

#R2RUHC

Welcome to the Ride 2 Recovery 2018 Gulf Coast Challenge



Associate Ride Partners



Welcome to the Ride 2 Recovery – 2018 Gulf Coast Challenge

Monday, March 5th to Saturday, March 10th

Before embarking on a serious training program, it is a good idea to get checked out by your doctor to address any current and/or potential physical problems.

R2R is not a race. It is an experience that will challenge you physically, mentally, and emotionally. For most, riding in a Project Hero R2R event means riding every mile. We support, understand, and appreciate the dedication toward your goals, but your health and well-being are also important to us. As you set your own goals and measure your accomplishments, remember your success is not necessarily about riding every mile, it is about making every mile you ride count and remaining healthy and injury-free.

R2R Challenges are not about how fast you can go, but rather about how to ride with a group. We will usually have four groups of varying riding abilities led by group leaders. You can ride alone at home but on R2R Challenges, we ride in groups. You will find a group of riders that fit your pace and you should work together – sometimes riding faster or slower to keep the group together. Riding in a group provides opportunity to draft (letting you use less energy), get to know other riders, and most importantly, to have support vehicles with you.

Do not ride alone; you will NOT have any support. Support vehicles carry spare wheels, tool kits, first aid, drinks, and snacks. They also provide protection if you need to stop for repair or injury. If you are unable to ride for whatever reason, *the support vehicle will provide you and your bike with a ride to the rest stop or hotel.* R2R is a group ride. Take advantage of the opportunity to learn more about riding and to make new friends with similar interests.

PLEASE NOTE: Routes can change without notice. You must attend the ride brief at the beginning of each day, which will give you details on changes and points of interests along the route. Routes are marked with ORANGE arrows painted on the road, and American Legion Moto Riders will escort groups for most of the day.

PLEASE NOTE: During Challenges we have special JERSEY DAYS. These are Ride 2 Recovery/Project Hero specific jerseys or current 2018 Ride 2 Recovery/Project Hero sponsors. If you are unsure about the appropriateness of a jersey, please ask Project Hero staff.

A Statement on Our Drug, Medication, and Substance Policy

Participating in any Ride 2 Recovery (R2R) activity, while on any substance that could possibly impair your ability to operate a bicycle, is against the rules and policies of Project Hero/R2R and motor vehicle codes. Any person found to be impaired while riding, or would be found publicly intoxicated, can be removed from a Project Hero/R2R activity and might have future invites revoked, as well as future registrations flagged. Prescription medications must only be used in a legal and prescribed manner. Use of any prescription medication, regardless of legal status, in a manner, method, or area that could possibly affect the mental state and/or drug test of other participants, volunteers, guests, or staff will not be tolerated. Any person found to be utilizing medication in this manner might be removed from a Project Hero/R2R activity, have future invites revoked, as well as future registrations flagged.

Description of a Typical Daily Schedule:

A typical challenge day starts with breakfast available at the hotel, unless otherwise noted. This is typically scheduled to start at 6:00am. The emailed plan of the day will have specific time scheduled. You can come at your leisure to enjoy breakfast. Ride brief will be 15 minutes before the first ride group departs. The start times will be posted in the emailed plan of the day and announced at each night's dinner. Rest stops and lunches will occur on the ride route. We will arrive at the hotel around 3pm. There will be a hotel key table at each hotel where you will pick up your key and get your room assignment. (No Bikes at key table) Dinner each night will be at 6:30pm, unless otherwise announced. You will be made aware if there are buses required. Your evening will be free after dinner unless there is an activity scheduled. We encourage you to meet new friends and talk to each other.

On Your first Challenge of the year you will receive:

Cycling Jersey
Challenge T-Shirt
Cycling Bib Shorts
Ride Guide and Goodie Bag



Luggage:

1 large suitcase 50 pounds max / 1 small backpack
Additional: Bike box or bag

If you have an accident during the ride:

1. First Aid in each support vehicle
2. Alert Caregivers / Medical on the ride
3. Call 911

Expected Weather

Typical weather in the Gulf Coast is highs in the 60s and lows in the 40s. Rain is unlikely, however possible. Be prepared for anything.

Suggested Packing List:

Bike Cycling Shoes Helmet Multi Tool 2-3 Jerseys (<i>Only one</i> will be Issued at registration) 2-3 Shorts Cycling Gloves Bike Water Bottles <u>Warmer Clothing:</u> Light / Rain Jacket Arm and or Leg Warmers Cold Weather Hat	Chapstick Any Prescription Medications Hygiene / Shaving Kit 2-3 Appropriate Dinner Clothing Swim Suit (<i>optional</i>) Socks Camera Sunglasses Chargers for Phone / iPad / etc.
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Airport Arrival:

Shuttle from airport to hotel: Provided by hotel, call on your own

Arrival At Hotel / Rooming:

Please look for the RED WHITE & BLUE TRUCK known as the Challenger when you arrive to the finish each day.

There you will find your bags and hotel key table for rooming assignments and room key pickup.

DINNER: Usually 6:30 pm buses will depart from the hotel for dinner between 5:30 and 6:00pm.

NOTE: DO NOT charge anything to your room. You will be responsible to pay any charges to your room at check out.

While Riding:

To promote safety and camaraderie, please NO iPods or other musical devices while riding!

Ten Commandments of Challenges

- I. Wear a helmet everyday
- II. Conduct an ABC Quick Check before every ride
- III. Follow your group ride leader
- IV. Ride predictably and be visible at all times
- V. Be on time
- VI. Scan for traffic and signal lane changes and turns
- VII. Point out road hazards
- VIII. Keep one hand on the handle bars
- IX. Drink before you are thirsty and eat before you are hungry
- X. HAVE FUN!!

Efficiency On The Bike

Use lower gears

Newer cyclist tend to push too big of a gear; down shift and spin a smaller gear

Low cadence will cause you to fatigue faster and might cause knee pain

Try to spin about 90 RPMs; you'll have more energy and get a better workout

No Bull – AKA No Skateboarding

When stopped, don't push off the ground to get started

Leave one pedal in the two o'clock position; push down when you are ready to go

You will have enough momentum to balance and put your other foot on the pedal

Start at the same time

Don't wait for a gap to open in front of you to start

All riders starting at the same time means you won't have to close gaps

This will save you a lot of energy

Relax

You should be comfortable while you ride

Relax while you ride; it takes energy to grip the handlebar in fear

Change hand positions often, slightly bend your knee at the bottom of the pedal stroke

Don't Rock The Boat

Make sure that your saddle height is adjusted properly

Too high and your hips rock; too low causes knee pain

You should have a slight bend in your knee at the bottom of the pedal, which increases efficiency

Avoid The Wall

Listen to your body while you ride to avoid hitting the wall of exhaustion

Eat before you are hungry and drink before you are thirsty to avoid fatigue

If you experience a lightheaded feeling, get off the bike drink fluids

STRAVA?

Do you use the [Strava](#) app? We encourage you to join and join our Project Hero (National) club and come ride with us! Ask a staff member for more information.

Schedule:

SUNDAY, March 4th – Tallahassee, FL

Four Points Sheraton (7 miles from TLH)

316 W Tennessee St, Tallahassee, FL 32301

(850) 422-0071

NOTE: SHUTTLE FROM TLH AIRPORT – Provided by hotel, call on your own

The number to call is [850-422-0071](tel:850-422-0071). The shuttle takes about 15 minutes to arrive.

SCHEDULE:

10:00 STAFF CHECK-IN and MEETING SIGN WAIVER

10:30 VOLUNTEER CHECK-IN

11:00 – 16:00 R2R store hours **Pinebarrens**

11:00 – 15:00 REGISTRATION: Pinewood

LOCATION: IN BOLD

- WELCOME
- GOODIE BAG PICK-UP
- Hero Trak Registration 11:00-15:00
- BIKE BUILD / BIKE FIT 11:00-18:00 **Bronze Room**
- **Mechanics/Skills Class** Don Jackson 13:30 **Bronze Room**
- **Pushers Clinic**, 14:00 at Challenger Nate Dewalt at **Challenger**
- Class Q and A table Mike King
- VA Table
- Strava Table
- UnitedHealthcare Table
- Red Cross Table

15:45 No Vet Alone Mentors Meeting Katie Smith, Jayme Brown **Marine Room**

16:00 – 16:30 1ST TIME RIDER Q AND A and **No Vet Alone** Jayme Brown **Marine Room**

16:30 – 17:30 Caravan Meeting Marine Room Joe Coddington **Marine Room**

17:30 – 18:00 Caravan Load cars **UHAUL- Back of Hotel**

16:45 – 17:15 FIRST TIME RIDERS CLINIC: Jayme Brown

LOCATION: Parking Lot at Challenger

- MANDATORY FOR 1ST TIME RIDERS
- RECOMMENDED FOR EVERYONE
- ALL ARE WELCOME

18:30 KICK- OFF DINNER

LOCATION: Ornate Chorus Ballroom

Orientation Presentation

SPONSORED BY: UnitedHealthcare Florida

Speaker: Greg Reedy and Tom Moore

20:00 Staff Load Truck

LOCATION: Parking Lot Back of Hotel

LATE REGISTRATION IN ROOM **PINEWOOD** AFTER DINNER FOR FLIGHT ARRIVALS AFTER 15:00

MONDAY, MARCH 5th

PROJECT HERO CHALLENGE JERSEY DAY

TALLAHASSEE, FLORIDA TO PANAMA CITY, FLORIDA

GROUP 1 -116 MILES

GROUPS 2 & D - 48 MILES (TENTATIVE)

06:00 BREAKFAST

06:00 Mindset Matters: Bike room

07:30 Morning Reflection

06:45-07:30 BAG DROP

07:45 RIDE BRIEFING: Challenger

08:00 DEPART: GROUPS 1, 2, & D



ROUTE LINK: <https://ridewithgps.com/routes/26525877>

Rest Stops: Ceremony at Florida State Capitol Steps and Ft. Braden Elementary

Lunch Stop: Veteran Memorial Civic Center Group 2, D load Buses

HOTEL:

SHERATON BAY POINT RESORT

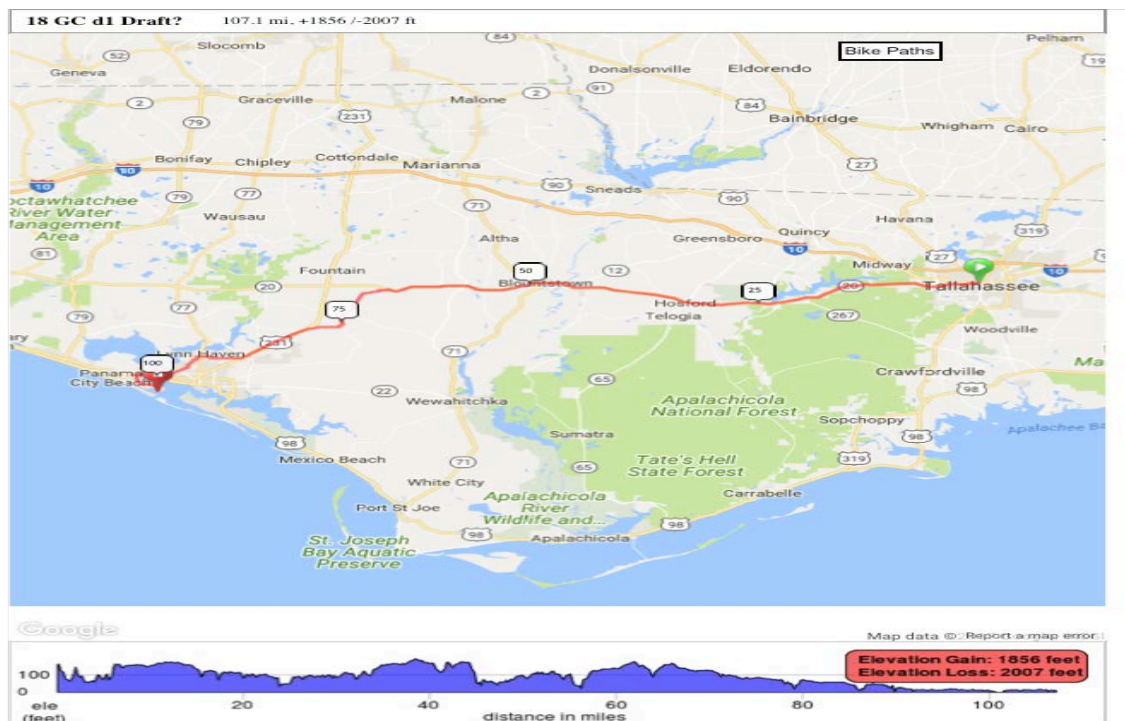
4114 Jan Cooley Drive

Panama City Beach, FL 32408

BUSES: 18:00

DINNER: 18:30

LOCATION: **University of Florida State, Panama City Sponsored by the FSUPC Student Government Council**
4750 Collegiate Dr, Panama City FL 32405



TUESDAY, MARCH 6th
PROJECT HERO HUB JERSEY DAY

PANAMA CITY, FLORIDA TO FT WALTON, FLORIDA
GROUP 1,2, & D - 60 MILES

07:00 BREAKFAST

07:00 Mindset Matters: Bike Room

08:30 Morning Reflection

07:45-08:30 BAG DROP

08:45 RIDE BRIEFING at Challenger

09:00 DEPART: GROUPS D

09:30 DEPART: GROUPS 1 & 2

16:30-17:30 QUEEN BALLROOM (FOUR POINTS)



ROUTE LINK: <https://ridewithgps.com/routes/26489294>

Rest Stop: Helen State Park

Lunch Stop: San Destin Resort

HOTELS:

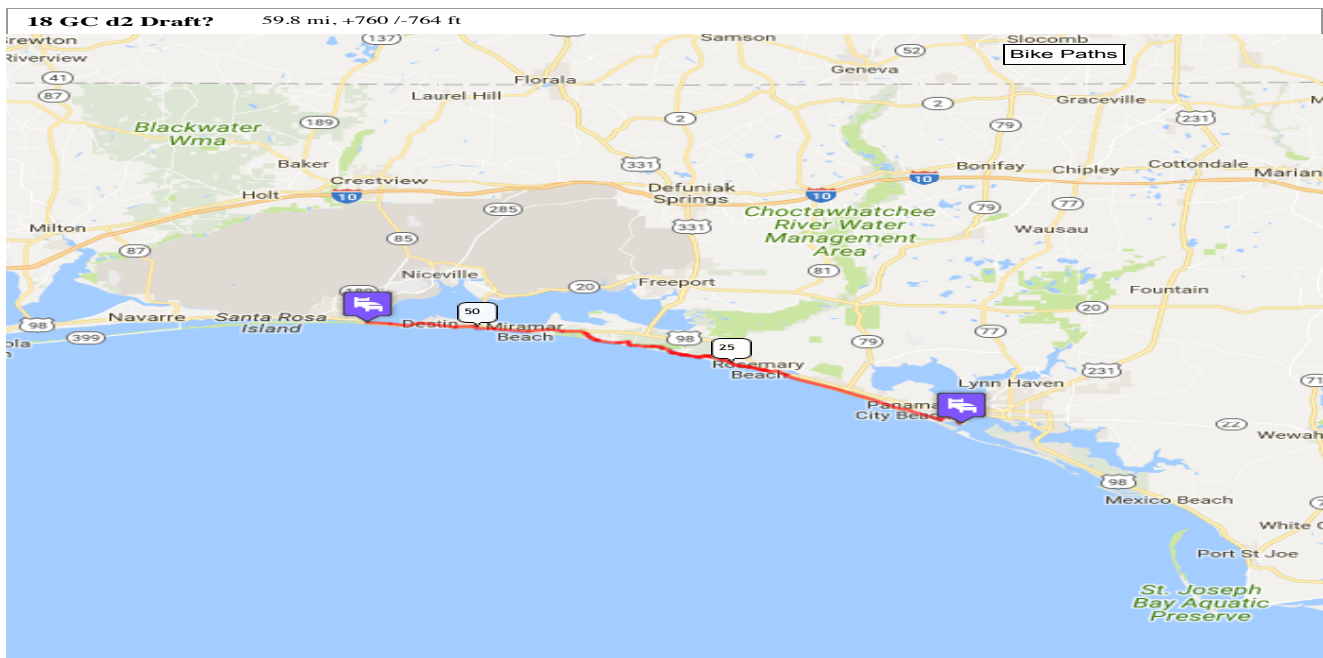
Ramada Plaza Beach Resort
1500 Miracle Strip Pkwy SE
Ft. Walton Beach, FL 32548

Four Points Sheraton
1325 Miracle Strip Pkwy. SE
Ft. Walton Beach, FL 32548

BUSES: 18:00 (Both Hotels)

DINNER: 18:30

LOCATION: **CFTA Church Activity Center 403 Green Acres Rd Fort Walton Beach, FL 32547**



WEDNESDAY, MARCH 7th

SERVICE JERSEY DAY

FT WALTON, FLORIDA TO ORANGE BEACH, ALABAMA

GROUP 1,2, & D - 70 MILES

06:30 BREAKFAST

06:30 Mindset Matters: Bike Room

08:00 Morning Reflection

07:15-08:00 BAG DROP

08:15 RIDE BRIEFING at Challenger

08:30 DEPART: GROUP D

09:00 DEPART: GROUPS 1 & 2



ROUTE LINK: <https://ridewithgps.com/routes/26489268>

Rest Stop: Navara Fire Dept

Lunch Stop: Blue Wahoo Stadium

HOTEL:

Perdido Beach Resort

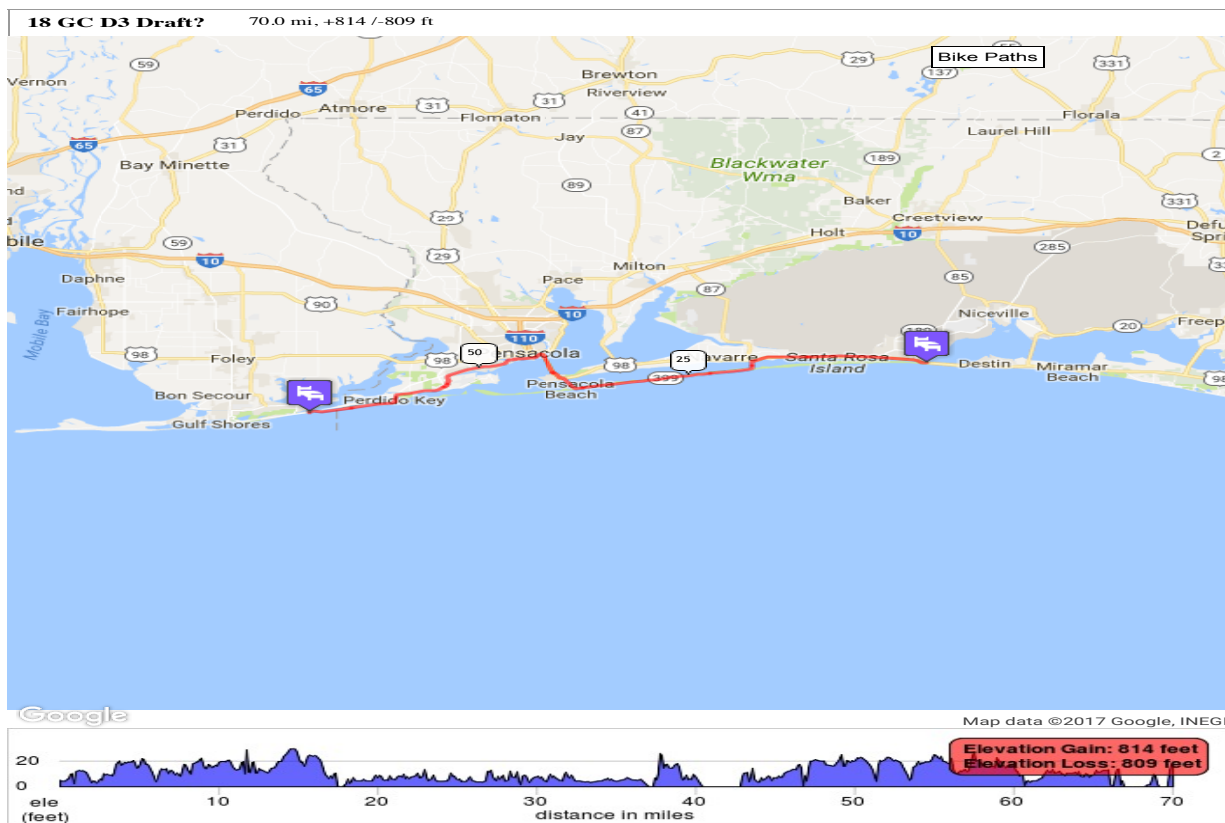
27200 Perdido Beach Blvd.

Orange Beach, AL 36561

Buses: 17:45 (Women's Bus Social)

DINNER: 18:30

LOCATION: **Wahlburger's Restaurant 05 South OWA Blvd, Foley AL 36535**



THURSDAY, MARCH 8th

WOMEN'S JERSEY DAY and SPONSOR JERSEY

ORANGE BEACH, ALABAMA TO MOBILE, ALABAMA

GROUP W,12, & D- 74 MILES

07:00 BREAKFAST

07:00 Mindset Matters: Bike Room

08:30 Morning Reflection

07:45-08:30 BAG DROP

08:45 RIDE BRIEFING at Challenger

09:00 DEPART: All Groups VD12 formation



ROUTE LINK: <https://ridewithgps.com/routes/26489170>

Heavy Food Items Rest Stops: OWA Park Brunch with Groovy Goat and USS Alabama

Regular Rest Stop: Silver Hill Elementary

HOTEL:

Holiday Inn Mobile 1-10 West

5465 Hwy 90 W.

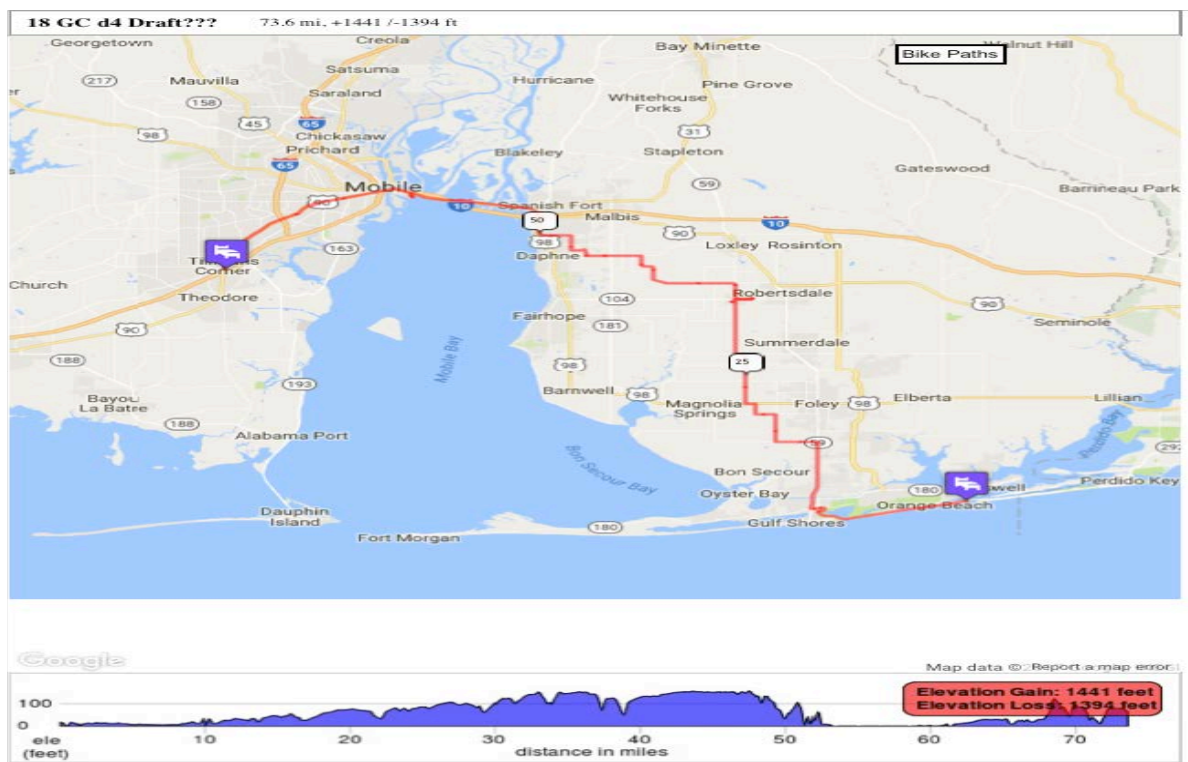
Mobile, AL 36619

Buses: 17:45

DINNER: 18:30

LOCATION: USS Alabama Hanger Sponsored by UnitedHealthcare Gulf States

Speaker: Joe Ochipinti, UnitedHealthcare



FRIDAY, MARCH 9th

HEROTrak and SPONSOR JERSEY DAY

MOBILE, ALABAMA TO GULFPORT, MISSISSIPPI

GROUP 1,2, & D- 63 MILES



07:00 BREAKFAST

07:00 Mindset Matters: Bike Room

08:30 Morning Reflection

07:45- 08:30 BAG DROP

08:45 RIDE BRIEFING at Challenger

09:00 DEPART: GROUP D

09:30 DEPART GROUPS 1 & 2

ROUTE LINK: <https://ridewithgps.com/routes/26489195>

Rest Stops: Mike Truck and Supply, Gulf Port Soldiers Home

Lunch Stop: American Legion #1992

HOTELS:

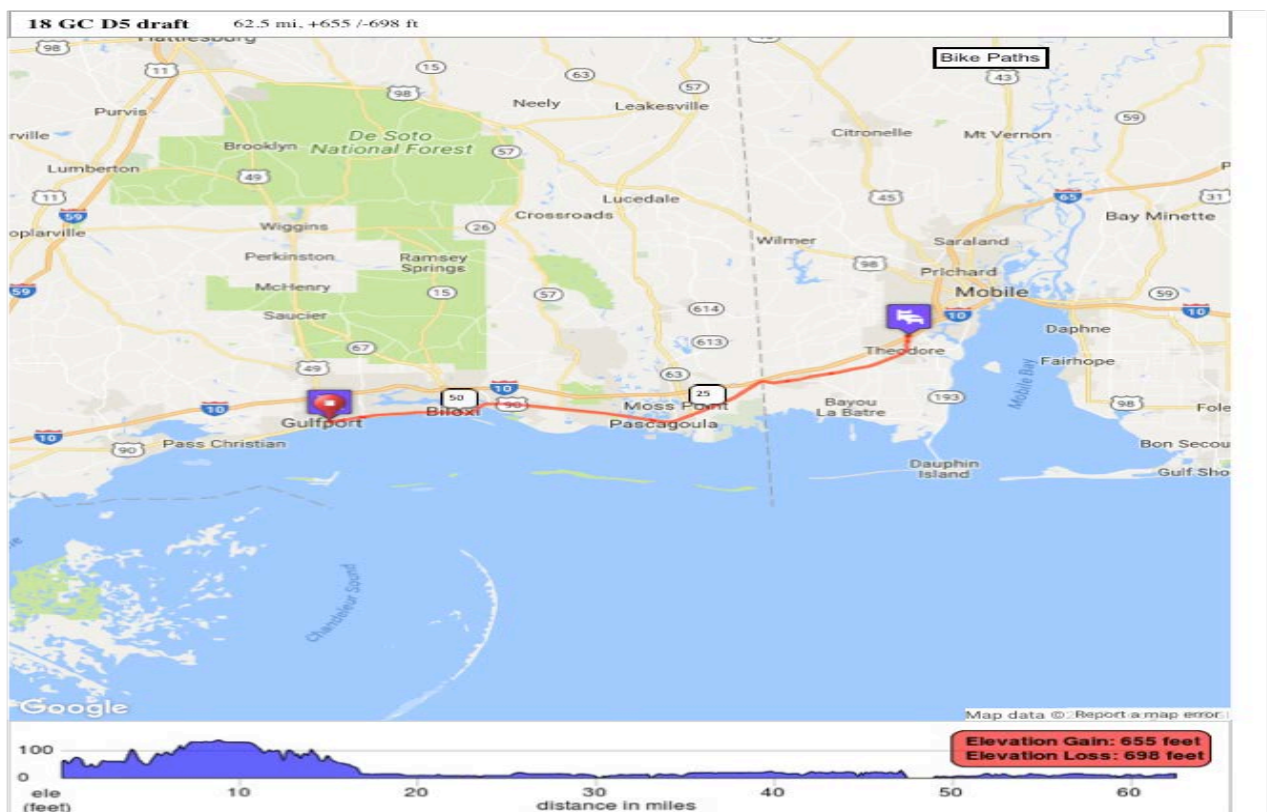
Courtyard by Marriott Gulfport Beachfront
1600 East Beach Blvd.
Gulfport, MS 39501

Wingate by Wyndham
4302 W. Beach Blvd.
Gulfport, MS 39501

Volunteer Meet & Greet: 18:00

DINNER: 18:30

LOCATION: **Courtyard by Marriot Gulfport Beachfront**



SATURDAY, MARCH 10th

PROJECT HERO CHALLENGE JERSEY

GULFPORT, MISSISSIPPI TO NEW ORLEANS, LOUISIANA

GROUP 1,2, & D- 90 MILES

05:30 BREAKFAST

06:30 Morning Reflection

05:45-06:30 BAG DROP

06:45 RIDE BRIEFING at Challenger

07:00 DEPART: GROUP D

08:00 DEPART: GROUP 2

09:00 DEPART: GROUP 1



ROUTE LINK: <https://ridewithgps.com/routes/26489213>

Rest Stops: Crazy Al's Bar

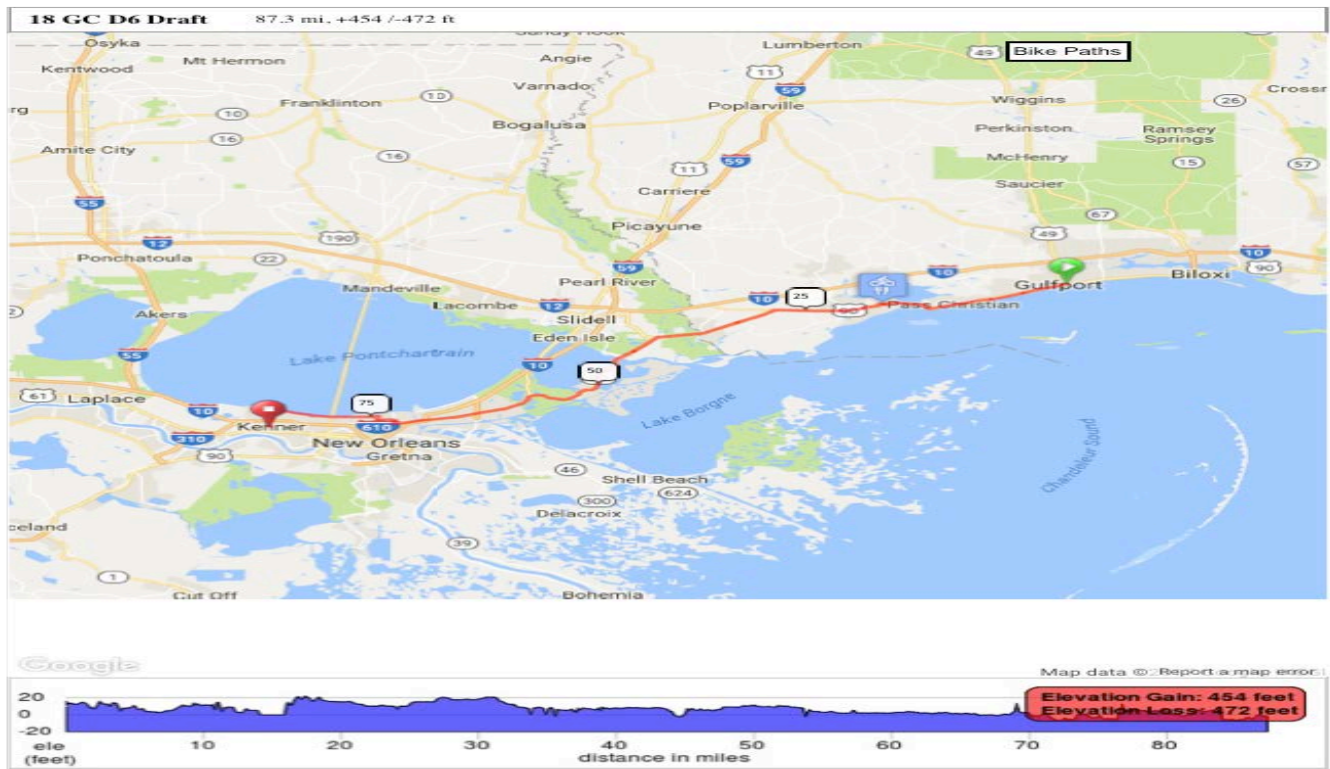
Breakfast & Lunch Stops: American Legion #77 Finish at Champion's Square

HOTELS:

Crown Plaza New Orleans Airport
2829 Williams Blvd
Kenner, LA 70062

Holiday Inn New Orleans Airport North
1300 Veterans Blvd
Kenner, LA 70062

DINNER: On your own



This completes the 2018 UnitedHealthcare GULF COAST CHALLENGE.

Thank you and see y'all in Texas.

3/10 after 9pm or morning of 3/11 FLY HOME MSY AIRPORT