

# **BATTLE AGAINST HUNGER**



**Participant Manual – 2017**



## Table of Contents

Introduction.....	3
Welcome .....	4
Key Contact Information .....	5
Calendar of Events .....	5
Frequently Asked Questions.....	6
Fundraising Tips .....	7
Why People Give .....	7
Getting Started .....	8
Tips.....	8
Other Fundraising Ideas .....	10
Ride Information.....	11
Transportation .....	11
Accommodations .....	12
Riders .....	13
Training.....	13
How to Read a Cue Sheet .....	14
Ride Timing .....	15
Dress for Success .....	16
Rider Nutrition and Endurance Tips .....	17
Rider Hydration: Tips in Extreme Heat Conditions.....	18
Recommended Training Schedule.....	19
Safety .....	20
Support and Gear (SAG).....	22
Tips for SAGing.....	22
Forms .....	23
2017 Participant Information Form .....	24
Emergency Contact Information.....	24
Accident Report.....	26

## Introduction

What began as a dream to help feed the hungry with the pledges from a bike tour has blossomed into a non-denominational charity that is blessed to have many concerned and motivated volunteers who are committed to battling hunger.

Founded in 2003, the group initiated a 200-mile yearly fundraising bike tour that has raised over \$900,000 dollars in the past 12 years. The big event is a 2-day, 200 mile bike ride leaving from Gettysburg, Pennsylvania and arriving in Washington's Crossing, Pennsylvania. Cyclists pedal through the beautiful countryside and farmlands of south central Pennsylvania heading east to the Delaware River. They are accompanied by a strong support staff (SAG) of volunteers riding in cars to provide hydration, nutrition and plenty of cheering.

A public awareness campaign, Battle Against Hunger is a hunger relief ministry of St. Matthew's Episcopal Church of Pennington, New Jersey.

As an active member in Saint Matthew's Episcopal Church, Chuck Inman, founder of Battle Against Hunger, wanted to find a way to help local residents struggling to provide basic necessities for themselves and their families. Chuck's passion for helping others is rooted in the experiences he lived while serving with fellow Americans in the Vietnam conflict. Prior to moving to New Jersey, Chuck played an integral role inspiring others by his service to the Boy Scouts of America and the Central Virginia Food Bank.

Please join us in memory of Chuck; you too can make a difference in the battle against hunger!

100% of all processed pledges directly impact hunger in our area!

Thank you,  
The Battle Against Hunger Board of Directors



## Welcome

I wanted to take a minute to thank you for registering for this year's Battle Against Hunger (BAH) Bike Tour.

Please fill out the following forms:

- Participant Registration Form (Riders and SAG )
- Participant Medical Form (Riders and SAG )
- Rider/Bike Checklist ( Riders only )

These forms are attached at the end of this manual, or you can go to our website at [www.battleagainsthunger.org](http://www.battleagainsthunger.org), download and fill out these forms, send them in and you are good to go! You will find them on the Bike Ride page under the Register to Ride tab.

I encourage you to visit the Bike Ride page on a regular basis for additional information that could be helpful before and during the Bike Tour, such as:

- Fundraising Tips
- Tour Schedule
- Training Guide and Recommended Training Schedule
- Rider Nutrition & Endurance Tips
- Rider Hydration Tips in Extreme Heat Conditions

In addition, the site's "Home Page" also has a BAH Bulletin Board with information continuously posted about upcoming BAH events throughout the year.

It will be an honor to spend time with you in training and on the actual Bike Tour. I applaud you for your strong personal commitment to assisting those who use the services that our agencies provide. Thanks for all you do.

If you have any questions about the enclosed information and anything else about this year's Bike Tour, please feel free to contact us via the website.

Once again, I want to personally welcome you.

Charlie Inman

## **Key Contact Information**

Please visit our website [www.battleagainsthunger.org](http://www.battleagainsthunger.org) and feel free to send an email to "contact us" and someone will respond as soon as possible.

## **Calendar of Events**

( See website [www.battleagainsthunger.org](http://www.battleagainsthunger.org) for most up-to-date information )

June 4, 2017 – Ride for Amy

August 1, 2017 – Registration Deadline

September 8 - 10 2017 – 14<sup>th</sup> Annual Ride

October 2017 – Post-Ride Debriefing meeting



## Frequently Asked Questions:

1. *How many miles is the ride and how long does it take?*

The ride is approximately 200 miles over 2 days, 100 miles each day. It is not a race, each rider rides at a pace that is comfortable for them & usually finds others to ride along with. The amount of time it takes depends on your average riding speed, see “Ride Timing” for estimates.

2. *If I drive my car to Gettysburg and ride my bike back, how will I pick-up my car?*

We have many volunteers on the SAG team so most riders hitch a ride out to Gettysburg with them. Coordination of carpooling will happen in the last 2 weeks before the ride.

3. *When do most people head out to Gettysburg? Do they take Friday off or leave after work?*

Many people do take off from work on Friday and meet in Pennington in the morning to carpool. Yet, there are many people that need to work that day, so the carpooling coordinator will organize that as well.

4. *If I am riding my bike all day, how will my luggage get from one place to the next?*

The Rescue Mission of Trenton provides a box truck to transport any luggage from Pennington to Gettysburg, then to Lancaster, then back to the end of the ride.

5. *If I do not ride with other cyclists, how will I find my way?*

All riders are provided with a “cue sheet” with the written directions, plus there are small white arrows painted on the sides of the road to direct riders. Also, our SAG teams do a great job of looking after people, and the riders will have a list of phone numbers to call for help in the event that they become lost.

6. *What if I get a flat tire or have some other mechanical problem with my bike?*

All riders will be provided a list of phone numbers for SAG teams that can provide help.

7. *Where do we spend the night on Fri. & Sat.?*

Everyone will stay at the same hotel in Gettysburg on Fri. night, and then a different hotel in Lancaster on Sat. night.

8. *Will I be in a room to myself, or will I have a roommate?*

Most everyone will share a room with someone, the rooming list gets coordinated in the last week or so.

9. *What will I do about dinner on Sat. night, or breakfast on Sat. & Sun. morning?*

Breakfast, lunch and dinner on Sat. plus breakfast & lunch on Sun. are provided and included as part of your registration fees.

## Fundraising Tips

### Introduction

Denny Rodgers is a longstanding BAH participant and parishioner at St. Matthew's Church. As you consider the fundraising aspect of the ride, you may find his insights helpful.

Greetings,

Battle Against Hunger founder, Chuck Inman, has designated me as their poster boy to encourage those new to the ride. I got involved at age 57 with no experience at long distance biking or fundraising. I have been able to complete four rides and, more importantly, have raised over \$60,000 to feed those in need.

There is nothing special about me. I have merely trained faithfully and followed the attached suggestions for fundraising that were developed by one of our parishioners.

I have attached my appeal letters in case something in them might resonate for your approach to potential donors. See sample letters in appendix A.

It is wonderful to have you along for the ride this year.

Sincerely,

Denny Rodgers  
[Dennypennv@verizon.net](mailto:Dennypennv@verizon.net)

## Why People Give

- They believe in your mission and values
- Personal involvement
- They want to help others
- They feel they have an obligation to help
- They want to help someone who has helped them
- Peer group pressure
- They want to be recognized (newsletter)
- They want to improve their community
- They respect the person who asks them
- Tax advantage
- Because they were asked!!!

## **Getting Started**

The ride is symbolic. People will support you just because you asked. It does not matter if you ride 200 miles or 20 miles. Friends have told me I do not have to ride at all. I did not last year due to an injury and collected over \$8,000.

It is very important to stress that 100% of funds collected goes directly to the agencies that Battle Against Hunger supports. Many charities net less than 75% after administrative costs. The fact that you are paying all of your expenses underlines your dedication to your cause.

Riders & SAG (Support And Gear Volunteers) from the same church or synagogue might develop a joint appeal to their church/synagogue. Publicize through the newsletter and announcements at services. Pictures of participants with statements about why you are involved might help.

Get public notices with pictures in local newspapers.

Entice businesses by offering to include their name as a BAH sponsor in the church newsletter or public notices. (Matching funds from corporations must be made payable to Battle Against Hunger, because we are a 501(c).)

Expand your list of names to include your spouse's associations, tennis group, anywhere you volunteer, alumni associations, etc. All of my banks, including the blood bank, support me. My mailman has taken up the cause and collects over \$100 each year from postal workers.

State your personal or team dollar goal so people have an idea how much you need from them to meet it.

SAG team members have just as much commitment as riders, so I encourage you to ask for support as well. A sample letter is included in Appendix A.

## **Tips**

### **What to Do**

\* Ask for money - straight out, every time you meet or write to a potential donor. It is easy to talk about the Bike Tour, but the donor will know you expect something more. Be up front about it and go ahead and ask!

\* Believe in your purpose. You are committing significant time to an outstanding cause: the battle to eliminate hunger. *Be sure you convey your energy and excitement to donors.* Give the donor concrete reasons for why you think your commitment will be a valuable experience for you personally as well as the many people you will help with donations. Your enthusiasm and commitment will help the contributor understand how important this is to you and how valuable reaching the goals of your ride will be.

\* Learn about the problems of hunger in your county. Use our website [www.battleagainsthunger.org](http://www.battleagainsthunger.org) as well as the websites of Toni's Kitchen, the Trenton Area Soup

Kitchen Last Resort Food Pantry Asbury Park and the Trenton Rescue Mission as a source of information about hunger for both you and your potential donors.

\* Suggest a specific amount to each donor. Donors will probably not know the amount you have pledged to raise, and will find it easier if they do not have to choose a number on their own. Do your homework and ask for an appropriate amount from each donor, or ask for a certain amount per mile or a sponsor for a certain segment of the tour.

\* Remember, people want to support you and many don't know how they can help. Giving money is a mutually rewarding experience. You benefit from the funds and the sponsor benefits from the satisfaction of supporting a worthy cause. Draw your donor into the experience. Many volunteers find that their donors are excited about *the opportunity to get involved in something they themselves never had a chance to do.*

\* Have fun! Raising funds should bolster your enthusiasm, not detract from it!

### **What Not to Do**

Do not wait. It takes more time than you realize for people to think about your request and make the decision to help you. Start now!

### **Steps to a Successful Fundraising Experience**

1. Develop your list
  - a. Family
  - b. Extended Family
  - c. Friends
  - d. Co-Workers and Colleagues
  - e. Group, Social Club Members
  - f. Church Congregation
  - g. Local Business People: Your Doctor, Your Dentist, Your Lawn Service Guy (anyone who will recognize your name).
2. Write your pitch letter. See “Letter Writing Tips for Fundraising” below and sample letters in Appendix A.
3. Set up a spreadsheet to track your returns
4. Include a self-addressed envelope.
5. Double print address labels (for thank you letter)
6. After returning, write a Thank You letter to those who supported you.

## **Letter Writing Tips for Fundraising**

- Keep your letter to one page. You can include a pledge card but it is not necessary.
- You can write a form letter, addressed to family and friends, but personalize each salutation.
- In your opening paragraph, try to communicate your enthusiasm for what you are doing, i.e. "This has been a personal goal for many years and I am finally having a chance to accomplish it."
- Remind the reader that all of their contribution supports a charity and is totally tax exempt.
- Educate the reader about the cause.
- Be specific about your dollar request. Suggest a fixed amount per mile, or ask for their support for a specific length of the tour — 10 miles, 25 miles, 50 miles, etc.
- **Do not beg and do not apologize!** You are providing friends and family with an opportunity to both support you in undertaking a challenge and to support an important cause.
- OPTIONAL Enclose a self addressed (stamped) envelope.

## **Other Fundraising Ideas**

1. Create an Event
  - a. Organize a neighborhood garage sale with the proceeds to support the Battle.
  - b. Have a party or a barbecue with a biker theme; ask for a donation from everyone who attends.
  - c. Have a deck party with attendees voting with contribution for "best deck".
2. Group Fundraising
  - a. Three monthly events at the Pennington Market. May, June and July on Saturdays.
3. Other possibilities
  - a. Get your children involved:
    - i. Possible school class event: balloon day
    - ii. A week without desserts
4. At work
  - a. Sponsor a "Battle Day" with donuts for contributions
  - b. Leave a "Battle" Cruiser mug in the Break Room

# Ride Information

## What to Expect During the Ride

The ride itself is a two-day ride, but since our starting point is Gettysburg, Pennsylvania, you will need to allow for transportation time the day before. Also, there are logistical meetings the night before the ride, so it is important all participants be in Gettysburg by 7:00 pm the night before the ride starts. Many people will take that Friday off from work, though it is not required, and head to Gettysburg that morning (see Transportation). Many people just leave work a little early that Friday and try to get there by 7:00 in the evening. Fellowship is a big part of the success of this event. Many people only see each other at this event, so Friday evening there is a lot of camaraderie. There will be mandatory meetings for both Riders and SAG on Friday evening to discuss all last minute logistics. These meetings are critical to the safety and success of the event, as we discuss things like weather conditions, road conditions, changes to the route, etc.

Getting a good night's sleep is very important, as we need to get up early on Saturday morning for breakfast, packing the gear in the vehicles, stocking the SAG vehicles with supplies and riders gearing themselves up for a long day in the saddle. Leaving early is important because of how long it takes riders to complete the distance (see Ride Timing). We make every effort to begin riding as a group at 6:30 am, so when you take into account getting up, dressing, packing, eating breakfast and packing vehicles, most people need to be awake between 5:00 – 5:30 am. Breakfast is served at 5:30.

Once the riders head out, groups tend to form based on rider pace. You will shortly find yourself riding with a group of riders at a pace you're comfortable with. Rest stops with rest rooms and food and water are spaced at approximately 15 – 20 mile increments, with a sit down lunch break at approximately the halfway point, 50 miles each day. That makes 2 rest stops in the first 50 miles, then lunch, and then 2 rest stops in the second 50 miles. Since we have a strong SAG presence, riders can stop almost anywhere along the route and receive help, food or water if they need it. All riders MUST sign in and out of each rest stop, even if they have gotten off their bike for the day and are riding in a SAG vehicle (see Safety).

At the end of the day, you arrive at the hotel for the evening. Relax, get cleaned up, re-hydrate and re-fuel, laugh, commiserate and enjoy each other's company.

Then, after a good night's sleep, we start the same process all over again on Sunday morning as we pedal for home and a big welcome by our friends and family.

## Transportation

This is one of the details that people forget about until the last week or so. Riders all ask, "If I'm riding my bike for 200 miles, how will my car get there?" We are very fortunate to have a large staff of SAG people, something that almost all other events of this kind do not provide. Therefore, we have many cars driving out to Gettysburg and SAGing the entire route back home. We attempt to organize all of the riders into cars that are driving out sometime on Friday. This way riders can leave their personal vehicles in the Pennington area. The logistics behind this are staggering, it's success is dependent on riders knowing well ahead of time when they can leave on Friday and committing to that time so the person planning the transportation can organize it. Riders, you NEED to be flexible with this. You might need

to take the day off so you can get a ride on Friday morning or wait until late Friday afternoon, depending on who you get assigned to transport you. Then there is the transportation of your bike. Most, if not all, of the SAG vehicles have some type of bike rack, but in many cases they can seat more people in the car than the bike rack can carry bikes. Therefore, some bikes will be carefully packed into a box truck that is graciously provided by the Rescue Mission of Trenton.

## **Accommodations**

The cost of your hotel rooms is included in your registration fee.

On Friday, we all check in to a hotel in Gettysburg, Pa. (actual hotel to be announced), spend the night there and have breakfast before heading out for the first day of the ride.

On Saturday, after a full day of riding and SAGing, we will check-in to a hotel in Lancaster, Pa, (actual hotel to be announced), spend the night there and have breakfast in the morning before heading out for the second day of the ride.

Making and coordinating the hotel accommodations, as with the transportation, is extremely complicated. Many of the riders and SAG are related to each other, and rooming them together is simple enough. However, there will be many people who are not related and need to be paired up in rooms, possibly with someone they do not know. Please be open-minded and flexible. This is a chance to make new friends.

Whether you are a rider or SAG, please be considerate and courteous by completing and handing in your registration by the deadline. The people charged with coordinating accommodations and transportation have a lot to handle in a short time period and getting your registration in on time is most helpful and appreciated. If you have any special requests with respect to room accommodations, just ask, I am sure something can be worked out.

If everyone gets their registration in on time, room assignments will be set-up and the hotel and roommate information can be provided in a timely fashion.

# Riders



## Training

Training is a crucial part of this endeavor, whether you are just trying to ride as many miles as you feel comfortable riding or challenging yourself to do the entire 200 miles. Whether you are an inexperienced rider or a seasoned veteran, you need to prepare your body for the rigors of long distance cycling.

We suggest you ride a minimum of 750 miles prior to the big event. Set goals for yourself. Start slow with low mileage rides, and slowly increase the distance and difficulty as the summer goes on. Do not avoid the hills - embrace them! You will not be able to avoid them during the big ride, so you may as well accept them and learn how to pace yourself to tackle them.

We recommend you ride at least 2 times a week: one shorter ride, maybe before or after work during the week and one longer ride over the weekend. Increase your distances on your weekend rides to prepare yourself for the “milestone” training rides listed on the BAH calendar.

Train with other riders. It is nice to have someone to talk to while you are riding and someone to complain to while climbing the hills. Having a riding buddy also helps you push yourself. Maybe you do not want them to beat you up the next hill or to the next stop sign. Or maybe just trying to keep up with them motivates you to try harder.

Many of the experienced riders have regular routines and ride together. They are all friendly and are happy to have you join them; all you have to do is show up. If you are new, they will happily help you work on your riding skills and provide encouragement. Look for emails and on the website for opportunities to ride with others. It is a great way to make friends and learn about the big ride.

Track your own progress. Many riders keep some type of journal to track their rides. Some like to write down the distance and average speed of each ride on a calendar. Perhaps you could make notes to yourself about the difficulty of the ride and/or how you felt. It is a well-accepted way to determine if you are making progress, if you need to work harder, or if you are working too hard.

Yes, believe it or not, it is possible to over train. Listen to your body. If you begin to have aches and pains that are not your normal sore muscles, then you should consider easing up on your training and giving your body some rest. If that doesn't help, consult a doctor. Your nutrition before, during, after and in between rides can have a big effect on your body's ability to deal with the rigors of training. See the section in this manual about nutrition.

Cross-training is always a good idea; Do not just ride your bike all the time. Try other activities such as running, hiking, swimming, aerobics, yoga or weight training. Anything that makes use of other muscles in your body will be beneficial. Activities that strengthen the core chest & abdominal muscles are particularly useful. Cycling itself doesn't strengthen these muscles, but having a strong core helps the body endure the rigors of cycling.

Train in different weather conditions. You never know what the weather will do on the big ride, so be prepared. It may be chilly in the morning, as we do start at sunrise. It is still summer, so it may be hot in the afternoon. It may be windy or even rainy. Of course, no one is expected to put themselves in danger. So, if you are not comfortable riding in a particular weather situation, like rain, be safe and get off your bike. We guarantee that no one will think less of you.

## How to Read a Cue Sheet

This is a simple straightforward example of a typical cue sheet.

Turn	Total	Turn	Road
0	0.0	mi.	Start at W Curlis Ave
0.0	0.0	mi.	RHT on to Burd St
0.5	0.5	mi.	LFT on to W Delaware Ave
0.4	0.9	mi.	STRT on to Pennington Titusville Rd
3.0	3.9	mi.	LFT on to Bear Tavern Rd
0.4	4.3	mi.	RHT on to CR 546 (Washington Crossing Park Rd)
1.3	5.6	mi.	STRT cross Washington Cross Bridge

The number shown in the “Turn” column is the distance from one turn to the next. The number shown in the “Total” column is the total distance that you have covered. Therefore, if you have just turned onto Pennington Titusville Road, you then have to travel 3.0 miles to get to the next turn onto Bear Tavern Road, for a total distance of 3.9 miles. Obviously, having a cycling computer on your handlebars to see your total mileage is a critical piece of gear to go along with your cue sheet.

It is very important that everyone understands how to read and follow a cue sheet and carries one with them for the entire ride. It is true that we do provide directional arrows painted on the road at the turns. Nevertheless, sometimes people forget to look for the arrow, and continue straight instead of turning. Then, before they have realized it, they have gone a few miles off track and are lost. In addition, there have been occasions when the painted arrows are covered up by something and are not visible. Your cue sheet has the correct directions. In the event that you are lost, you can call SAG for help. Use the cue sheet to tell them where your last turn was and what road you are currently on, and they can come find you and get you back on route.

You can buy a cue sheet holder that straps to your handlebars so you can read it without stopping to take it out of your pocket. Some people just use some sort of clip to attach it to the brake cables.

## Ride Timing

We know from experience that on average we take a total of 2 to 2 ½ hours of break time, including waiting for traffic and/or other riders on a 100-mile ride. *If* we leave at 6:30 AM and must arrive at Washington Crossing Park by 5:30 PM we have 11 hours. And, *if* we stop for 2 ½ hours, we have 8 ½ hours of riding time. **To make it to the park on time, your moving average speed must be at least:  $100 / 8.5 = 11.75$  mph!**

Moving Average	Riding Time	Stop Time	Total Time	Cushion
16	6.25	2.5	8.75	2.25 hrs.
14	7.25	2.5	9.75	1.25 hrs.
12	8.25	2.5	10.75	15 min.
<b>11.75</b>	<b>8.5</b>	<b>2.5</b>	<b>11</b>	<b>0</b>
<b>11</b>	<b>9</b>	<b>2</b>	<b>11</b>	<b>0</b>
<b>10</b>	<b>10</b>	<b>2</b>	<b>12</b>	<b>-1.0 Hrs.</b>

## **Dress for Success:**

How you dress for your rides can make the difference between a good day and a bad day. If you're not dressed warm enough, too warm, no rain gear or lack of sun protection, these things can take some time and experimentation to find out what works best for you. If you're comfortable, regardless of the weather conditions, then you can focus on other things like road conditions, traffic or beautiful vistas. In early September, when we do the BAH ride, we can see weather from 90 deg. and sunny to 50 deg. and rainy. So, bringing a wide range of clothing is critical to enjoying the ride. Of course you'll be wearing your favorite cycling shorts and a BAH jersey, but here's a list of additional accessories you should have with you in the event the weather is not ideal.

For HOT weather: Sunblock and lip balm

Sunglasses

Head cover under your helmet (for those of us that no longer have the natural stuff)

Extra gloves (in case your first pair gets too wet from sweat)

Thin lightweight socks

For WET weather: Rain/wind jacket (a cycling or running specific one works best)

Glasses with light lenses (because you still need the eye protection)

Extra gloves (in case your first pair gets too wet)

Extra socks (wool running or hiking socks are great)

For COLD weather: Rain/wind jacket (or warmed lined jacket)

Long sleeve top layer under your jersey

Head cover under your helmet (for those of us that no longer have the natural stuff)

Sunblock and lip balm

Sunglasses

Warm gloves (full fingered really help)

Warm socks (wool is great)

Full length cycling or running pants

The idea is to pack all this stuff and bring it with you so that you can adjust your clothing choice each morning depending on the weather. Of course, your luggage will most likely be on a truck or in someone's car, so you should plan to bring a small bag with a few items in it and ask a SAG person that will be following your group to put it in their car. Then you can make adjustments in your clothing if the weather changes during the day.

## Rider Nutrition and Endurance Tips

By David Romaine



Please keep in mind, every person is different, their bodies respond differently to physical stress and how each person fuels their body is different. So, what works for me might not always work for you. The information below is a general rule of thumb, and each rider must determine on their own what is best for them, by consulting with a physician and experimenting with nutrition and hydration throughout their training on shorter rides to see what works best.

Proper nutrition is the biggest and most undervalued aspect of a long endurance ride. Here are some tips to keep you going out there.

A 2% loss in fluids can mean a 20% decline in performance. You should drink a bottle of water per hour on average (drink even if you're not feeling thirsty). You should also be eating something every 15-30 minutes. You should not try to wait and catch up on carbs later...it does not work. Your motto should be "Eat little and eat often". If it is a hot day, salt intake is important, but power drinks and the like do not provide enough sodium. Salt tablets or another source should be considered to prevent cramps. I carry peanuts in a little bag for the salt. They are not as important early in the ride, but after 60-70 miles, you will need to replace salts. You should have an electrolyte replacement drink on your bike at all times. Smart riders will carry both a bottle of water and a bottle of some sort of mix. This should be the case the entire ride.

After your ride, it is CRITICAL to your recovery to eat something and drink a carb-loaded sports drink within the first 30 minutes after you've stopped riding for the day. Your body will absorb carbs more readily during that time, but the window closes as time goes by. You cannot eat or drink enough later to make up if you did not have something right after the ride. I drink a mix as soon as I get off the bike and some kind of protein (muscle repair) and carbs (replacement).

In the AM you need to have a carb drink to replace glycogen that is lost in the liver during sleep. You want all you can store before beginning your ride.

Twenty minutes before you begin your ride, have nothing - No GU, Fig Newtons, bananas, etc. This helps to balance out your blood sugar.

These long rides in the heat are about survival. You cannot do it without proper nutrition and fuel. Sometimes it is not the most trained rider that performs the best but the one with fuel reserves at the end.

Stay healthy out there!

## **Rider Hydration: Tips in Extreme Heat Conditions**

By David Romaine

When riding under extreme heat conditions, always start hydrating the day BEFORE you show up to ride. Even once you start riding, you will never really fully replace fluid loss under these conditions. You have to limit loss.

The morning of your ride you should drink a sport drink mix before the ride and try to eat something. Also, coffee is OK to drink in the AM. It is not true that it dehydrates you. Coffee is 99% water.

I am amazed on many of these rides to find riders not taking in fluids early on in the ride. I will see water bottles not being touched until late in the ride! If you don't drink early and often, you will find yourself under more duress late in the ride. Drink and eat small portions and OFTEN, especially on these long rides.

We had a 100-miler a couple of years ago in extreme heat, and a couple of riders had to stop. Do not feel bad about knowing your limits or recognizing heat stress related problems.

### **More Tips for Riding in Extreme Heat**

1. TAKE BREAKS. Use them to ice and utilize cold towels.
2. Use the shade and cool off when you can.
3. Begin riding as early in the morning as possible. You will not escape the heat completely, but you can delay some of the effects.
4. Do not wear black or dark colored clothing.
5. If possible, have a couple of doctors in your group.

**Now go hydrate!**

See Appendix B for more detailed information on hydration and nutrition.

# Recommended Training Schedule

April weekends - Dust off the legs on rides varying from 10 - 25 miles.

Date - Weekends	Distance	Difficulty
May		
1st	30 miles	Easy
2nd	35 miles	Easy
3rd	40 miles	Easy
4th	40 / 25 miles	Medium / Easy
June		
1st	45 / 30 miles	Medium / Medium
2nd	50 miles	Medium
3rd	50 / 40 miles	Hard / Easy
4th	60 miles	Medium
July		
1st	65 miles	Medium
2nd	60 / 50 miles	Hard / Medium
3rd	60 / 60 miles	Hard / Hard
4th	75 miles	Medium
August		
1st	75 / 50 miles	Hard / Medium
2nd	75 / 75 miles	Hard / Medium
3rd	100 mile training ride	
4th	You Pick	
September		
1st	You Pick	
Weekend after Labor Day	THE BIG WEEKEND - 100 + 100	

This is intended to just be a guideline of suggested ride lengths in order to build-up strength for the big event.

It is suggested that you attempt to ride 1 to 2 times a week in addition to the regular Saturday rides.

# Safety

For everyone's safety, please abide by the following rules:

1. **Always** wear a helmet.
2. Be sure to provide all contact information, cell phone #, etc. to SAG when asked, so the lists of rider and SAG info can be distributed. During the ride, keep your cell phone on so you can be contacted.
3. Have your identification, like a driver's license, and your medical insurance card on your person, in the event of an accident.
4. Be visible. Wear light colored jerseys or a bright jacket or vest. Use a blinking light on the front and back of your bike.
5. Do not use mp3 players and cell phones while riding.
6. Do not block intersections when stopped with a group waiting to cross.
7. **Always** ride single file in high traffic areas.
8. Whenever possible, do not ride more than two abreast. Any more than that poses a hazard to all drivers on the road, especially SAG! We understand that riders like to ride 2 or 3 across to socialize while riding. However, when any vehicle is approaching from the rear, please quickly move to single file to let the vehicles pass. This is especially important on narrow, winding country roads.
9. Quickly yield the road to overtaking cars. If you are not riding in single file, do so promptly. Cyclists are supposed to ride single file and as close to the road edge as is practicable
10. Obey all traffic control signs and signals!
11. Always use hand signals to indicate to drivers and other riders what you are doing.
12. **Railroad tracks:**
  - a. Always cross perpendicular to the track!
  - b. Slow way down and spread out in single file with plenty of space between riders.
  - c. If tracks are wet, get off and walk across.
  - d. If you're concerned about them, get off and walk
13. **Metal Deck Bridges:** Treat them the same as railroad tracks.

14. **Wood Deck Bridges:** Treat them as carefully as railroad tracks.
15. If, due to time constraints, a SAG person tells you that you need to go in the vehicle, please comply.

Please help maintain a smooth, trouble-free ride by complying with these friendly reminders.



### Use Situational Awareness

1. Be aware of your surroundings and what is happening around you.
2. You will be riding in unfamiliar territory, on unfamiliar roads. If you are talking with fellow riders, your mind is not 100% on the road in front of you. If necessary, stop your conversation to concentrate on your safety, and then continue the conversation after you have negotiated a hazardous situation.
3. Sometimes you can't ride as close to the right edge of the road as you would like due to hazards like poor pavement, drains, loose gravel, glass or maybe animals.
4. Check the traffic behind you before you move to the left to avoid hazards. If you alert drivers behind you far enough ahead of time, they will usually allow you room to move into their lane to get around some hazard.
5. Be aware of parked cars, often a driver does not look before opening a car door.
6. Be careful of your speed on descents, because the faster you are going, the less time you have to avoid hazards.
7. On wet roads be extra careful. Stopping distance is increased significantly, not just because of the wet road surface but also because of your wet brakes and wheel rims. Be especially aware of traffic paint on wet roads, it is more slippery than the road itself.
8. Only **you** are responsible for getting yourself safely through an intersection. Many riders call "clear" when they feel it is safe to go through an intersection. Don't rely on them, make sure you see for yourself that it's safe to cross.

### Proper traffic communication

1. Always alert drivers and other riders of your intentions.
2. Use hand signals to tell people whether you are turning right, left or are stopping.
3. Even though drivers can't hear you, if you are riding with other riders, in addition to using hand signals, call out your intentions so they can hear you.

4. If you are about to overtake a slower rider, call out “on your left” before you pass them. If you startle a rider, it could cause them to swerve and create a dangerous situation for both of you.

Enjoy the fun, the fellowship and the scenery, and do not forget to feel good about your important role in this special event!

## **Support and Gear (SAG)**

### **Tips for SAGing**

Please help maintain a smooth, trouble-free ride by complying with these friendly reminders:

1. ALWAYS keep an ample supply of water in your vehicle! Also, keep fruit and other energy snacks (power bars, “goo,” etc.) in your car in case riders request them.
2. Whenever possible, do not tailgate riders in your vehicle. Always try to pass and move ahead of them when it is safe to do so. SAG vehicles should always keep moving ahead of the riders to the next location where SAG is needed.
3. Avoid honking your horn unless you need to warn the riders of any danger.
4. Remember to “leapfrog”: If you approach an intersection and see a SAG car already there, keep moving along until you arrive at a location that needs SAG.
5. Follow the cue sheets for mileage, intersections and turns. (See page 13 for instructions on how to read a cue sheet.) At intersections watch for oncoming traffic. DO NOT DIRECT THE RIDERS. DO NOT ATTEMPT TO STOP TRAFFIC! The riders are responsible for themselves to cross intersections safely. You are there to provide assistance and encouragement.
6. If you see a lone rider who appears to be struggling, do not drive alongside them or pull in front of them. Drive ahead, and as they approach, ask if they need help. Leapfrog ahead of them as they continue to ride even if they do not request assistance. This way you are not leaving them alone.
7. If you see an accident or injury, contact one of the SAG EMTs immediately and report the rider’s location. If it is a serious accident or situation, call 911 first and then contact the SAG EMTs. The EMT numbers are on your cell phone list. An accident report form is attached in the “Forms” section of this manual.
8. Observe all local traffic laws!
9. Use your cell phone list to contact other SAG members when necessary, but please avoid calling any riders when they are on the road, unless it’s an emergency.
10. When riders are approaching an intersection, you should be parked on the opposite side, in the direction they will be heading. Again, do not direct the riders. They will see you and the road arrows and will go the correct way most of the time.

11. Never stop in the middle of an up or down hill. Riders will not want to stop in either case. When you park alongside the road, pull off the road as much as possible to allow the riders and other traffic to pass safely.
12. Enjoy the fun, the fellowship and the scenery, and don't forget to feel good about your important role in this special event!



## Forms

This section contains the forms that will need to be completed. Also included is an Accident Report Form, which, of course, we hope you never need to fill out.

Included Forms:

1. Application/Waiver
2. Participant Information Form
3. Medical Form
4. Bicycle checklist
5. Accident Report



P.O. Box 800 • Pennington, NJ 08534-0800  
(732) 274-9514 • [www.battleagainsthunger.org](http://www.battleagainsthunger.org)

## 2017 PARTICIPANT INFORMATION FORM

Please fill out this form completely, and provide a photo copy of your health insurance card, both sides. Return them to Phyllis Jones or by mail to the address above no later than **August 14, 2017**.

**On the ride, please carry your medical insurance card & driver's license with you at all times.**

Thank you.

**NAME** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_  
\_\_\_\_\_

**HOME PHONE** \_\_\_\_\_

**CELL PHONE** \_\_\_\_\_

**PHYSICIAN'S NAME** \_\_\_\_\_

**PHYSICIAN'S NUMBER** \_\_\_\_\_

**MEDICAL CONDITIONS** \_\_\_\_\_

**ALLERGIES** \_\_\_\_\_

**MEDICATIONS TAKEN** \_\_\_\_\_  
\_\_\_\_\_

### **EMERGENCY CONTACT INFORMATION**

**NAME** \_\_\_\_\_

**RELATIONSHIP** \_\_\_\_\_ **PHONE** \_\_\_\_\_

**NAME** \_\_\_\_\_

**RELATIONSHIP** \_\_\_\_\_ **PHONE** \_\_\_\_\_

**SIGNATURE** \_\_\_\_\_

**DATE** \_\_\_\_\_



P.O. Box 800 • Pennington, NJ 08534-0800  
(732) 274-9514 • [www.battleagainsthunger.org](http://www.battleagainsthunger.org)

## Rider/Bike Checklist

The Ride for the Battle Against Hunger can be a demanding 200-mile ride featuring varying road and weather conditions. This checklist is designed to help ensure that your bike is properly prepared for a great ride. Riders not completing this form will be subject to labor charges for bike repairs during the Ride.

Rider Name: \_\_\_\_\_

Bike Model: \_\_\_\_\_ Serial # \_\_\_\_\_

- Check & Adjust headset
- Check & Adjust B/B
- Check & Adjust front and rear hub
- Check chain
- Inspect wheels for trueness and excessive rim wear
- Inspect tires
- Adjust gears front & rear
- Adjust brakes front & rear
- Inspect cables
- Inspect brake pads

Shop Stamp: \_\_\_\_\_

Certified Mechanic Initials: \_\_\_\_\_ Date: \_\_\_\_\_

Please give this simple checklist to your bike shop mechanic and have these items checked. Have your mechanic initial the form and return it to Phyllis Jones or by mail to the address above no later than **August 14, 2017**.

# **Accident Report**

Date/Time:

Name(s) of person(s) involved:

- 1.
- 2.
- 3.
- 4.

Name(s) witnesses:

- 1.
- 2.
- 3.
- 4.

Location of accident:

Description of accident:

Description of injuries:

Authorities contacted ( EMS, Police, etc. )

Final actions taken:

# **APPENDIX A:**

# **SAMPLE LETTERS**

## SAMPLE ASK

Dear Friends in Christ,

In this new **year Of 2004** I am happy to say that I have been introduced to and am excited to support a group of caring servants who have made it their personal resolution to help end the Battle Against Hunger!

In 2003, at Saint Matthew's Church in Pennington NJ, members of the PLG were praying on a new and innovative way to engage in God's mission to help others. The desire to incorporate all of God's blessings into a fundraising event that directly impacts our needy brothers and sisters led to The Battle Against Hunger Bike Tour.

The Battle Against Hunger Bike Tour participants can pick from many different skill levels. Riders pay one registration fee for participating. Monetary pledges that the riders solicit are presented to the various agencies in each area that support the group's mission to end the Battle Against Hunger. 100 % of ALL pledges received will benefit our needy citizens! This year the riders will be departing from Pennington NJ and traveling to Gettysburg, PA. Beautiful scenery, enlightening stops, wonderful fellowship along with a sense of fulfillment help to make this a most rewarding experience for all levels of tour participants.

Can you Imagine the impact if each Parish in our Diocese were to sponsor a rider for The Battle Against Hunger bike tour! If unable to sponsor a rider there are many other ways to participate. Spread the word among your parishioners. Generate excitement to join us on the ride, as a volunteer, or in support of our fundraising efforts. Let us join together in God's service and ride together in the Battle Against Hunger.

I want to thank all of the servants of God that continually give of their time and resources in the never-ending battle to help our fellow brothers and sisters. I pray that each of you will be able to find some time in your already busy and hectic schedules to become a part of this wonderful mission.

Come ride with me...

—  
Faithfully yours

I bought a new bike and gear, so I'm now really styling  
But when I ride the hills, I still ain't smiling

Cause I lost over two months of training  
Had an umbilical hernia from too much straining

**My "innie" became an "outie", so I had it fixed  
Now I'm all mended and up to old tricks**

**Won't break any speed records, but I'll just be pleased  
If I can hold up on these 58 year old battered knees**

**Hope you'll support me along the way  
For my goal is to raise over \$5K**

**September 9 and 10<sup>th</sup> we'll ride almost 200 miles  
The effort is worth it when we see the smiles -**

**Of the folks at TASK and the Rescue Mission If  
we raise \$50,000 to provide money gone missing**

I continue to volunteer at the Trenton Area .Soup Kitchen, and Penny and I collect items for The Rescue Mission. We can personally vouch for the great work both organizations do. They are facing unprecedented demand for food at a time when corporate and personal donations are dwindling ("money gone missing").

I will ride about 800 miles total and Penny has volunteered again for the Support & Gear (SAG) team. Please help *us* along the way by making a donation. Send your check, made payable to Battle Against Hunger, to us at 18 Blackwood Drive, West Trenton, NJ 08628 **or charge your donation by visiting the website and clicking on "support a rider".**

I will have the names of our supporters inked on my Battle Against Hunger shirt to remind me that you are with me on the ride. Commercial sponsors will also be acknowledged in the St. Matthew's newsletter.

Please help out in another way. Pass this letter on to everyone that you think might find this effort worthwhile.

Thanks for your support,

Denny & Penny Rodgers

Penny & I pay all of our lodging & meal costs so 100% of your donation will benefit these charities.. If you are already sponsoring another rider, thanks. I do not expect you to sponsor me as well.

# Battle Against Hunger 2006

St. Matthew's Parish Life Guild, 300 S. Main Street, Pennington,  
NJ 08534

[www.battleagainsthunger.org](http://www.battleagainsthunger.org)

I'm now 59 - not getting any younger But I plan to  
bike again for The Battle Against Hunger

Last year it was a hernia, this year it's my knee Got a  
good doctor and pain meds - don't worry about me

We riders began 800+ miles training early in Spring So  
that, come September, we can do our thing

Two hundred miles in less than 48 hours  
Along beautiful by-ways and up hills that tower

Penny will be there, providing nourishment, gear and support At  
the end of each mile segment, she'll give her report

That all of the riders made it unharmed And  
where there is danger, she'll sound the alarm

The satisfaction is tremendous, but it's not about us  
There's no one who's famous, so why all the fuss?

If you could just meet the Rescue Mission friends that we serve  
You'd understand what gives us the nerve

John, Mike, Ken, Rodney, Jim, Ron, Jonathan and Dave  
Because of "The. Mission" all have been saved

There they were given not only drink and some bread  
But a chance to recover from destructive lives that they led

There're also the souls from the soup kitchen named TASK  
Who despite working two jobs, for food have to ask

Because minimum wage just won't pay the rent.  
Into the high cost of living they can't make a dent

Please join us in spirit if you can't make the ride Our  
goal is \$6,000, which might just turn the tide

Send your check, made payable to Battle Against Hunger, to us at 18 Blackwood Drive, West Trenton, NJ 08628 or charge your donation by visiting the website and clicking on "support a rider". We pay all of our expenses, so 100% of your donation goes to these two organizations.

**Please help out in another way. Pass this letter on to everyone that you think might find this effort worthwhile.**

Thanks for your support. Denny & Penny Rodgers

# Battle Against Hunger Bike Tour

Gettysburg, PA to Trenton, NJ  
September 12-13, 2009

[www.battleagainsthunger.org](http://www.battleagainsthunger.org)

200 miles in two days, not sure if I can go the distance If I can't it  
won't be for lack of persistence

Suffering since last August with nerve damage to the toe I've tried  
almost everything to make it a go

Cortisone shots, acupuncture, PT, and an orthotic device If I can  
complete my 5<sup>th</sup> ride, it sure would be nice

If the pain persists, I'll go under the knife  
Then I'll work SAG (support & gear) with my lovely wife

Please support us and over 20 riders who will make this arduous trek in support of **The Trenton Area Soup Kitchen and The Rescue Mission of Trenton.**

The ride symbolizes our commitment to eliminating hunger from people's lives. We have seen first-hand, how, with just a little help from these organizations, people have been able to overcome tremendous obstacles. We are privileged to now count several of them as friends.

Penny and I hope to raise over \$7,000 toward the team goal of \$50,000. Please "join" us on the ride by mailing a contribution, made payable to the Battle Against Hunger, to us at 18 Blackwood Drive, West Trenton, NJ 08628. You may also charge your donation by visiting the website and clicking on "support a rider".

**We pay all of our expenses so that 100% of the funds collected will reach these two wonderful organizations.**

Thanks for your much needed support,Denny & Penny Rodgers

OVER Please ->

PS You can help in other ways:

By applying for Matching Funds from your employer (**make check payable directly to either TASK or The Rescue Mission**) Call us at 609-883-5701 for instructions.

And/or

By enlisting friends and relatives to contribute.

NOTE:

We have reversed the traditional direction of the ride so that riders can elect to participate for 100, or 25 miles rather than the entire 200 miles

Please join the ride or plan to welcome us home and enjoy the gala festivities. We will

arrive at Cadwalader Park in Trenton at around 5:00 PM on September 13.

See the website for more details.

## SAMPLE SAG LETTER

# Battle Against Hunger Bike Tour

Gettysburg, PA to Trenton, NJ  
September 12-13, 2009

Dear NAME

On September 12<sup>th</sup> & 13<sup>th</sup> I will serve as part of a Support And Gear (SAG) team for over 20 riders who will bike 100 miles each day to raise funds for **The Trenton Area Soup Kitchen and The Rescue Mission of Trenton.**

Personally, I think they're crazy, but this arduous trek symbolizes their commitment (and mine) to eliminating hunger from people's lives.

We have seen first-hand, how, with just a little help from these organizations, people have been able to overcome tremendous obstacles. We are privileged to now count several of them as friends.

I hope to raise over (AMOUNT) toward the team goal of \$50,000. Please "join" us on the ride by mailing a contribution, made payable to the Battle Against Hunger, to me at (ADDRESS). You may also charge your donation by visiting the website and clicking on "support a SAG".

**We pay all of our expenses so that 100% of the funds collected will reach these two wonderful organizations.**

Thanks for your much needed support,

PS     You can help in other ways:

By applying for Matching Funds from your employer (**make check payable directly to either TASK or The Rescue Mission**) Call me at (NUMBER) for instructions.

And/or by enlisting friends and relatives to contribute.