



Rider Preparation checklist – 2011

Don't forget

Pasta Dinner

Join us Friday, July 29th at the Hunt Club for a [pasta dinner](#). Great food, great friends, check in early for your ride. Click on the Ride tab at bike.ctchallenge.org to register.

GPS Tracking

Let your family and donors follow you on your ride with this new tracking technology. You must reserve yours by Sunday, July 24th. [Reserve yours](#) or visit myathletelive.com. Select CTC2011 from the "rental length" drop down list. Your tracker will be waiting for you before your ride.

Junior Challenge

Don't forget to register your kids for the [Junior Challenge](#) so the entire family can ride for cancer survivors. Learn more by clicking on the "Ride" button at bike.ctchallenge.org.

Bike Rentals

It is not too late to rent a bike for your ride, but move quickly. [Rent your bike](#) at bike.ctchallenge.org under the "Ride / Ride Information" tab.



Before the Ride

Check Your Bike:

- Check the air in your tires (recommended pressure is on the tire sidewall)
- Make sure your seat, handlebars and wheels fit tightly and lubricate your bike chain
- Test your brakes to make sure they work and aren't sticking
- It's not too late to get your bike checked at your local shop.
- We will have bike mechanics on-site prior to the ride, but don't rely on them for a full tune-up.

Check Your Helmet:

All cyclists are required to wear helmets during the ride. A helmet is only effective when fitted correctly for the rider and strapped on correctly. It should be worn level and cover your forehead. It should not be tilted forward, backward or sideways.

The straps should always be fastened and make sure they're adjusted so that you can't pull or twist the helmet around on your head.

If you are riding with a child, make sure his/her helmet meets all safety specifications and fits properly. Your helmet should not be cracked or deformed in any way. If it is, invest in a new helmet.



Your CT Challenge Day

Agenda on Friday, July 29

- 5:30 – 7:30p Pasta Dinner at the Hunt Club
Register in advance (required)
 Early check-in for riders
 Bike checks

Agenda for Saturday, July 30

- 6:00 – 7:30a Rider check-in, breakfast & Honor Flags
 6:45 – 7:20a..... Team photos in front of clubhouse
 7:30a..... All riders assembled in start area (by distance)
 7:45a..... Survivors Walk of Honor and photo (riders and volunteers)
 8:00a..... Ride Starts
 9:00 – 11a Junior Challenge
 9:30a – 5:30p..... Riders finish, check in and receive gift bags
 11:00a – 7p..... Post-ride lunch and activities
 7:00p..... Festivities conclude

Arrive on time. – Check in begins at 6:00am.
Be prepared to ride by 7:30am.

Saturday morning activities

Driving Directions & Parking

All cars will park on the field at the Hunt Club. Please refer to the [Driving Directions](#) page on the website to learn how you will enter the parking area coming from I-95 and the Merritt Parkway. The address is 174 Long Lots Road, Westport.

Registration

Rider Registration If you are pre-registered, this should be a quick process. You will receive a bib with your rider number, which must be affixed to the back of your riding jersey for the duration of your ride.

Photo ID Label You will receive a photo ID label to affix to the front of your helmet. This will enable you to easily find your event photos when they are available a week after the ride.

Cancer Survivors You will receive a "Survivor" jersey tag that you can customize as you like. You can pin this tag to the back of your jersey for your ride.

Walk-up Registrations Riders that are not pre-registered must complete all paperwork at check-in and provide a credit card, check or cash for their appropriate registration fee. The rider must also provide a credit card to guarantee their required fundraising minimum.

Team Meeting Areas

Teams of 10 members or larger will have an 8' high team signpost waiting for them in front of the clubhouse. If you're on a large team, plan to meet your teammates at your signpost.

Team Photos

Team photos will be taken in front of the porch of the Hunt Club between 6:45-7:20am. Photos will end at 7:20am.

Breakfast

Enjoy baked goods, fruit, granola, yogurt, coffee and juices

Honor Flags

Before you start your ride, design an Honor Flag with a personal message in honor or memory of someone affected by cancer. These flags will be mounted on the side of the road as you finish your ride.

Tattoos

Wear your colors proudly. We'll have plenty of CT Challenge tattoos ready to adorn your cheeks, arms and legs.

Be ready to ride by 7:30AM

Supplies For Your Ride

If you need a checklist for your ride, use this:

- Helmet - If you have rented a bike, a certified helmet will be supplied. If you need a helmet, one can be rented on-site.
- Cycling shoes (or comfortable sneakers)
- Cycling shorts (or comfortable riding shorts)
- Cycling jersey (or comfortable riding shirt)
- Rainwear (prepare for all weather)
- Cycling gloves
- Water bottles (make sure your bike has a water bottle cage mounted)
- Sunscreen / Lip balm
- Change of clothes
- Towel
- Disposable camera

Saddlebag for your bike with:

- Cell phone
- Some form of identification
- Spare tube (if you ride tubulars, bring a spare tire and cement)
- Patch kit
- Tire levers
- Allen wrench set
- Sunglasses

The Start

All riders will be grouped for the start by the distance they are riding. Signs will be posted to help separate riders.

By 8:00am, the 100-mile riders will leave first, followed by the 75, 50, 25 and 10 milers, each separated by a short delay. The slightly staggered start is to help increase riders' safety on the road.

Riding with a Group?

We encourage people to ride together, but trying to stay together as a large group at the start of the ride can cause confusion and safety issues. Our recommendation is make a plan with each member of your group to start the ride at their own pace and meet at the first rest stop or on the side of the road, 3 miles into the ride.



Post-Ride

Lunch

All riders and guests are welcome to enjoy an informal lunch on the green after their ride. Every rider will receive a bracelet for the party in their gift bag. Additional bracelets can be purchased on the day of the ride for \$10 each. There is no charge for children 12 and under.

FREE Massages

Adult riders are all welcome to enjoy a free table massage after your ride. The massage tent will be open between Noon-6:30pm.

Live Music

Spend the afternoon enjoying great funk and rock tunes from local sensation, [Double Down](#).

Post-Ride Showers

We will have a specially outfitted shower truck on-site with six private showers. If you have a long ride home after the event and want to shower, make sure to bring soap, shampoo, a towel and change of clothes.

Continue Your Fundraising

As you approach the ride and even after your ride, keep up your fundraising. The Connecticut Challenge is trying to raise an average of \$2,000 per rider. With everyone pulling towards that goal, we can make it!



It is never too late to register your children for the Junior Challenge. From 9 – 11am on the morning of the ride, while CT Challenge riders are on the course, children can do the Junior Challenge for as long as they want on the field at the Hunt Club. [Parisi Speed School](#) is designing a course to include bike riding with a few off-bike challenges along the way, just for more fun. Junior Challenge riders will receive some fun gifts from Life is Good and healthy snacks and beverages after their ride. [Register for the Junior Challenge](#).



Your Safety on the Road

Rider Numbers

Riders will receive a numbered bib at registration to be pinned onto the back of their jersey. It is mandatory that riders wear their number for the entire ride. Your number will distinguish you as a CT Challenge rider for our on-course support crews and will allow our volunteers to confirm your safety at the completion of your ride.

Rules of the Road

We will be riding on roads that are open to car traffic. [View Rider Safety rules](#) and please commit them to memory and make sure that everyone in your group, especially young riders, does the same. Practice using all the hand signals and safety precautions during your training rides.

Cue Sheets and Course Maps

View the course [cue sheets and maps](#) for your ride. Additional copies will be available when you check in before your ride.

Signs for your safety

Each route will be marked on the roadside, poles/trees and on the road. Some signs on the course will caution you to “SLOW DOWN” or “RIDE SINGLE FILE.” **Please heed all cautions.** We are warning you of potentially hazardous road conditions.

Balloons

Residents along your route will be hanging blue and yellow balloons from their mailboxes to cheer you on and show you the way.

SAG Vehicles

All routes will be heavily covered by support vehicles

Vans

Passenger vans will be on the route to help shuttle cyclists who abandon their ride back to the Hunt Club. Depending on the distance, passengers may transfer from van to van in order to get all the way to the Hunt Club.

Cycling Marshals

Highly skilled cyclists in Marshal jerseys will be riding all routes to encourage and help cyclists on their ride.

All CT Challenge routes close at 5:30pm. Any riders still on the course at 5:30pm will be required to accept a ride back to the Hunt Club in a CT Challenge support vehicle.



Aid Stations

10-mile ride

Southport Center (4 miles) – beverages only

25-mile ride

Old Redding Road, Weston (8 miles) – beverages only
Redding Road, Fairfield (14 miles)

50-mile ride

John Read Middle School, Rte. 53, Redding (15 miles)
Eden Hill Road, Easton/Newtown (28 miles)
Redding Road, Fairfield (41 miles)

75-mile ride

John Read Middle School, Rte. 53, Redding (15 miles)
Bridgewater Fire Dept., Rte. 133, Bridgewater (34 miles)
Romatics Mfg. Co., 1200 Main St. So., Southbury (48 miles)
Eden Hill Road, Easton/Newtown (60 miles)

100-mile ride

John Read Middle School, Rte. 53, Redding (15 miles)
Bridgewater Fire Dept., Rte. 133, Bridgewater (34 miles)
Lake Waramaug State Park, Kent (50 miles)
Roxbury Town Hall, Roxbury (64 miles)
Romatics Mfg. Co., 1200 Main St. So., Southbury (74 miles)
Eden Hill Road, Easton/Newtown (87 miles)

The approach to each rest stop will be marked by CT Challenge signs. Unless noted, rest stops will have snacks, water, Gatorade, ice, basic first aid, bike supplies and restrooms. Each rest stop will be staffed by volunteers, a trained EMT and a bike mechanic.

All riders should stop at aid stations. The stops are there for your safety and enjoyment. So, rest, hydrate, stretch, meet your fellow riders and enjoy your ride. Eat before you're hungry and drink before your thirsty. Remember: this is not a race and there is no prize for finishing first.

Bike mechanics will be present at each rest stop to help keep you rolling.