



Ready? Set. RIDE!

Welcome to OVARIAN CYCLE: RIDE TO CHANGE THE FUTURE. Your participation in this event will be life changing; to you and to those who benefit from your donation.

If you already take indoor cycling, this program could differ from that of your current cycling program as now you will be training with a purpose. You are training to be able to ride 100 miles in 6 hours on indoor cycling equipment. You will have breaks, rest stops, and refueling times. There will be music and camaraderie and fun. You will be riding to change the future. THAT is a worthy purpose.

Here is a review of some of the basics of indoor cycling:

Bike set-up: The two most important adjustments on an indoor cycle are seat post height and seat fore and aft positioning. Your seat should be high enough so that you have a slight bend (10-25 degrees) in your knee when your pedal is closest to the floor. The fore and aft (forward and back) position of your seat should be placed so that while you are seated with your hands on the handlebars and your feet at 3 o'clock and 9 o'clock (Think of your pedals as hands on a clock. If the bottom is 6 and the top is 12 the middle position is 3 and 9.), your knee is angled just in front of your ankle. Your handlebars are all about comfort. If you have back problems you may want a taller handlebar. Arrive early to class, about 10-15 minutes or so, in order that the instructor can assist you with your set-up as a new cyclist.

Bottom Line: The seat isn't comfortable. If you develop "fanny fatigue", you can pedal in a standing position for a bit. Bike shorts with a pad or "chamois" to protect your tender tissues are recommended. Use of an anti-chafing ointment such as Chamois Butt'r helps prevent skin irritation and chafing.

You can also purchase a bike seat cover. They add a little extra cushion until you become more comfortable with your saddle. The more you ride the more comfortable the saddle becomes. It will never take the place of your favorite lounge chair, however.

Clothing selection: Wear light breathable clothing to a cycling class. You may sweat profusely. Bring a towel to drape over your handlebars and perhaps a headband to prevent sweat from getting into your eyes. Loose pants are not recommended as they can add to seat discomfort. Tight fitting shorts or pants work well in a cycling class. Watch those shoe laces. Tuck them out of the way so that they don't interfere with the mechanics of the bike.

Shoes: Running shoes and slip-on shoes are not recommended. You need a stiffer soled shoe such as a cross-trainer or court shoe. Bike shoes are great as they have a very stiff sole that prevents foot discomfort. Cycle shoes also come with the option of a cleat. This cleat will attach your foot to the pedal and allow you to pedal with out being strapped into your pedal. If you purchase a cycle shoe with a cleat check with the club at which you are riding to determine which kind of cleat you need. Most indoor cycles use an SPD cleat, but double check to make certain. Have the store assist you in placement and attachment of your cleat.



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Training Program:

To prepare for the final ride, be sure to participate in the weekly endurance training rides offered at participating health clubs in your chosen city. The classes designated for Ovarian Cycle training are indicated on the web www.ovariacycle.org under participating clubs. The endurance training rides increase in length 30 minutes each week. These trainings are designed to increase your endurance capacity so you will be physically and mentally fit and ready for your participation in the Ride to Change the Future.

Club Check In:

If you are a member of the club to which you are an assigned rider then you proceed as usual.

If you are NOT a member of the club in which you are training, you will need to arrive at least 30 minutes prior to your first class to get checked into your club. They will have your name on a list of Ovarian Cycle participants. The club will probably issue you some form of identification and explain the check in procedure that you will undergo each time you arrive to train. Let the instructor help you set your bike up for the first time.

At most clubs, bikes are available first come, first serve. Show up early to get an available ride!