



**RIDE[®]
TO
END
ALZ**

ALZHEIMER'S  ASSOCIATION[®]

**TRAINING &
SAFETY**

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Before the Ride

Choose Your Route

During Ride to End ALZ, riders can choose from multiple route options, ranging from 10 to 100 miles. How you train will be guided by the route you choose. When making your selection, consider a variety of factors, like your experience level, the difficulty of the course and the climate. In addition, if you're riding with partners during the event, you will want to consider their preferences. For example, you may be an experienced rider, but if you are teaming up with a newer cyclist for this event, you may want to choose a shorter route.

You can change your planned route on ride day depending on how you feel and how your training has progressed.

Before You Hit the Road

Check In With Your Doctor

Before you start any physical training program, it's a good idea to get checked by your primary care doctor to make sure you're ready to ride.

About Your Bike

You're not the only one who has to be ready to go the distance — so does your bike! Take your bike to a local bike shop for a tune-up to ensure it's working properly. Between training and the event itself, you will spend many hours on your bike. You may want to invest in a professional bike fitting to ensure comfort, speed, and efficiency as you ride.

A bike fit professional will consider the contact points between the bike and your body — seat height and width, handlebar position and cleat setup. The bike fitter will also assess your pedaling motion and form during the on-bike portion of the session. A professional fitting can help you avoid injury and fatigue on your bike.

Check Your Gear

In addition to a bike and helmet, we suggest that riders also have the following: padded cycling shorts, cycling jersey, rain jacket, vest, leg/knee warmers or tights (not padded), arm warmers, padded cycling gloves, bike socks and shoes. You can purchase these items at any local bike shop or from many online stores.

Plan Your Training

Some cyclists use formal training plans while others prefer to take it day by day. Your training plan will depend on the route you choose. Riders who choose the longer route options will likely use a more structured training regimen. Examples of formal training plans are available at the end of this guide.

Training Tools

A variety of tools are available to help you track your progress as you get ready for ride day. There are many popular apps for mobile phones, including Strava or MapMyRide, that help to monitor distance and performance. You can also choose to use a cycling computer or GPS-based unit that mounts to your bicycle. Some cyclists like to track their progress in a notebook or keep a spreadsheet on their computer. We encourage you to use the tools that work best for you.

Train in Stages

Start Slowly

Gradually ease into your training program to give your body time to adjust. This may mean riding on flat terrain for only a few miles in the beginning. Ride to End ALZ is not a race, so focus on endurance over speed. While the rest stops along the in-person event route do have open and close times, we have designate ample time to finish each route. If you're falling behind, ride staff will assist you in getting to the next rest stop. Virtual Challenge participants are encouraged to build in rest stops and water breaks along their route, even when biking indoors.

The first few weeks of your training program should be dedicated to gaining and maintaining basic fitness. You may start out riding a couple of days a week, then gradually work up to riding three or more days a week. Make sure you take a day or two off the bike to avoid over training — rest days give your body a break so you can heal and build strength.

Build Gradually

Once you've established your training baseline, gradually increase mileage. For example, once you can consistently ride 15 miles, try riding 20-miles the following week. With each subsequent ride, increase your mileage until you have reached the full distance of your Ride to End ALZ route.

Do the same with terrain. After riding on flat roads, change up your route and add hills to strengthen your muscles. Hills can be intimidating for beginners and even for more experienced cyclists, but they are an important part of training. Start with shorter hills and keep practicing. Pace yourself on the climbs so you don't lose steam before you get to the top. If you live in an area of the country that is flat, simulate hills on your bike by shifting gears and increasing resistance.

Listen To Your Body

We want you to make it through Ride to End ALZ feeling healthy and strong — not exhausted and injured. Learn to listen to your body and determine when to ease up. Again, keep in mind this is a ride, not a race. Don't push too hard, too fast — it can lead to injury. You're in this for the long haul.

General Safety Guidelines

Rules of the Road

When you registered to participate in Ride to End ALZ, you agreed to abide by all of the following rules of the road at all times during ride weekend, both for in-person and virtual.

The ride is conducted on open roads and motor vehicle traffic will be present. Be aware of what's going on around you at all times. It is the rider's responsibility to watch out for traffic and other riders.

- Ride to End ALZ (both in-person and virtual) is not a race.
- Obey all traffic signs and signals.
- Ride as far to the right of the road as possible, except to pass.
- Pass on the left side only.
- Communicate with your fellow riders using proper cycling terms such as “on your left,” “car back,” etc.
- Helmets must be worn at all times while riding.
- Headphones, iPods, and radios are not permitted while riding.
- Endangering the safety of your fellow riders is strictly prohibited.
- Please be aware of your fellow riders and ride in control of your bike at all times (i.e. be able to stop within a reasonable distance).
- Use proper hand signals when turning (see Tips for Safe Group Riding for the list of signals).
- Make left turns from the center of road or left turn lane.
- Cross railroad tracks at right angles to avoid dropping wheels into the space between the rails and road.
- Do not cross the yellow center line regardless of passing zone.

Tips for Safe Group Riding

Be Predictable

Group riding requires more predictability than riding alone. Other riders expect you to continue straight ahead at a constant speed unless you indicate differently.

Use Signals

Use hand and verbal signals to communicate with fellow cyclists and with other traffic. Hand signals for turning and stopping are as follows:

- **Left Turn:** *Left arm straight out to the side.*
- **Slow or Stopping:** *Left arm out and down with your palm to the rear.*
- **Right Turn:** *Right arm straight out or left arm out and up.*

Give Warnings

Warn cyclists behind you well in advance of changes in your direction or speed. To notify the group of a change in path, the lead rider should call out "left turn" or "right turn" in addition to giving a hand signal.

Change Positions Correctly

Generally, slower traffic stays right so you should pass others on their left. Say "on your left" to warn the cyclist(s) ahead of you that you are passing. If you need to pass someone on the right say "on your right" clearly since this is an unusual maneuver.

Announce Hazards

When riding in a group, most cyclists do not have a good view of the road surface ahead, so it is important to announce holes, glass, sand, grates, and other hazards. The leader should indicate hazards by pointing down to the left or right and shouting "hole" or "bump" to alert cyclists behind them.

Watch for Traffic Coming From the Rear

Because those in front cannot see traffic approaching from the rear, it is the responsibility of the riders in back to inform the others by saying "car back" when rounding curves on narrow roads, or when riding double. It is also helpful to warn of traffic approaching from the front with "car up."

Watch Out at Intersections

When approaching intersections that require vehicles to yield or stop, the lead rider will say "slowing" or "stopping" to alert those behind to the change in speed. When passing through an intersection, some cyclists say "clear" if there is no cross traffic. Note that each cyclist is still responsible for verifying that the way is indeed clear.

Leave a Gap for Cars

When riding up hills or on narrow roads where you are impeding faster traffic, leave a gap for cars between every three or four bikes. That way a motorist can take advantage of shorter passing intervals and eventually move around the entire group.

Move off the Road When You Stop

Whether you are stopping because of mechanical problems or to regroup with your companions, move off the road so you don't interfere with traffic. When you start up again, each cyclist should look for and yield to traffic.

Ride One or Two Across

Ride single file or two abreast as appropriate to the roadway, traffic conditions, and where allowed by law. Most state vehicle codes permit narrow vehicles such as bikes and motorcycles to ride two abreast within the lane. Even where riding double is legal, courtesy dictates that you single up when cars are trying to pass you.

Recommended Gear for Your Ride

- Helmet
- Tuned-up bike with hand pump and at least two CO2 cartridges & nozzle
- Saddle bag with tire levers, patch kits, two spare inner tubes, and cycling multi-tool
- Cycling shoes, cycling shorts and/or tights, cycling shirt or jersey, socks, gloves
- Extra water bottle
- Sunglasses
- Sunscreen
- Lip balm
- Cell phone for emergency use only (in a Ziploc bag—carry with you)
- Identification, money/credit card, insurance card (carry with you)

Hydration & Nutritional Information

Please remember to keep yourself well hydrated before, during, and after your rides, regardless of the weather.

It is critically important to avoid dehydration by drinking water and sports drinks on a schedule throughout the ride (roughly one liter per hour, starting with water and switching to sports drinks after the first hour to two).

Do not rely on thirst — thirst only kicks in when you are already becoming dehydrated. It is also important, however, not to over-consume water. Over-hydration with straight water lacking sodium found in sports drinks may result in hyponatremia, sometimes referred to as water toxicity. This is a dangerous and potentially deadly condition that can be avoided by switching to primarily drinking sports drinks that contain at least 100mg of sodium after the first 1-2 hours of riding. Be sure to read the ingredient labels as many “sports beverages” contain far less than this minimum recommended amount of sodium. There will be water and sports drinks available at all rest stops during the in-person rides.

Carbohydrate loading helps athletes participating in endurance events maximize energy storage to improve endurance and delay the onset of fatigue. Snacking on fruits that are potassium rich and pretzels that contain sodium will also help replenish nutrients the body loses during the ride. These and similar snacks will be available at every rest stop.

20-MILE TRAINING PLAN

8 WEEKS

This plan is just one example of how you might get ready for Ride to End ALZ. You can use it as a guide and modify it to fit your training needs and preferences. After Week 1, this training plan suggests three days on the bike, one day of strength training, one day of walking or running, and two days of rest each week. Week 8 is a recovery week. Other than Week 8, your miles in the saddle increase each week as you build up to the event. Your miles then drop off during the last few days before Ride to End ALZ to help you save energy.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Strength Training 30 minutes	Bike 4-6 miles	Rest	Bike 6-8 miles	Walk or Run 2 miles	Rest	Bike 10 miles
2	Strength Training 30 minutes	Bike 6-8 miles	Rest	Bike 8-10 miles	Walk or Run 2-3 miles	Rest	Bike 12 miles
3	Strength Training 30 minutes	Bike 8-10 miles	Rest	Bike 6-8 miles	Walk or Run 2-3 miles	Rest	Bike 15 miles
4	Strength Training 30 minutes	Bike 6-8 miles	Rest	Bike 8-10 miles	Walk or Run 2 miles	Rest	Bike 10 miles
5	Strength Training 30 minutes	Bike 8-10 miles	Rest	Bike 10-12 miles	Walk or Run 3 miles	Rest	Bike 15 miles
6	Strength Training 30 minutes	Bike 10-12 miles	Rest	Bike 15-18 miles	Walk or Run 3 miles	Rest	Bike 17 miles
7	Strength Training 30 minutes	Bike 15-18 miles	Rest	Bike 18-20 miles	Walk or Run 3 miles	Rest	Bike 19 miles
8	Strength Training 30 minutes	Bike 6-8 miles	Rest	Bike 8-10 miles	Walk or Run 2 miles	Rest	Bike 20-miles Ride to End ALZ

50-MILE TRAINING PLAN

8 WEEKS

This plan is just one example of how you might get ready for Ride to End ALZ. You can use it as a guide and modify it to fit your training needs and preferences. After Week 1, this training plan suggests three days on the bike, one day of strength training, one day of walking or running, and two days of rest each week. Week 8 is a recovery week. Other than Week 8, your miles in the saddle increase each week as you build up to the event. Your miles then drop off during the last few days before Ride to End ALZ to help you save energy.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Strength Training 30 minutes	Bike 8-10 miles	Rest	Bike 10-15 miles	Walk or Run 3 miles	Rest	Bike 20 miles
2	Strength Training 40 minutes	Bike 10-15 miles	Rest	Bike 15-20 miles	Walk or Run 3-5 miles	Rest	Bike 25 miles
3	Strength Training 40 minutes	Bike 15-20 miles	Rest	Bike 20-25 miles	Walk or Run 3-5 miles	Rest	Bike 30 miles
4	Strength Training 30 minutes	Bike 10-15 miles	Rest	Bike 10-15 miles	Walk or Run 3 miles	Rest	Bike 20 miles
5	Strength Training 40 minutes	Bike 15-20 miles	Rest	Bike 15-20 miles	Walk or Run 3-5 miles	Rest	Bike 30 miles
6	Strength Training 40 minutes	Bike 20-25 miles	Rest	Bike 20-25 miles	Walk or Run 3-5 miles	Rest	Bike 35 miles
7	Strength Training 40 minutes	Bike 25-30 miles	Rest	Bike 30-35 miles	Walk or Run 3-5 miles	Rest	Bike 40 miles
8	Strength Training 30 minutes	Bike 10-15 miles	Rest	Bike 10-15 miles	Walk or Run 3 miles	Rest	Bike 50-miles Ride to End ALZ

70-MILE TRAINING PLAN

12 WEEKS

This plan is just one example of how you might get ready for Ride to End ALZ. You can use it as a guide and modify it to fit your training needs and preferences. After Week 1, this training plan suggests three days on the bike, one day of strength training, one day of walking or running, and two days of rest each week. Week 12 is a recovery week. Other than Week 12, your miles in the saddle increase each week as you build up to the event. Your miles then drop off during the last few days before Ride to End ALZ to help you save energy.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Strength Training 30 minutes	Bike 15-20 miles	Rest	Bike 20-25 miles	Walk or Run 3 miles	Rest	Bike 35 miles
2	Strength Training 40 minutes	Bike 20-25 miles	Rest	Bike 25-30 miles	Walk or Run 3-5 miles	Rest	Bike 40 miles
3	Strength Training 40 minutes	Bike 25-30 miles	Rest	Bike 30-35 miles	Walk or Run 3-5 miles	Rest	Bike 45 miles
4	Strength Training 30 minutes	Bike 20-25 miles	Rest	Bike 25-30 miles	Walk or Run 3 miles	Rest	Bike 35 miles
5	Strength Training 40 minutes	Bike 25-30 miles	Rest	Bike 30-35 miles	Walk or Run 3-5 miles	Rest	Bike 45 miles
6	Strength Training 40 minutes	Bike 30-35 miles	Rest	Bike 35-40 miles	Walk or Run 3-5 miles	Rest	Bike 50 miles
7	Strength Training 40 minutes	Bike 30-35 miles	Rest	Bike 35-40 miles	Walk or Run 3-5 miles	Rest	Bike 55 miles
8	Strength Training 30 minutes	Bike 25-30 miles	Rest	Bike 30-35 miles	Walk or Run 3 miles	Rest	Bike 45 miles
9	Strength Training 40 minutes	Bike 30-35 miles	Rest	Bike 35-40 miles	Walk or Run 3-5 miles	Rest	Bike 55 miles
10	Strength Training 40 minutes	Bike 30-35 miles	Rest	Bike 35-40 miles	Walk or Run 3-5 miles	Rest	Bike 65 miles
11	Strength Training 40 minutes	Bike 35-40 miles	Rest	Bike 35-40 miles	Walk or Run 3-5 miles	Rest	Bike 60 miles
12	Strength Training 30 minutes	Bike 20-25 miles	Rest	Bike 15-20 miles	Walk or Run 3 miles	Rest	Bike 70-mile Ride to End ALZ

100-MILE TRAINING PLAN

12 WEEKS

This plan is just one example of how you might get ready for Ride to End ALZ. You can use it as a guide and modify it to fit your training needs and preferences. After Week 1, this training plan suggests three days on the bike, one day of strength training, one day of walking or running, and two days of rest each week. Week 12 is a recovery week. Other than Week 12, your miles in the saddle increase each week as you build up to the event. Your miles then drop off during the last few days before Ride to End ALZ to help you save energy.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Strength Training 30 minutes	Bike 15-20 miles	Rest	Bike 20-25 miles	Walk or Run 3 miles	Rest	Bike 40 miles
2	Strength Training 40 minutes	Bike 20-25 miles	Rest	Bike 25-30 miles	Walk or Run 3-5 miles	Rest	Bike 45 miles
3	Strength Training 40 minutes	Bike 25-30 miles	Rest	Bike 20-25 miles	Walk or Run 3-5 miles	Rest	Bike 35 miles
4	Strength Training 30 minutes	Bike 20-25 miles	Rest	Bike 25-30 miles	Walk or Run 3-5 miles	Rest	Bike 45 miles
5	Strength Training 40 minutes	Bike 25-30 miles	Rest	Bike 30-35 miles	Walk or Run 3-5 miles	Rest	Bike 50 miles
6	Strength Training 40 minutes	Bike 30-35 miles	Rest	Bike 35-40 miles	Walk or Run 3-5 miles	Rest	Bike 55 miles
7	Strength Training 40 minutes	Bike 35-40 miles	Rest	Bike 25-30 miles	Walk or Run 3-5 miles	Rest	Bike 60 miles
8	Strength Training 30 minutes	Bike 25-30 miles	Rest	Bike 30-35 miles	Walk or Run 3-5 miles	Rest	Bike 70 miles
9	Strength Training 40 minutes	Bike 30-35 miles	Rest	Bike 35-40 miles	Walk or Run 3-5 miles	Rest	Bike 75 miles
10	Strength Training 40 minutes	Bike 35-40 miles	Rest	Bike 45-50 miles	Walk or Run 3-5 miles	Rest	Bike 80 miles
11	Strength Training 40 minutes	Bike 45-50 miles	Rest	Bike 30-35 miles	Walk or Run 3-5 miles	Rest	Bike 70 miles
12	Strength Training 30 minutes	Bike 30-35 miles	Rest	Bike 20-25 miles	Walk or Run 3 miles	Rest	Bike 100-miles Ride to End ALZ