



CINDERELLA TRAINING RIDES ORIENTATION

- 1) The Mission of the Cindy07 Training is to encourage women to learn to ride a bicycle safely in groups and to develop the skills needed to successfully complete the Cinderella Century. .
 - a) **We are ALL VOLUNTEERS**
 - b) Coordination team
 - i) Jean O'Donnell
 - ii) Judy Young
 - iii) Connie Nelson
 - iv) Leslie Rothbach
 - v) Kathi Goodman
 - vi) Bonnie Kellogg
 - vii) SPECIAL BEHIND THE SCENES TEAM MEMBER:
KAREN WHITE, FFBC PRESIDENT
 - c) Introduce our **All volunteer** Ride Leaders (ask them to stand and introduce themselves).
- 2) Goal
 - a) Become progressively stronger bicyclists so that after 10 weeks of training we are able to complete the Cinderella Century ride – 100 K with hills
- 3) How we reach our goal
 - a) Each week the rides will be LONGER AND HARDER than the week before.
 - i) If you miss a ride it is STRONGLY ENCOURAGED that you use the route sheet and find a friend to ride it with you.
 - ii) If you really struggle on a ride one week and there were no extraneous circumstances (i.e., your bike wasn't broken or you weren't getting over a cold) speak with your Volunteer Ride Leader to discuss whether or not your skills would be better aligned with another group.
 - iii) Ditto if your riding skills are so far ahead of your group that you want to light a firecracker under everyone .. speak with your Volunteer Ride Leader about realignment with another group.

- 4) Your success depends on YOU
 - a) We can supply routes and support but YOU are the final determinant for success
 - b) For ultimate success you should plan to ride at least one time MIDWEEK and do whatever you need to increase your physical fitness and abilities.
- 5) Be Prepared
 - a) Use Rodeo today to have your bike checked out to make sure it is SAFE for you and other riders with you. (BTW, everyone working on and helping with the rodeo is part is also a volunteer so please be sure to thank them for their help)
 - b) Your Bicycle
 - i) You can start on an “old bike” and I want to ask a question:
 - (1) How many of you who are married or in relationships would train for a marathon in your partner’s or spouse’s old running shoes?
 - (2) If you are riding someone else’s old (or new) bicycle, unless you know for certain that the bike is the right size and is setup properly for you, you are trying to train against tremendous odds.
 - ii) By the end of the training series you should be on a bike that is capable of letting you successfully ride 65 miles
 - c) Each week BEFORE you arrive at the starting place
 - i) Go through the basic bike checklist
 - (1) Tires properly inflated
 - (2) Brakes working
 - (3) Pedals securely on the bike (yep, they have been known to fall off!)
 - (4) Nothing “loose” or dangling that could injure you or someone else on the road
 - ii) Go through “gear list” (handed out by Leslie) and make sure you really DO have all the things on the list.
 - (1) Remember, having MORE is often better
 - (a) Tires go flat more than once
 - (b) Rides take longer and require more food and water

6) Attitude

- a) Remember we are all **Volunteer** Ride Leaders and Coordinators. We are women just like you except that we started a year or so ahead of you.
- b) We are all training together
- c) This is more than just a “weekend ride.” We will push ourselves to ride longer and faster and better each week.
- d) We will also learn how to ride in GROUPS communicating and supporting each other on the road and in emergencies.

7) Health

- a) You are expected to know your own health limitations and to have your doctor’s permission to participate in this training if any health issues exist.
- b) If you have a health issue that could put you in danger during the ride, it is important that your Volunteer Ride Leaders know ahead of time so they can act quickly and properly if a problem does arise.

8) General Notes

- a) Groups will leave 2 minutes apart starting with the fastest group first.
- b) If you are late your group will NOT wait for you.
- c) If you have problems and need to have your bike serviced before the ride and cannot get to a bike shop ahead of time. Alan and Fred will be open at least half an hour before starting time.

9) On the road

- a) We WILL use bike lanes whenever they are available AND safe
- b) We WILL come to a complete stop at stop signs and obey traffic signals. (tickets have been issued when this wasn’t adhered to!)
- c) We WILL use hand signals and call out road hazards. Let’s all practice together:
 - i) Stopping
 - ii) Right turn ahead
 - iii) Left turn ahead
 - iv) Railroad track ahead
 - v) Glass on the road (YELL!!!)
- d) POINT when you PASS an obstacle (demonstrate foot, hand)



- e) These are “no drop” rides. The group you are with will wait for the last rider before proceeding. If you find you are holding up the group repeatedly (we all get stuck somewhere sometime) .. but if it’s repeated, speak with your Volunteer Ride Leader about possible realignment with another group.
- f) Be prepared to become a better rider
- g) Be prepared to gain Team Spirit and Confidence
- h) Be prepared to HAVE FUN!
- i) Be prepared to COMPLETE THE CINDERELLA CENTURY
- 10) Communicate with your group
 - a) Exchange phone numbers and email addresses
 - b) Check the FFBC_cindyRides group at Yahoo.com
http://sports.groups.yahoo.com/group/FFBC_CindyRides/
 - c) Rain: show up unless it’s posted that we will not ride. Often by the time we start riding the rain has quit and we get a beautiful rest of the day.
- 11) Another note of interest:
 - a) For those that have MP3 players/iPods, there is a podcast that did a two session series on preparing for a century (don't worry about whether it's 65 or 100 miles). It's called The Fredcast, and can be downloaded via iTunes for free. The website with the show notes is www.thefredcast.com. This is a weekly program. The session for December 24 and January 1 are on how to train for your first century. I found some of the information really good - ie things such as clothing, hydration, etc. He also notes to start with rides of 30-60 minutes 10 weeks ahead of your ride, and increase the distance each week - exactly what we do.
- 12) REMEMBER – NO IPODS OR OTHER MP3 PLAYERS OR RADIOS WHILE RIDING!
- 13) Also - if you haven't checked out the Valley Spokesmen website recently, they have announced there will be two routes this year - the usual 65 mile, plus new route that adds 30 miles and 2000 feet of climbing for more experienced cyclist. The new route is likely not for our new riders, but would be of interest for those planning on the progressive ride series.

14) NEXT WEEK'S AGENDA

- a) Match yourself with the appropriate group based in skill (speed and ability)
- b) Each group should choose 1 or 2 bikes from which you will remove a tire for the tire-changing exercise
- c) We will ride approximately 10 miles.