

# DETERMINED CYCLING TOUR

## Participation Manual

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WE CYCLE FOR OUR HEALTH...WE RIDE FOR THEIR FUTURE.”

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# ABOUT THE RIDE

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Before embarking on a serious training program, it is suitable for everyone to get checked out by their doctor to address any current or potential physical problems.

The Determined Cycling Tour 2021 is NOT a race. It is an experience that will challenge you physically, mentally, and emotionally. For most, riding with Determined Cycling Tour 2021 means riding every mile. We understand and appreciate the dedication and support you invest in your goal, but your health and well-being are also important to us. As you set your own goals and measure your accomplishments, remember that your success is not necessarily about riding every mile; it is about riding every mile you can while remaining healthy and injury-free.

Determined Cycling Tours are not about how fast you can go but rather about how to ride with a group. You can ride alone at home, but we ride in groups on the Determined Cycling Tours. You will find a group of riders that will work at close to your pace, and you should work together – sometimes riding faster or slower to keep the group together. Riding in a group provides an opportunity to draft (letting you use less energy), to get to know other riders, and most important of all, to have a support vehicle with you.

If you are alone, you will NOT have any support with you. Support vehicles carry spare wheels, tool kits, first aid, drinks, and snacks. They also protect you if you need to stop for a repair or injury. If you cannot ride for whatever reason, the support vehicle will provide you and your bike with a ride to the rest stop or hotel. The Determined Cycling Tours is a group ride. Take advantage of the opportunity to learn more about cycling and make new friends with similar interests.

PLEASE NOTE: Routes can change without notice. You must attend the Ride Briefing each day, which will give you details on changes, points of interest, and the route and dinner plans for that day.

## WHAT TO DO BEFORE THE RIDE

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Now that you are registered for the Determined Cycling Tour, you MUST connect and log your training miles on Strava. 1. Download the Strava App from the App Store/Google Play. 2. Create an account if you don't already have one. 3. Go to Groups and select clubs, then search for Determined Cycling Running Walking Tour (Alvarado, Texas). 4. Join the Club and start riding and logging miles.

Note: This is not optional. You must log miles and training time before the next tour.

It is recommended that you ride **75-125** miles a week.

## WHAT YOU WILL RECEIVE:

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T-shirt  
Extra Water Bottles  
Ride Guide and Goodie Bag

## MUST HAVE AND SUGGESTED PACKING LIST:

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Bike (Required) Cycling ROAD Shoes Helmet (Required)  
5-10 Jerseys Tops  
5-7 Shorts Bottoms  
Cycling gloves  
Cooler clothing (light/rain jacket) Chapstick  
Any prescription medications Hygiene/shaving kit  
2-3 casual khakis/nice jeans/shorts  
shirts  
Swimsuit  
Socks  
Camera  
Sunglasses  
Sunscreen  
Luggage: One large suitcase and one small backpack

## IF YOU HAVE AN ACCIDENT DURING THE RIDE:

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1. First aid kits in each support vehicle as well as medical staff
2. Alert Caregivers / Medical on the ride
3. Call 911 if directed by Medical Staff

## EXPECTED WEATHER

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Sunny to Partly cloudy, possible rain showers, 75- 95 degrees

## WHILE RIDING:

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- Wear a helmet for every ride
- Conduct a Quick Check before every ride
- Obey traffic laws: ride on the right, slowest traffic farthest to right
- Ride predictably and be always visible
- At intersections, ride in the right---most lane that goes in your direction
- Scan for traffic and signal lane changes and turns
- Be prepared for mechanical emergencies with tools and know---how
- Control your bike by practicing bike---handling skills
- Drink before you are thirsty and eat before you are hungry
- Have fun

## RULES OF THE ROAD

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Cyclists fare best when they act and are treated as drivers of vehicles

- Obey all traffic signs and signals
- Ride in the same direction as other traffic
- Use hand and arm signals
- One hand on the handlebars
- Effective brakes

## EFFICIENCY ON THE BIKE

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- Use lower gears
- Most beginning cyclists push too big a gear; downshift and spin a smaller gear.
- Low cadence will cause you to fatigue faster and might cause knee pain
- Try to spin about 90-100 RPMs; you'll have more energy and get a better workout

## HELPFUL TIPS:

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- When stopped, don't push off the ground to get started
- Leave one pedal in the two o'clock position; push down when you are ready to go
- You will have enough momentum to balance and put your other foot on the pedal
- Relax
- You should be comfortable while you ride
- Relax while you ride; it takes energy to grip the handlebar in fear
- Change hand positions often, slightly bend your elbows, and stretch your neck while riding

## DON'T ROCK THE BOAT

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- Make sure that your saddle height is adjusted properly
- Too high and your hips rock; too low causes knee pain
- It would help if you had a slight bend in your knee at the bottom of the pedal stroke

## KEEP YOUR GEAR TOGETHER

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- Maintenance on all bikes prior to the tour are REQUIRED. You must supply a copy of your maintenance from a bicycle shop that is dated one month before the tour start date.

# SKIP THE SOFT SHOES

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- Soft-soled shoes absorb pedaling energy and slow you down
- Stiff-soled cycling shoes help you transfer more power to forward motion
- Toe clips and clipless pedals attach your foot to the pedal, which increases efficiency

# RED LIGHT, GREEN LIGHT

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- Restarting from a stop uses more energy than a slowing and not stopping
- Time it so that you hit the intersection on green, so you don't have to stop
- Make sure that you are aware of how your actions affect other vehicles around you

# AVOID THE WALL

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- Listen to your body while you ride to avoid hitting the wall of exhaustion
- Eat before you are hungry and drink before you are thirsty to prevent fatigue
- If you experience a lightheaded feeling, get off the bike and get some fluids

# RIDING EXPERIENCE & LEVELS

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Riding regularly for fun, fitness, or commuting to work. I enjoy: Cruising flat routes at a brisk pace, rolling terrain, or the challenge of reaching the top of a short mountain. I have ridden with a local bike group, and I feel comfortable riding in light to moderate traffic.



Riding for activity and fitness is an integral part of my life. I ride on a regular basis, 3 or more times per week. I enjoy riding for 2 or more hrs and enjoy the workout. I enjoy: All-terrain, small mountain passes of about 3000 ft of climbing. I handle my bike safely on descents with speed. I can ride: 40 miles on average and up to 60 or 70 on longer days.



Riding an average of 75-100 or more miles per week. I like a faster pace and the physical training of the ride. I enjoy mountain passes, big hills, or steep descents. I'm comfortable climbing 5,000 ft in a day and perhaps up to 7,000 on a difficult day. I can ride: 60 miles on average, up to 100 on a long day and do this for 5-7 days straight on a tour. I'm comfortable in heavier traffic, in a more populated area. I'm comfortable making bicycle repairs if I get separated from the group.

## CYCLING GROUPS AND CATEGORIES

### **GROUP A:**

Group A is considered the lead group and open to cyclist that can maintain a 16-19+mph pace average for 3-5+ hours. This a no drop group and will remain together for the duration for the tour day.

### **GROUP B:**

Group B is considered the second group and open to cyclist that can maintain a 15mph pace average for 3-5+ hours. This is a no drop group and will remain together for the duration of the tour day.

### **GROUP C:**

In accordance with USA Cycling requirement for E-Bikes, we have created a Group C. This group will allow for participation in the tour without the advantage of assisted e-bike to take away the spirit of the tour.

## DONATION GOAL-LINE SCHEDULES

Because this is a fundraising event, all donations are tax-deductible for donors. For the Determined Tour to stay within budget and meet all the goals, we ask that you start fundraising early and often.

This year's fundraising goal is \$2500.00. If there is still a balance from the previous tour, that goal must be met before joining the current tour.

Here is the Donation Goal-line Schedule:

|                     |  |
|---------------------|--|
| <b>December 1 -</b> | <b>\$500.00</b>  |
| <b>January 29-</b>  | <b>\$1500.00</b>   |
| <b>February 28-</b> | <b>\$2500.00</b>   |
| <b>March 1-</b>     | No more riders can be added after this date.<br><br>If goals are not met, then the name will be removed from the roster. |

**Incentive:** If you recruit another cycling and they join and meet their fundraising goal, you will receive the NEW DETERMINED CYCLING JERSEY for FREE!!



## Donations and Tax Deductions

All donation submitted to the Texas Conference on behalf of the Determined Campaign are tax deductible. However, if a paper check is submitted in your behalf, please DON'T PLACE YOUR NAME IN THE MEMO SECTION. Notify our office at [determined@txsda.org](mailto:determined@txsda.org) and we will apply to your goal.

All receipts are submitted to donors at the end of the year via email. These documents are best viewed on a computer versus mobile devices.



## Sponsorship Opportunities

Sponsorships are essential for a successful campaign. We need partners to help us reach our goal and establish a strong relationship with local businesses. Our conference departments are committed to supporting education for our young people, but we need more.

If you know a company that would benefit from cycling marketing advertisement, please have them contact our department at [communication@txsda.org](mailto:communication@txsda.org).

We have a beautiful sponsorship package we will send them for consideration.

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