On the Route

- Do not overlap wheels with a rider in front of you
- Control your speed. It will be slow at first until the riders spread out on the route (and slow again at route merge points)
- Pay attention to riders around you (Have an escape plan)
- Hydrate – Drink at least 1 water bottle between Rest Stops
- 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