

Novice Training Advice

20 & 38-Miles

It's more important to have a comfortable and safe, working bike for the 20-mile route, then the type of bike. Riders are less likely to have mechanical issues for the shorter distances but having a tune-up ahead of the event is highly recommended. Many riders overlook having a bike that is set up well for their body, so we recommend stopping by a local bike shop to ensure it's fitted to you, correctly. Riders should expect to be riding anywhere from 1-3 hours depending on skill level.

57 & 84-Miles

As your duration and distance get longer you will be more concerned with your equipment's performance. You don't need a pro-level bike to enjoy your ride, however, a road bike will be lighter weight and more efficient than a hybrid or comfort bike. We recommend getting accustomed to the bike and how it will impact your body position, as it is in a more aggressive position than your everyday ride. You should expect to be riding for 3-4 hours, and you'll want to ensure you have stretched and prepared your body for the ride. Shoulder, back, hand, and neck discomfort can be common if not prepared.

Longer routes do tend to have more mechanical issues. If you're not comfortable changing a tire yourself or will not be riding with someone who knows how – we suggest learning. It's always smart to pack your own spare inner tubes, a small tube patch kit, a CO2 kit, or a mini pump. The mini pumps are easier to use for beginners in general.

Clothing is also very important in these distances. Cycling shorts are a must! Gloves help to improve hand comfort on road bikes, and cycling jerseys offer pockets in the back that can store food, tools, phones, wallets, or other small items that you want to have with you. Having a saddle bag is also a great way to carry the necessities.

Road etiquette and safely riding around traffic are paramount for long road rides. Clipless cycling pedals/shoes are recommended for these distances. They improve efficiency and comfort significantly. They do require some skill and technique, so make sure that you practice ahead of the ride and are comfortable getting in and out of them quickly.

102-Miles

Investing in a higher end bike may be worth your while for this route. A higher end bike is typically lighter in weight and will help on the training requirements necessary to complete this distance. You will need quite a bit of training ahead of time to be able to comfortably complete this distance! Otherwise, you will be sore, uncomfortable and won't enjoy your Pelotonia ride! You will want to build up the distances that you ride slowly over time so that you don't sustain an overuse injury. We also highly recommend being comfortable with road-ride maintenance because you could be alone at some point in the ride and knowing these maintenance tasks will allow you to be self-reliant if you should need it. Also, the longer you are riding, the more likely the weather will change throughout your trip. Rain and cooler temperatures can make riding more challenging, so we recommend being prepared for anything!



164, 182, & 200-Miles

These routes are for experienced cyclists only. All the above holds true! Stretching is extremely important and your focus should be on building your endurance and fitness ahead of time to complete your routes safely. Training is an absolute must for these routes, as they last all day, have significant hills, and your body needs to have the endurance to complete them. You will also want to ensure to bring anything you will need to sleep comfortably and recover for another day of riding.