



Texas MS 150

On the Route

- Do not overlap wheels with the cyclist in front of you
- Control your speed. The ride will be slow at first until the cyclists spread out on the route (slow again at route merge points)
- Pay attention to cyclists around you (have an escape plan)
- Hydrate – Drink at least 1 water bottle between rest stop
- Nutrition – Eat snacks about every 15-20 miles (use what you learned on training rides)
- Ride your pace. Don't try to go faster than you're comfortable
- Stop and take a break if you're tired. Pull all the way off the road to stop
- Obey ALL Traffic Laws

