

# New York Cycle Club

## A-SIG CLASSIC SURVIVAL TIPS



Ladies of the 2010 A-SIG Classic

### 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 called on it. Uncooperative riders will be removed from the A-SIG. Safety is the first and foremost concern of the A-SIG.

### 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!):

- 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, etc.
- Map/cue sheet (provided by the leaders — make sure you get one)
- Metro-North Railroad bike pass (available for \$5 at Grand Central)
- Pocket food (Gu, Power Bars, Clif Bars)

## What to Eat

- 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.
- Morning of ride: eat something before the ride. A light breakfast will get you through the first 25 miles or so until the diner stop.
- 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 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 and in Prospect Park. 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 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-riders!