



Maine Cycling Club
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The Dempsey Challenge...A Journey for Hope **“Get Ready Check List”**

Early October in Maine is famous for cool crisp mornings and very warm afternoons. It could be 20 degrees when you start at 8am and 80 degrees in the afternoon!

Average High:

Average Low:

Average Amount of Precipitation:

There are three critical areas that need your full attention so that riding a century is pleasant:

1. Your bike, gear and clothing
2. Your body's preparedness
3. Your body's fuel

1. Your Bike

First, purchase a new bike, upgrade your existing bike or have your bike tuned up from a reputable dealer. If purchasing a new bike, have the salesperson fit the bike to your body and riding style. Also, choose a bike that is suitable for the course. Recommended gearing for the Dempsey Challenge is a small gear of at least 39x25.

Your Gear

Helmets are mandatory for the Dempsey Challenge!

Your clothing

Remember, you can always “take it off”, but if you do not have it, you can't put it on!

Optimum Clothing Check List:

- a. Bike shorts/pants that fit well
- b. Base layer short or long sleeve shirt, wicking material
- c. Long or short sleeve **MCC cycling jersey**
- d. **MCC cycling specific jacket**
- e. Vest- wind stopper and/or insulated.
- f. Gloves.- both fingerless & full fingered
- g. Neck warmer, a balaclava, a headband, and a fleece hat (under helmet).
- h. Insulated booties & tights with wind stopper

- i. Leg & knee warmers
- j. Arm warmers
- k. Sunglasses
- l. Dry clothes to change into after the ride!

2. **Your Body's Preparedness- *START NOW!***

It is never too early to start training for an event. Whether it is a Maine century in October or a morning ride with some friends, the earlier you train the more prepared you are and the more PLEASANT it will be for you! The ABC's are;

a. **A Regular Exercise Plan**

A regular exercise plan should consist of cardio, strength and flexibility. Work with a trainer, with friends or on your own.

b. **Be Smart, Bike Smart**

Build your biking distances up gradually. Have a plan and stick to the miles each week. Check out our recommended 15-week training schedule on this website.

c. **Cycling**

Use a stationary bike in the winter and then get outside as soon as you can. This will make a difference s is great for the winter months; time in the saddle is time in the saddle. However, as soon as you can get outside do it, it WILL make a difference!

3. **Your Body's Fuel- IS THE KEY!**

All that training will not get you to the finish line without fuel. Fuel is energy that your body needs to perform. The better the fuel and the timing of that fuel, the better the performance...it IS that simple.

- Practice good nutrition every day!
- Drink before you are thirsty. 1 hour of exercise with no fluids will dehydrate you enough to rob your body of 10% of your power.
- Eat enough both the day before the event AND during the event.
- Some cyclists use energy bars, gels, or just a good old peanut butter and jelly sandwich on whole wheat. They are aids you can use to continue to fuel the body to sustain the energy it needs to complete a century.
- There will be rest stops approximately every 10 miles on The Dempsey Challenge routes. Stop – Refuel – Rehydrate at least every 20 miles.