
 - Take into consideration – road conditions, construction, hills, traffic patterns
- Get your bike ready
 - Inflate your tire
 - Fill at least one water bottle and put it on your bike
 - Nutrition – in your water, goo, food?
 - Phone
 - Spare Tire Equipment
- Safety
 - Stay far right at all times
 - Pass on Left ONLY – speak first “On Your Left”
 - Six bike lengths from other bikers
 - No riding in a group with your friends to chat
 - NO IPODS OR EARPHONES
 - No crossing the yellow line
 - Roads ARE NOT CLOSED!
 - Use hand signals
 - Stop at all stop signs & traffic lights
 - ROAD ID or Bring some information with you (medical info is great)
 - Bring your phone

Biking Rules of the Road Sources

- <https://blog.mapmyrun.com/rules-road-cyclists-need-know/>
- <https://www.rei.com/learn/expert-advice/riding-traffic.html>

Bike Tire Changing Video

- <https://www.youtube.com/watch?v=i5K-DXt9djA>

How To Make Your Road Bike Last Longer - Bike Maintenance Tips

- <https://www.youtube.com/watch?v=ofxbq9AWOYM>

Tri for a Cure FAQs: <https://triforcure.org/faqs>