

PBA Ride Prep

1. How do I prepare myself for my ride?

- The day/night before
 - Hydrate (water, not soda pop or tea/coffee). Start drinking extra water the day before a ride, especially if the temperature is going to be high or it is going to be windy
 - Eat plenty of carbohydrates (pasta is best) the evening before a morning bike ride
 - Set out your bike riding gear (helmet, sweatband, clothes, shoes, sunglasses, food for ride, etc.) the evening before a morning ride
 - Fill your water and energy drink bottles the evening before a morning ride
- Just before the ride
 - Drink 8 to 20 ounces of water at least 1 hour before the start of a bike ride
 - Eat carbohydrates (e.g. pasta, bananas, oatmeal) at least 1 hour before the ride
 - Apply sunscreen

2. How do I prepare my bike for my ride?

- The day/night before
 - Ensure the chain is well lubricated (bike shops can teach you how)
 - Check the tires for tears and holes
 - Check for any loose parts
 - Test the brakes and the gear shifters for correct and smooth operation
 - Clean the frame of any dirt and other foreign matter
- Just before the ride
 - Fill the tires with air as specified on the tire side wall
 - Re-set the distance on the computer if your bike has one
 - Complete final checklist of necessary items to carry on the ride

3. What do I carry with me on a bike ride?

- Identification and insurance card
- Spare tube(s) and tire levers
- Air pump or CO₂ tube filler
- Compact multi-purpose tool set (Allen wrenches, screw drivers)
- Cash for food/drink at rest stop and/or at the end of the ride
- Food (energy bars and/or sugary/starchy snacks such as raisins, jelly beans, crackers)
- Cell phone
- Sunscreen and lip balm

Please enjoy your cycling with the PBA

