

## 2018 A-SIG CLASSIC SURVIVAL TIPS

### Safety

Riders endangering others around them by exceeding the set pace, wobbling, braking abruptly, not calling out obstacles, cars or intentions of slowing down, will be warned. Uncooperative riders will be removed from the program. **Safety is the first and foremost concern of the A-SIG Classic.**

### What to Wear

Dress in layers, especially in the spring when the weather is unpredictable. Jerseys/shirts/jackets that zip up the front so you can unzip as you heat up are quite useful. A few key items for cold-weather cycling:

- Booties and thermal socks
- Lobster-claw mittens
- Headband or balaclava
- Cycling tights or leg warmers
- Water-resistant jacket with pockets
- Eye protection (glasses with clear/yellow lenses for cloudy days, sunglasses for sunny days.)

### What to Bring

A small saddle bag and your jersey pockets should carry everything here (except the water bottles!):

- A helmet
- A well maintained bike
- Tool kit: allen wrench, tire levers, pump and/or CO2 cartridges, patch kit
- Two (or more) spare tubes that fit your tires
- 2 water bottles—fill them before you arrive at the ride start!
- Money, ID, credit card, health insurance card, cell, etc.
- Map/cue sheet (can be purchased at orientation—make sure you get one)
- Metro-North Railroad bike pass (available for \$5 at Grand Central)
- Pocket food (Gu, Power Bars, Clif Bars)

Other items on your “must have” list include a positive attitude and a willingness to accept (and use) constructive criticism. Everyone in the SIG knows how to ride a bicycle, and there are many ways to ride in a group; some of you may already be acquainted with one or more of those ways. Outside of the leaders; however, very few people in the SIG know how to ride in a group the *A-SIG Classic way*, and that’s what we’ll be teaching you, the New York Cycle Club A-SIG

Classic style of group riding. **Your continuing participation in the SIG requires that you ride the way we ask you to ride when riding with us.**

### **What to Eat**

Just as important as the items noted above, you will need to bring a well rested and well fed body to each ride.

**Night before:** eat a decent meal (e.g., pasta, lean meat, veggies). Don't try a new ethnic food or eat spicy, fatty food that will slow you down or upset your stomach. Get a good night's sleep on Friday!

**Morning of ride:** eat something before the ride. A light breakfast will get you through the first 25 miles or so until the refuel, water or lunch stop. You will not perform well starting on an empty fuel tank. Not only will you (and your leaders) be disappointed, the rest of your fellow SIGgies will not be able to rely on your performance.

**During the ride:** as mentioned above, bring pocket food to nibble on, especially on the longer rides. This will get you home or to the lunch stop without running out of gas. Don't overeat or you will never make it home.

Drink plenty of water along the way. Don't wait until you are thirsty. Dehydration is no fun on the road. Even in winter, you can get dehydrated. Empty your bladder before we leave. Potty stops are held to a minimum. Plan accordingly.

### **Bicycle Maintenance**

Very important!

- A poorly maintained bike will slow you down, break down on the road, and force the whole group to stop while you try to fix your problem. They will not be happy with you.
- We highly recommend getting your bike fitted to your body at a bike shop. It is a minimal cost for more efficient, comfortable riding.
- Have your bike tuned up before the season really begins, and bring it in for adjustments about halfway through.
- Before each and every ride: check tires for glass and make sure tires are pumped to the recommended pressure and not leaking; check that nothing is squeaking, rattling or falling off the bike; check that your chain is lubed.
- Keep the bike clean—wipe it off after rainy or muddy rides; make sure the chain isn't gobbled with grease; the tires should be free of sand and glass.

## **Training**

In addition to the Saturday A-SIG Classic ride, several training sessions per week on the road are required to be able to keep up with the program. Leaders and other riding groups meet regularly in the early morning or early evening in Central Park, Prospect Park and for River Road rides. Or group up with fellow SIG participants to form your own training plan. Practice makes perfect. Cross-training—lifting, running, swimming—are also very helpful but they do not substitute for miles on the road!

## **Commitment**

Participants are required to:

- Be a member of the NYCC
- Complete each week's ride with the group
- Train during the week
- Listen to the leaders
- Promote safety and responsibility
- Participate in off-road and skills clinics and events developed for SIG participants
- Complete the graduation ride
- Lead and participate in NYCC rides after you graduate

Good luck and have a great SIG! In May, may you all be A-Classic riders!