

# Summit adventure

## TRAINING SUGGESTIONS

The following tips, learned from experience (that is, other's mistakes), may be VERY helpful. Summit can connect you with a previous rider if you desire more specific information about the ride and the event course.

- Stretch daily. Place emphasis on the: quads, hamstrings, hips, and lower back.
- Get enough rest. (It is better to miss a midweek ride, if you're too tired).
- Drink plenty of fluids (two gallons or more), especially the **3 days before the event**.  
Experiment with sport drinks because plain water will not provide the extra calories and electrolytes you will need during an event of this nature. During the ride *do not wait until you are thirsty to drink*. It is too late then. **Try using a CAMELBAC versus water bottles because it is easier to drink from. The easier it is to drink, the more you will DRINK.**
- Heat is a factor on this ride** - Check out Dr. Vance Roget's (a 5 time Whitney rider) tips regarding training for the heat. This article is posted on the Summit Website.
- Cut back on your mileage at by at least 50% during the last week of training so your legs will be well rested.
- Shave arms and legs.
- Put Vaseline on chamois and armpits to avoid chaffing.
- Do not use anything on the Whitney Classic (food, drink, or equipment) that you have not used during training.
- Ride the pace you are trained for. Do not get sucked into going too fast. Remember it is a long event. Pace yourself to finish.
- When you stop at a checkpoint for food and drink, keep it short and stretch.
- Break the event into segments and concentrate on each segment as you do it.  
For example: Badwater to Stovepipe Wells; Stovepipe Wells to Towne Pass, etc. Do not think in terms of the 100 miles that still lie ahead.
- You will want to have a low gear of at least 39 x 28 or 30 unless you are a very strong cyclist. Heavier riders should have a 32 or 34.
- A lot of participants ride a triple crank and some use a mountain bike with slick tires. Although a road bike makes it a lot easier.

## YOUR PERSONAL NOTES OR IDEAS FOR TRAINING

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