

### **On Bike:**

- Leg and arm Sleeves
- Extremely warm, rain resistant but thin jacket for riding in cold or rain
- Undershirts (tank style) for riding (if the weather is cold)
- Form fitting workout pants (if it is really cold you will want these over your leg sleeves)
- Chamois butter
- Socks (bring a few extra)
- Riding gloves (Regular and thicker or long-finger gloves for cold weather)
- Additional warm gloves to wear over riding gloves for rain or extreme cold
- Sun screen
- Riding sun glasses
- Helmet (hotel shower caps make great helmet cover if it rains)
- Any favorite mix, protein, nano vapor, 5-hour energy or snacks you prefer
- Riding shoes
- Riding shoe covers (for cold and rain)
- Jersey/Bibs for at least 3 days of riding for 5-day riders.
- Water bottles and Camelback if you use one.
- One extra tube to be carried on your bike. If you have an unusual size of tire, bring enough to be self-sustained. If you use a standard road tire, BFTL will have a supply of extra tubes.
- CO2 and inflator or mini pump. (BFTL will provide extra CO2 threaded cartridges)
- Mobile device charger

### **Off Bike:**

- Hoodie/Jacket
- Undergarments
- A couple of t-shirts for the evenings
- Comfortable shorts/pants for evenings
- Toiletries
- Swim suite for the hot tub
- Foam roller/Tennis ball to roll out knots in your back and neck and bottom of your feet
- Any chain oil/lube you prefer to use
- Phone and device charge cords
- Small power strip to make charging multiple devices easy
- Comfortable shoes or flip flops
- Ziplock bags (to put your phone in if it rains and/or for drink mix while you ride)
- Vitamins
- Ibuprofen/Tylenol (an entire bottle)
- Ear plugs (in case your roommate snores)
- Leg roller or Thera-Cane ([www.theracane.com](http://www.theracane.com)) to push the lactic acid out of your legs

### **To do / Tips for the ride**

- Watch for debris on the road and call it out to the group
- Don't run over pieces of tires, the wire in the radial tires will cause flats
- Caution: Sand on the road can pile up. Try to avoid it without slamming on your brakes or swerving. If you can not avoid it, very gently apply brake and hold front wheel straight.
- Caution: Rumble strips and cracks in the road will grab a skinny road bike tire
- Be aware of other riders
- Riders will display a wide range of speeds. Team BFTL will complete each day more quickly as we ride together.
- Try to take care of bike adjustments or maintenance after the ride rather than the next morning so we can get on the road faster (no need to do a chain cleaning every morning)
- If your chain is squeak, put some lube on it, it will drive other riders crazy
- Eat and drink & then do it all again, you will be expending a lot of calories. Don't wait until you are hungry or thirsty to eat and drink.
- Chamois butter is your friend. Yes, it is appropriate to apply chamois butter and eat a sandwich with the same hand. Whatever it takes to survive!
- Don't take too long of breaks, it will be hard to get back on bike (stretches at stops will help)

- As the week goes on, it will get easier.
- Never give up...Never surrender!

**Videos to watch:**

<https://www.youtube.com/watch?v=ODmB9LyYzKM>

<https://www.youtube.com/watch?v=l64WsjOxj8Y>

<https://www.youtube.com/watch?v=8TTGRLcXFyk>

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