

#R2RUHC

Welcome to the Project Hero 2018 Memorial Challenge



Associate Ride Partners



Welcome to the Ride 2 Recovery – 2018 Memorial Challenge

Tuesday, May 29th to Friday, June 1st

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:

1 - Cycling Jersey

1 - Cycling Bib Shorts

Note: For the 2018 Memorial Challenge you will only receive the 2018 Challenge jersey and bib-short if you do not have any. If you have them please bring them to the event since you will not receive any.

If you have an accident during the ride:

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

Expected Weather

TBD



Your Luggage Allotment:

1 large suitcase, 50 pounds max / 1 small backpack

Additional: Bike bag or box

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: Arrangements are being made by PH Staff

Arrival At Hotel / Rooming:

Look for the RED WHITE & BLUE TRUCK known as the Challenger when you arrive to the finish each day. Please take your bike to the mechanics only if you need mechanic work performed on your bike. There you will find your bags and hotel key table for rooming assignments and room key pickup. **NO BIKES AT KEY TABLE!!!** Please take you bike to your room unless there is a designated bike room listed in the ride guide or you are directed other wise by Project Hero Staff.

DINNER: Usually at 6:30 pm. Buses will typically 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.

Arrival Schedule:

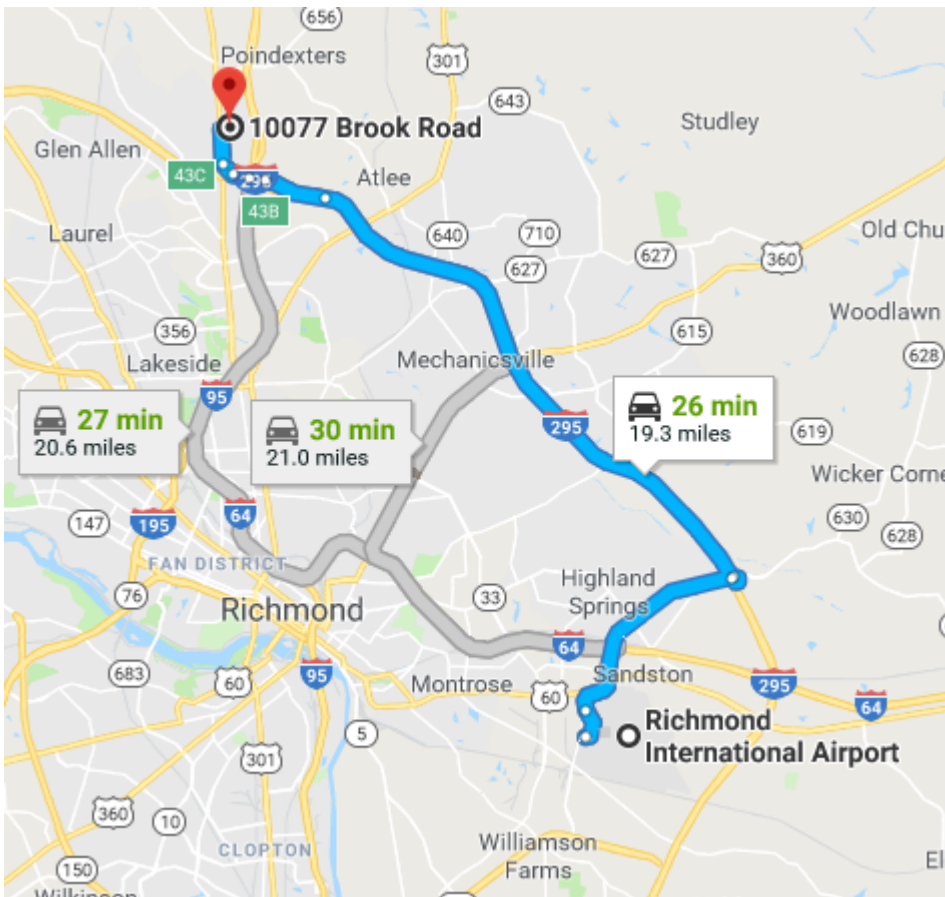
Tuesday May 29th – Glen Allen, VA

Courtyard by Marriott Richmond North (19.3 miles from RIC airport)

10077 Brook Road

Glen Allen, VA 23059

804-266-6900



Registration Schedule:

14:30	<u>Staff Check-In and Meeting Sign Waiver</u>
14:45	<u>Volunteer Check-In</u>
15:00 – 17:00	<u>R2R store hours</u>
15:00 – 17:00	<u>Registration:</u>
	<u>Location:</u> TBD
	<ul style="list-style-type: none">• Welcome• Goodie Bag Pick-Up• Hero Trak Registration• Bike Build / Bike Fit at Challenger (If weather is not good TBD)• Nutrition Q and A table Mike King• VA Table• Red Cross Table
15:00 – 18:00	Caravan Car Loading with Rick Wade
17:00 – 17:30	No Vet Alone Mentors Meeting with Jayme Brown
17:00 – 17:30	Caravan Meeting with Chris Pic
18:30	<u>Kick-Off Dinner</u>
	<u>Location:</u> Courtyard by Marriott Richmond North

Wednesday, May 30th – Glen Allen, VA
Project Hero Challenge Jersey Day

Glen Allen, VA to Glen Allen, VA
Groups 1/2 & D – 52.5 Miles

07:00 – 08:00 Breakfast
08:15-09:00 Bag Drop
08:15 Single Day Rider Registration at Right side of Challenger
09:00 Morning Reflection
09:15 Ride Briefing at Challenger
09:30 Depart: Group D
10:00 Depart: Group 1/2

Route Link: <https://ridewithgps.com/routes/27390901>

Rest Stop: Mt. Olive Baptist Church

Lunch Stop: Carter Park

Hotel:

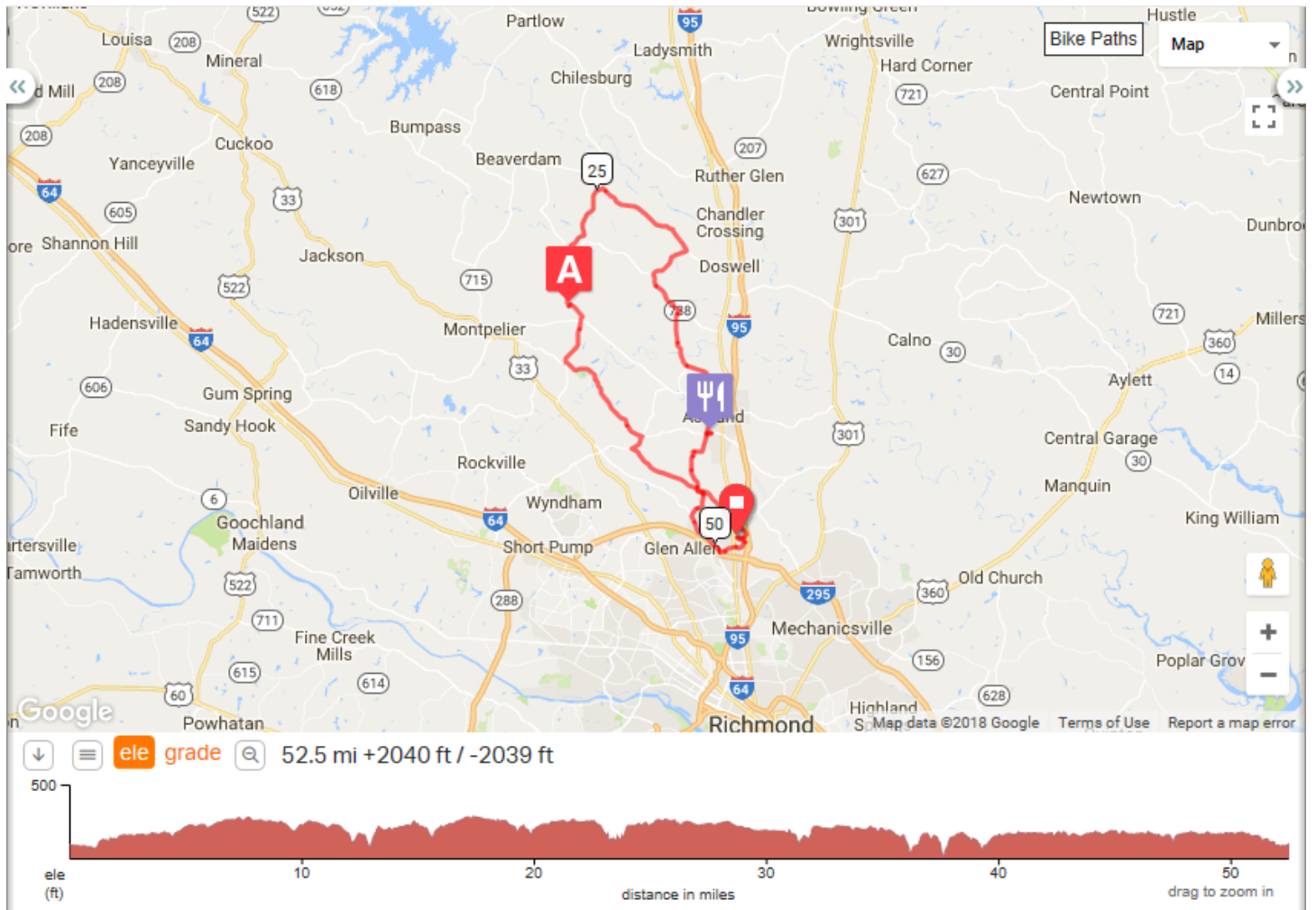
Courtyard by Marriott Richmond North/Glen Allen
10077 Brook Road
Glen Allen, VA 23059
804-266-6900

BUSES: **TBD**

DINNER: 18:30

LOCATION: **Dinner and A Movie**





THURSDAY, May 31st

Project Hero HUB Jersey Day

Glen Allen, VA to Williamsburg, VA

Groups 1/2 & D – 90.3 miles

06:00 Breakfast

06:45-07:30 Bag Drop

06:45 Single Day Rider Registration at Right Side of Challenger

07:30 Morning Reflection

07:45 Ride Briefing at Challenger

08:00 Depart: All Groups D12 formation

Route Link: <https://ridewithgps.com/routes/27390903>

Richmond Raceway Lap Ride

Ceremony Stop: Richmond VA

Lunch Stop: CINTAS

Rest Stop: Anheuser-Busch

HOTEL:

Residence Inn

1644 Richmond Road

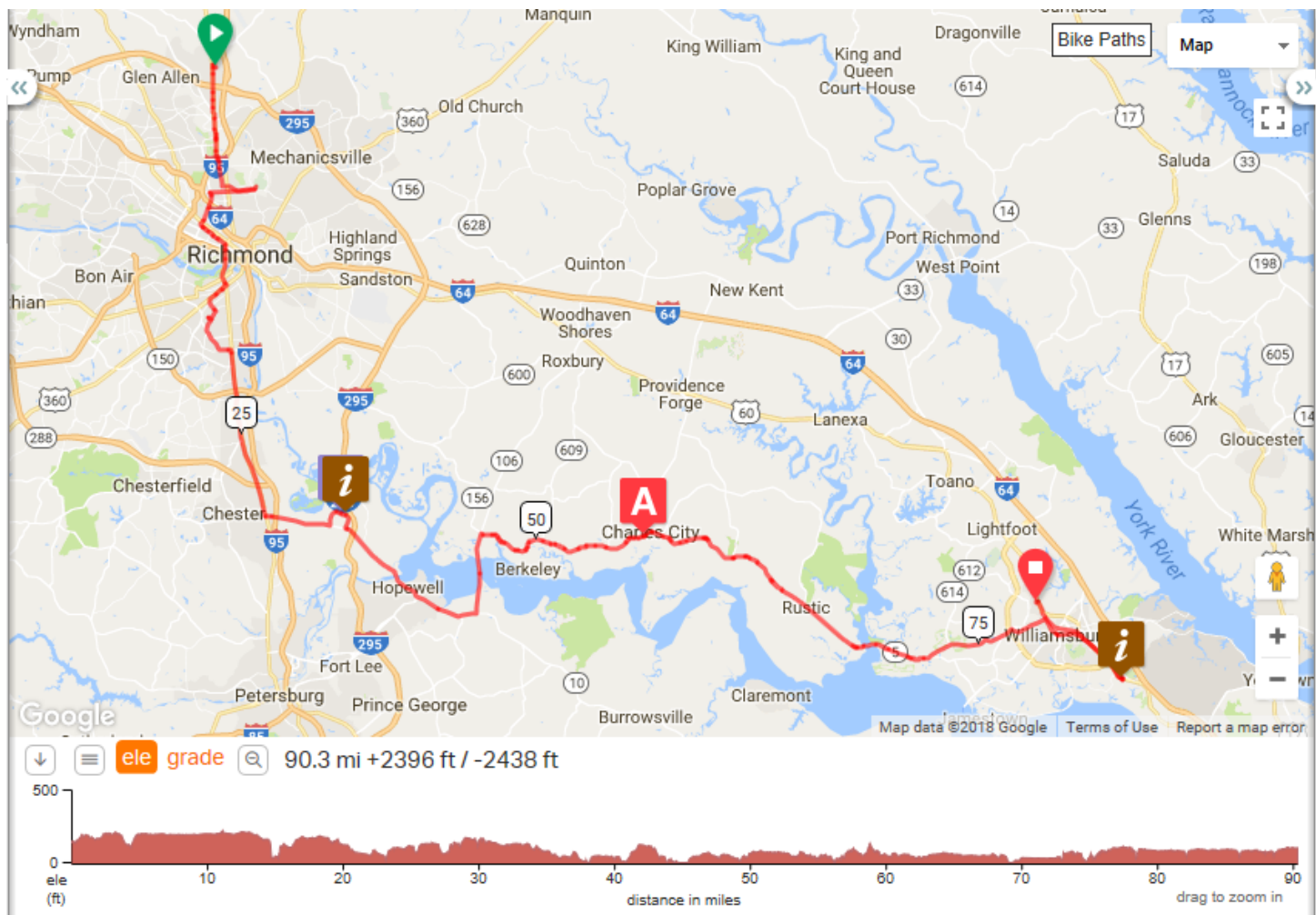
Williamsburg, VA 23185

Buses: 18:15

DINNER: 18:30

LOCATION: Knights of Columbus





FRIDAY, June 1st

Project Hero Challenge Jersey Day

Williamsburg, VA to Ft. Lee, VA

GROUPS 1/2 & D- 52.8 miles

06:00 Breakfast

06:15- 07:30 Bag Drop

06:45 Single Day Rider Registration at Right Side of Challenger

07:30 Morning Reflection

07:45 Ride Briefing at Challenger

08:00 Depart Group D

08:30 Depart Group 1/2

ROUTE LINK: <https://ridewithgps.com/routes/27345930>

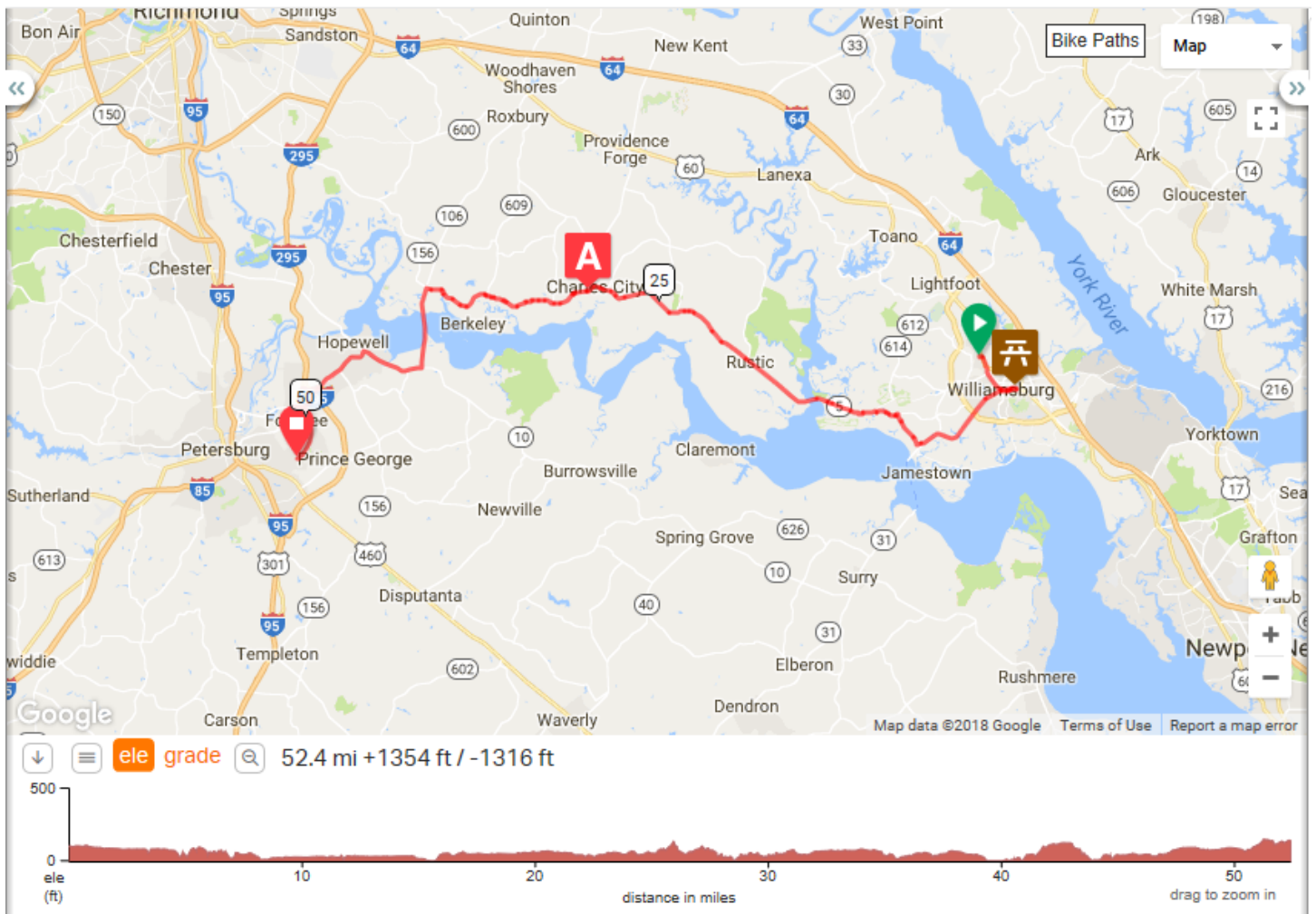
Rest Stop: Liberty Lounge

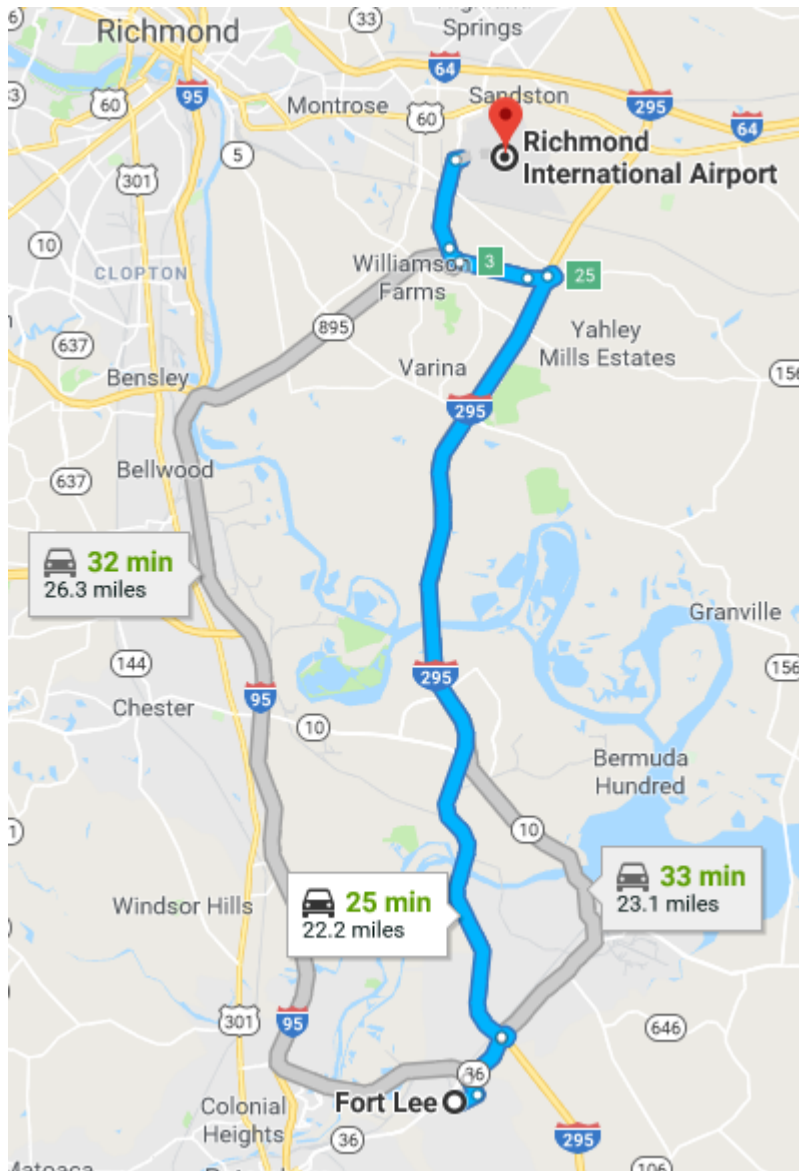
Rest Stop: United Methodist Church

Regroup: Cavalier Square

Lunch Stop: End of Ride Celebration, Deca Headquarters, Ft. Lee







***This completes the 2018 UnitedHealthcare Memorial CHALLENGE.
Thank You***