



ENDURANCE RACIN" TIPS

Before the Race...Training

You should be able to ride for 3-4 hours at a sustained pace without calling your significant other to pick you up. You should be able to diagnose and perform most basic repairs on your bike. Taking a little time to pick up some mechanical skills can benefit you in these races. It's not a bad idea, to do a little running. When you are really tired, you may be walking your bike.

Basic Equipment

Bike- Your bike should be in excellent running condition. This event is not the time to ride that worn out chain for one more event. You'll be surprised at the toll an event like this can take on your bike.

Tools & Parts- In the case of Spoke Pony and Rapture in Misery take enough tools to help you finish a lap in the case of a mechanical. Carry two tubes, tire pump, Allen set and chain tool. And make sure you know how to use them. Don't wait until the event to try out a new CO2 inflation system...know how to use it beforehand. In the case of the Dirty Kanza , I'd suggest adding a spoke wrench, a couple more tubes, extra chain links, duct tape, zip-ties, and prayer.

During the Race

Pace...if you get tired, take a rest. Don't start the race too hard. Remember the Tortise and the Hare? This is a long race...you be surprised how much ground you'll make/gain at the end if you stay consistent.

Crashing is bad. It will affect your performance and possibly that of your bike. Try not to crash...unless it is in front of our photographer...then it is encouraged...nothing is better than a good crash photo.

Some of the trails you will be riding are intermediate to expert level trails. If you feel nervous about riding a section you might consider getting off the bike a walking. Nothing is worse than a broken body and a broken bike. Sometimes walking is a good break anyway.

Water. This is a must. More water than you would ever think you'd drink is advised.

Food. In training, note what works well for you. Also, bring a large variety of food. You never know what might sound good to you after many hours in the saddle. Personal favorites that fall out of the traditional sports nutrition category: Ensure (big calories), Sour Gummy worms, fried chicken, pretzels, graham crackers and peanut butter, grocery store pastries, peppermints, baked potatoes. These are examples... find out what works for you and that you'll like to eat when tired.



The Weather

Temperatures may range from below freezing to 70 degrees and can vary dramatically in the course of a couple hours.

Be prepared to ride in anything from extreme cold and rain weather gear to shorts and short sleeves.