

Preparing for a Long distance cycle ride

1. Do Long rides on weekends
2. Do some leg and shoulder exercises as there would quite a bit of road jerks hitting your shoulders?
3. Do some slow runs, rope skipping and brisk walks.
4. In the last 10 days do not change/adjust anything on the bike. Change the tire if you have to 15 days before a long ride, adjust seat height if you have to now, keep the same saddle what you already have.
5. Start riding with the same cycling shorts and Top/ jersey you would want to wear that day. Would suggest wear something light color.
6. Get your cycle serviced now and don't get it touched by a mechanic in the last few days.
7. A few things you would want to carry for a long ride should include a good pair of Gloves/ sunglasses, 2 bottle cages, a reflective vest, a head light and a tail light, spare tubes and P repair kit, a pump, a whistle, cell phone, energy bars, a Pudina of Black salt/Kala namak, some dry fruits, chikki,.
8. Stop to cycle/exercise 2 days before the Big ride
9. Don't get into arguments at home/work prior to the ride as you need to be focused on the road.
10. Don't use headphones while riding that day and also put your phones on silent mode.
11. Be friendly to the locals while riding through congested cities and villages. Inevitably you will be fired upon by many questions by passing two wheelers, tell them you are unable to talk for long as you are out of breath.
12. IGNORE wired and stupid comments if showered upon, normally the villagers are harmless but inquisitive. If asked about the price of your bike, say it under 12K no matter how much you paid for it.
13. Always keep at least one of your water bottles full. Drink Before you are Thirsty and eat before u are Hungry
14. If your ride is not a race then ride steady not fast, Strategize your ride, divide it into small distances which you ride normally each morning and time it and take a break of a minute at each section killed. Don't Burn yourself before you reach half way point
15. Normally ride constantly for an hour or 22~25 Kms and take a water break of 2 mins, that's what we do when we are riding.
16. Make small groups of 3~4 riders whom you ride with normally and turn by turn lead your own groups
17. Don't ride fast and burn out soon use the cooler sections of the day to the maximum and take fewer breaks then.
18. If happen to cramp, we all did and do ,don't quit manage it Remember what LA said "Pain is Temporary and quitting is forever". If you do cramp get off the bike do some stretching's , have a Soda Pop with Black salt in it or have just plain water and add some salt in it.
19. Start hydrating yourself 2 days before the ride. Drink plenty of fluids be it water, juice or anything else. Increase your salt intake in the last few days as you are going to lose a lot of through sweat.
20. The day before eat lots of Carbs as in Pasta, noodles etc, sleep early listen to relaxing music if possible come back home early from work.
21. Remember you are already a champion attempting a long ride and not many people have the mindset like yours but if you feel exhausted and are in pain beyond your withholding limits , remember there is always a next time and DNF is anyways better than DNS ☺
22. Remember age and body structure has nothing to do with completing a long ride, It's all in the mind and believe in yourself that everybody who has taken up long distance riding on Indian Roads have a very strong Mindset.