

Welcome to the Project Hero 2018 Texas Challenge



Associate Ride Partners



Welcome to the Ride 2 Recovery – 2018 Texas Challenge

Sunday, April 15th to Sunday, April 22nd

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:

- First Aid in each support vehicle
- Alert Caregivers / Medical on the ride
- Call 911

Expected Weather

Typical temperatures are between 40-50 low and 70-80 high. Wind and Rain are very possible. Please be prepared.

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:

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 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.

Schedule:

SUNDAY, April 15th – San Antonio, TX

Embassy Suites (1.4 Miles Away from SAT)

10110 US Hwy. 281

N. San Antonio, TX 78216

210-525-9999

NOTE: SHUTTLE FROM SAT AIRPORT – Call Hotel **210-525-9999** and request shuttle

SCHEDULE:

10:00	<u>STAFF CHECK-IN and MEETING SIGN WAIVER</u>
10:30	<u>VOLUNTEER CHECK-IN</u>
11:00 – 16:00	<u>R2R store hours</u>
11:00 – 15:00	<u>REGISTRATION:</u> <u>LOCATION: IN BOLD</u> <ul style="list-style-type: none">● WELCOME● GOODIE BAG PICK-UP● Hero Trak Registration 11:00-15:00 CEDAR● BIKE BUILD / BIKE FIT 11:00-18:00 LIVE OAK● Mechanics/Skills Class Don Jackson 13:30 CYPRESS● Pushers Clinic, 14:00 Jayme Brown at CHALLENGER● Class Q and A table Mike King● VA Table● Strava Table● UnitedHealthcare Table● Red Cross Table
15:30	REP RAP CYPRESS
15:45	No Vet Alone Mentors Meeting Katie Smith, Jayme Brown CYPRESS
16:00 – 16:30	1 ST TIME RIDER Q AND A and No Vet Alone Jayme Brown CYPRESS
16:30 – 17:30	Caravan Meeting Joe Coddington CYPRESS
17:30 – 18:00	Caravan Load cars UHAUL- Back of Hotel
16:45 – 17:15	<u>FIRST TIME RIDERS CLINIC:</u> Jayme Brown <u>LOCATION: Parking Lot at Challenger</u> <ul style="list-style-type: none">● MANDATORY FOR 1ST TIME RIDERS● RECOMMENDED FOR EVERYONE● ALL ARE WELCOME
18:30	<u>KICK- OFF DINNER</u> <u>LOCATION:</u> Atrium <u>Orientation Presentation</u> SPONSORED BY: UnitedHealthcare, Texas Speaker: Dave Milich
20:00	<u>Staff Load Truck</u> <u>LOCATION:</u> Back of Hotel

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

MONDAY, APRIL 16th

PROJECT HERO CHALLENGE JERSEY DAY

SAN ANTONIO, TX TO AUSTIN, TX

GROUPS 1,2, & D 88 MILES

06:00 BREAKFAST- ATRIUM

06:30 Mindset Matters- CYPRESS 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/26729150>

Rest Stops: Performance Bike, Byron High School, San Marcos High School, PEC Co-Op

Lunch Stop: Center for the Intrepid

HOTEL:

Comfort Suites Austin South/Buda
15295 S I35 Frontage Rd. Bldg
800 Buda, TX 78610

RED LUGGAGE TAG

Holiday Inn Express
15295 IH 35 #600 Buda, TX 78610
YELLOW LUGGAGE TAG

Best Western Plus
15295 Hwy. 35 Bldg.
900 Buda, TX 78610

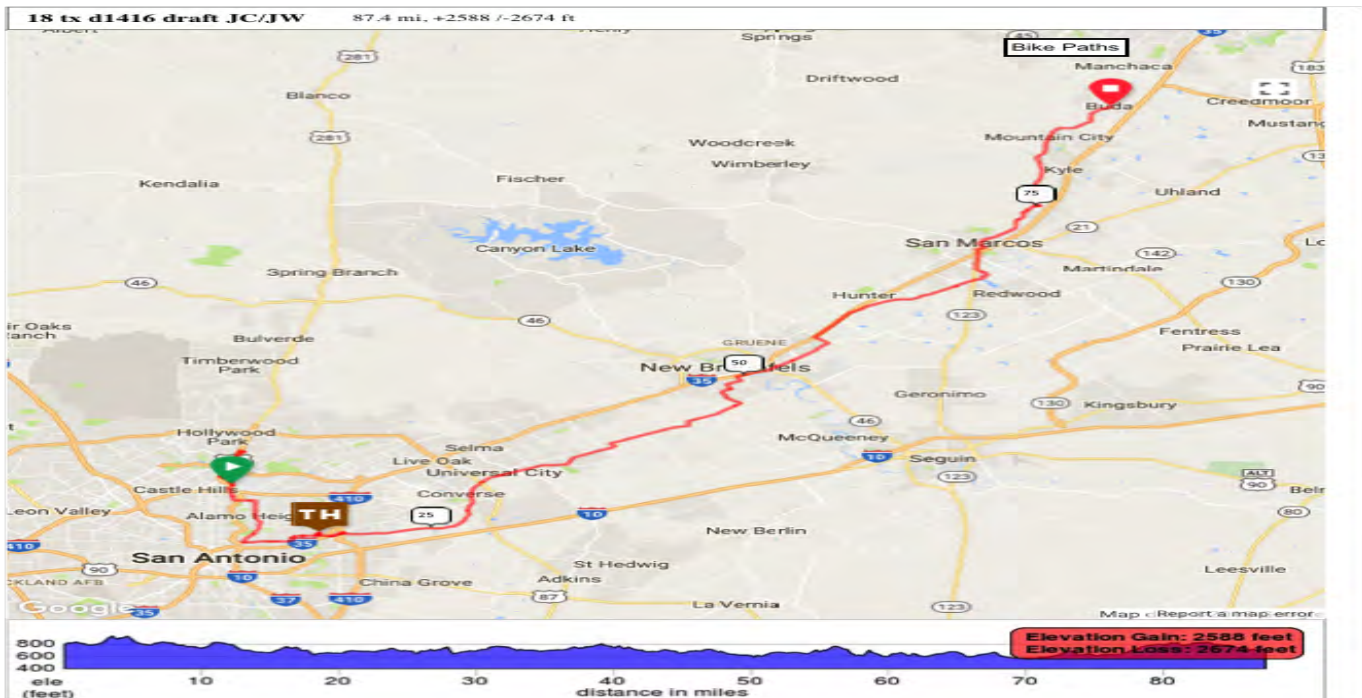
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BUSES: 18:00

DINNER: 18:30

LOCATION: Creekside- Texas BBQ Buffet

After DINNER HUB SOCIAL Gathering Bike room meet your Regional HUB Team.



TUESDAY, APRIL 17th
PROJECT HERO HUB JERSEY DAY

AUSTIN, TX TO GEORGETOWN, TX
GROUPS 1,2, & D - 64 MILES



07:00 BREAKFAST- YOUR HOTEL LOBBY
07:30 Mindset Matters- Comfort Inn and Suites, West 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/26706506>

Rest Stop: Austin VA, Texas Armed Forces Museum

Lunch Stop: Wayne Fueling Systems

HOTELS:

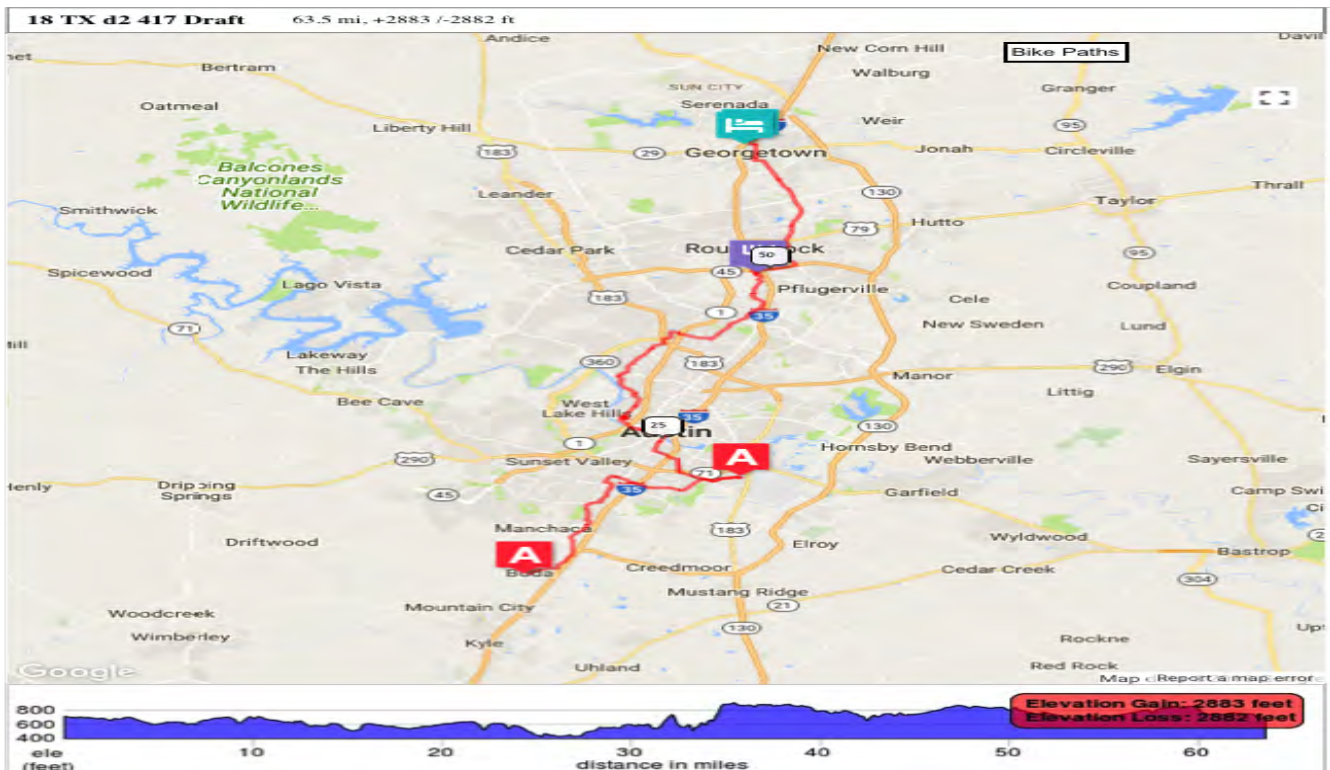
Best Western Plus
600 San Gabriel Village Blvd. Georgetown, TX 78626
512-868-8555
BLUE LUGGAGE TAG

Comfort Suites
11 Waters Edge Circle Georgetown, TX 78626
512-863-7544
GREEN LUGGAGE TAG

BUSES: 18:00 (Both Hotels)

DINNER: 18:30

LOCATION: **City Lights Theater**



WEDNESDAY, APRIL 18th

Women's HEROTrak and SPONSOR JERSEYS DAY



GEORGETOWN, TX TO KILLEEN, TX

GROUPS 1,2, & D - 53 MILES

07:00 BREAKFAST- YOUR HOTEL LOBBY

07:30 Mindset Matters- Best Western Room #120

08:30 Morning Reflection

07:45-08:30 BAG DROP

08:45 RIDE BRIEFING at Challenger

09:00 DEPART: GROUP VD12



ROUTE LINK: <https://ridewithgps.com/routes/26601883>

Rest Stop: Georgetown PD center, Florence Fire Dept

Lunch Stop: Cleo Bay Subaru

HOTEL:

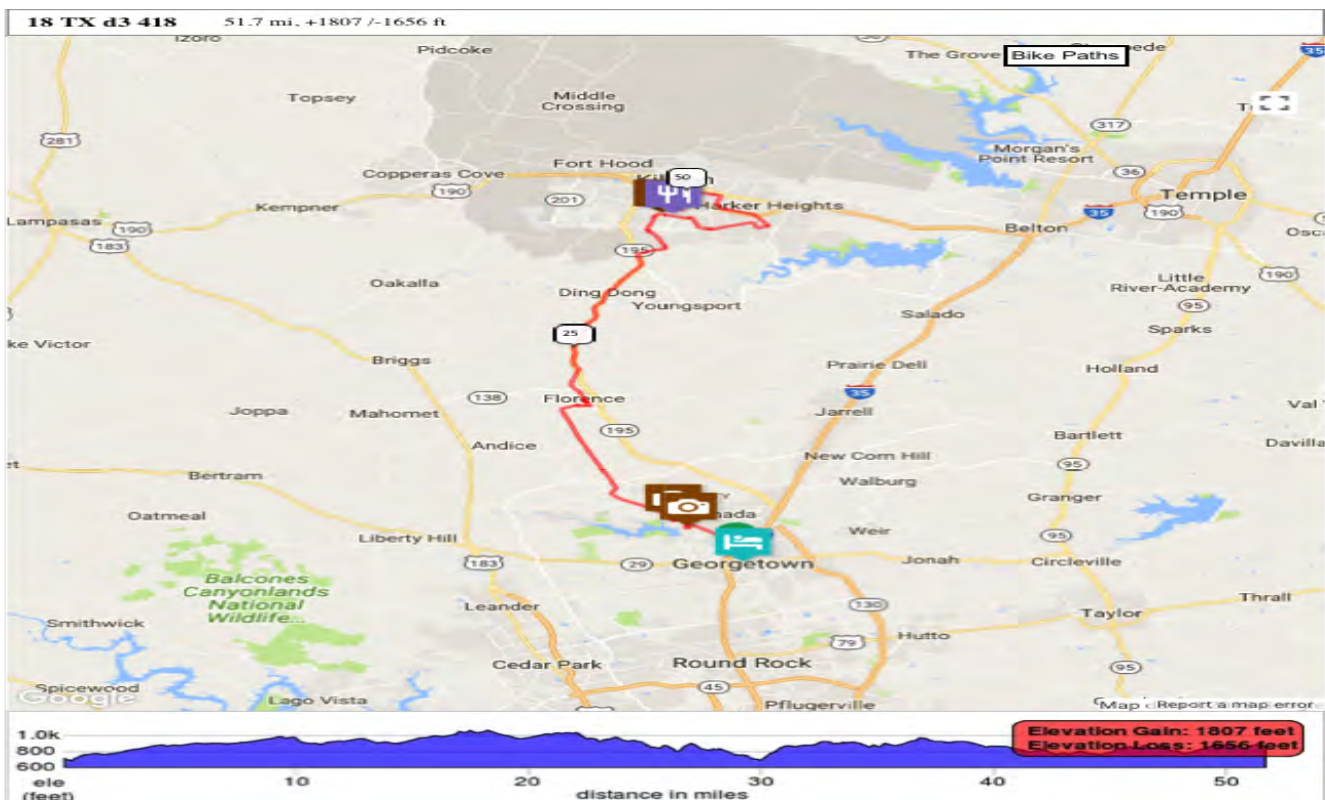
Shilo Inns Suites Hotels
3701 S WS Young Drive
Killeen, TX 76542
254-699-0999

Volunteer Meet & Greet: 17:15 **SAN ANTONIO ROOM**

Buses: **18:00**

DINNER: 18:30

LOCATION: **Ft. Hood Officer's Club**



THURSDAY, APRIL 19th

PROJECT HERO CHALLENGE JERSEY DAY

KILLEEN, TX TO WACO, TX

GROUPS 1,2, & D- 75 MILES



07:00 BREAKFAST- HOTEL LOBBY

07:30 Mindset Matters- San Antonio 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/19013405>

Ceremony Stop: **FT Hood III Corps HQ**

Rest Stops: **Moody High School, Hewitt Fire Dept, Waco VA**

Lunch Stop: **Lakewood Elementary**

HOTEL:

Comfort Suites Waco North
810 I-35 North Waco, TX 76705
254-799-7272

RED LUGGAGE TAG

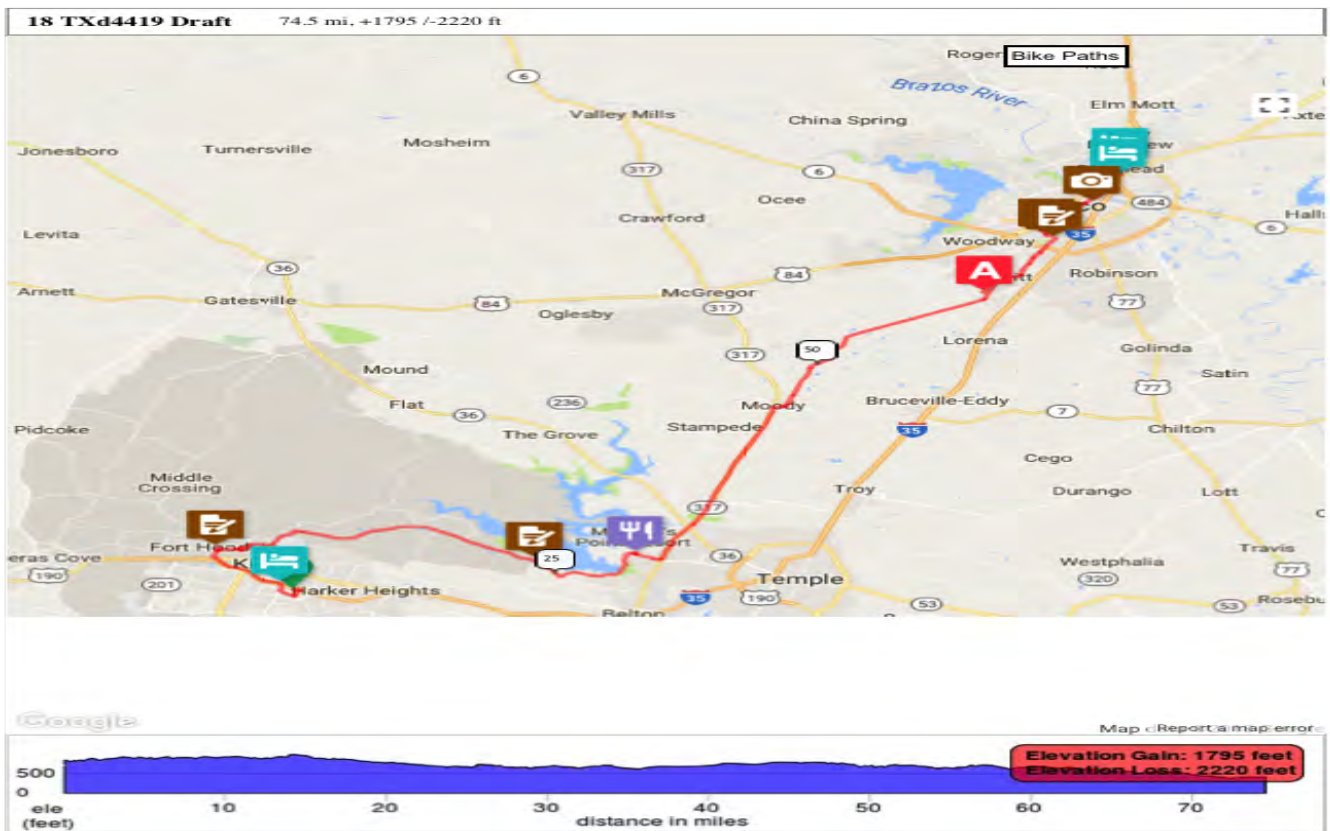
Quality Inn & Suites
1508 I-35 North Waco, TX 76705
254-799-9989

YELLOW LUGGAGE TAG

Buses: **TBD**

DINNER: 18:30

LOCATION: American Legion Post 121, Slovacek's BBQ



FRIDAY, APRIL 20th
SERVICE JERSEY DAY

WACO, TX TO CLEBURNE, TX
GROUPS 1,2, & D- 67 MILES



07:00 BREAKFAST- YOUR HOTEL LOBBY
07:30 Mindset Matters- Comfort Suites, Lone Star
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/12605444>

Rest Stops: **Aquila Fire Dept**

Lunch Stop: **Whitney High School**

HOTELS:

Holiday Inn Express
1800 W. Henderson Street Cleburne, TX 76033
817-641-5300

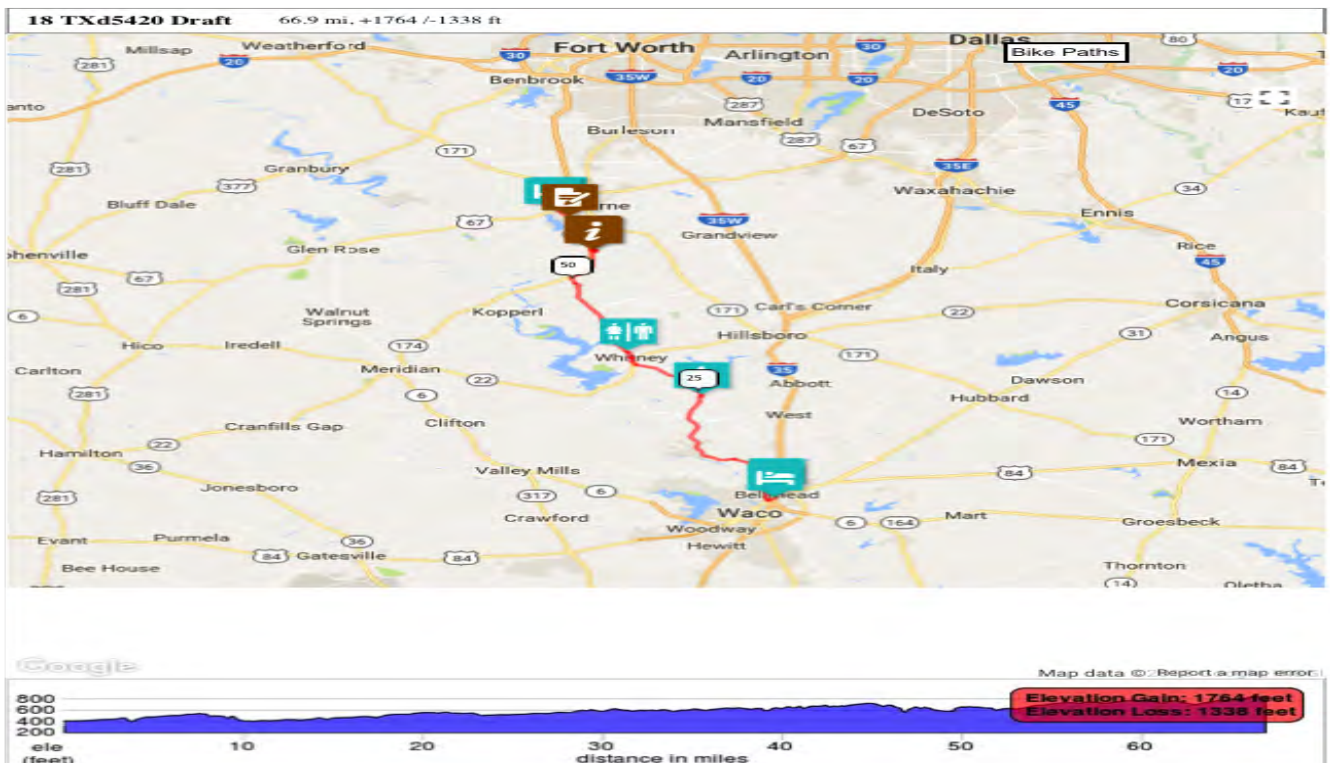
BLUE LUGGAGE TAG

Hampton Inn & Suites
1996 W. Henderson Street Cleburne, TX 76033
817-641-7770

ORANGE LUGGAGE TAG

DINNER: 18:30

LOCATION: **TBD**



SATURDAY, APRIL 21th

PROJECT HERO CHALLENGE JERSEY

CLEBURNE, TX TO FT WORTH, TX

GROUPS 1,2, & D- 53 MILES

ALL TIMES TBD

05:30 BREAKFAST- YOUR HOTEL LOBBY

06:30 Morning Reflection

05:45-06:30 BAG DROP

06:45 RIDE BRIEFING at Challenger

08:30 DEPART: GROUP VD12



ROUTE LINK: <https://ridewithgps.com/routes/26432658>

Breakfast & Lunch Stops: Keene Callicott Park, Harbison Fischer, Bell Helicopter

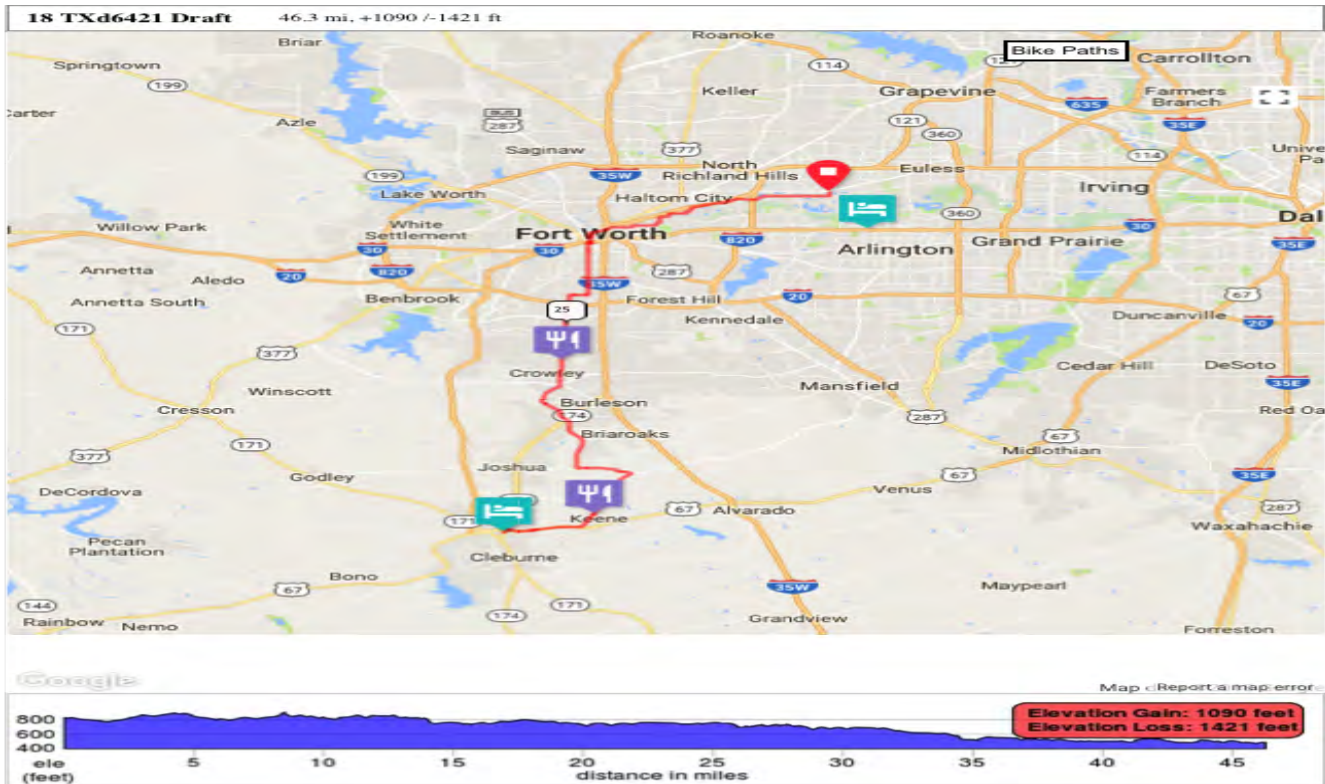
HOTELS:

Double Tree
1507 N. Watson Rd.
Arlington, TX 76006
817-640-7712

BUSES: TBD

TEXAS RANGERS VS. MIAMI MARLINS, GLOBE LIFE PARK IN ARLINGTON 7:05 PM START TIME

Hotel has shuttle for airport set up at front desk.



This completes the 401 miles of the 2018 UnitedHealthcare TEXAS CHALLENGE.

Thank you and see y'all in Memorial.