

The Way to GOBA: Your Rider Handbook

for
The Great Ohio Bicycle Adventure



GOBA Information & Rider Updates:

www.goba.com

614-273-0811

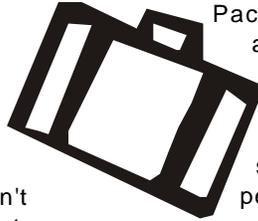
Here it is: the information you'll need to know to take part in GOBA. Spend some time reading this now, and get ready for a great week!

Part One: What to bring and How to bring it (also, see packing list on back page)

How to Pack

The stuff you bring on GOBA should fit into one large or two small bags. Many people use an army duffel bag, which works well. Hard plastic containers, like trash cans are not permitted because they are cumbersome, waste space, don't stack well, and are prone to be over-packed. Whatever bag you use for your belongings should be distinctly marked, with scarves, paint, or whatever. You'll need to find yours among the piled baggage of 750 other riders.

Each registrant will receive one luggage tag in the rider packet; if you need a second, ask for it at the information tent the first day. Practice carrying your packed bag before you leave home. Often on GOBA you'll have to carry your bag 100-200 yards to that perfect camping spot, and you'll be amazed how heavy your bag can become. Now is the time to pare down what you bring; keep your baggage to no more than 45 pounds.



Pack everything inside your bag in plastic. Although we attempt to keep bags dry, they can get wet in a rainstorm. Don't pack fragile items. Like airline bags, GOBA bags are tossed around during unloading, and fragile items simply don't last. And since cooking is not permitted in camp, we do not permit stoves/fuel to be carried on the luggage truck.

Don't pack away medicines, money, car keys, or other valuables, either; carry them with you. You will not have access to your luggage during the day's ride from town to town. You will load your own bags each morning onto the truck designated for bags with your color of luggage tag. Carry them all the way to the back of the truck and top of the pile. Riders also unload bags each day. If you never arrive in the destination town early enough to help with this, be sure to thank those that do. The baggage trucks leave every morning at 8:45 a.m. They normally arrive in the next town by 12 noon. If you miss the truck, you'll have to make your own arrangements to get your luggage to the next town.

Part Two: Rider Information

The Rider Packet

While the various mailings you receive prior to GOBA are one per household, a packet of important materials will be provided for each individual registrant. You will receive your packet at check-in in the first town in conjunction with the brief safety program. **Know your rider number** in order to pick up your packet (it's on your confirmation letter). Your packet will contain: route maps, numbered wristband, vehicle route maps & pass (if registered as a "Car Camper"), bike number, souvenir pin, luggage tag, and other important information.

There's More to Come...

You'll receive more information in the months ahead about activities in the towns and along the route, safety tips and sign-up information.

March - Newsletter

May - Newsletter

June - Newsletter, with check-in schedule, and map to starting town

June - GOBA *Digest*, interpretive guide to the route

GOBA Club - rider-to-rider info, see: www.goba.com

Rider packet - at check-in in starting town

Check www.goba.com for periodic rider updates

Refunds

As stated on the application, we will grant refunds (minus a processing fee) to any rider sending a request IN WRITING, by certified mail, if it is postmarked by the date published in the brochure. After this date we cannot give refunds for any reason, as we must commit these funds to the support of the tour. Your travel agent can advise you on trip cancellation insurance.

Children

Children under 16 are required to bicycle with their parents/guardians, and to carry a permission-to-treat card, which can save a great deal of time in an emergency. This card was in your confirmation packet. Once in the campground, parents are still responsible for the actions of their children. It can be easy to become separated on the tour, so take extra care to maintain contact.

Current GOBA policy is as follows: No rider under age two (2) will be allowed to ride on or be pulled by a bicycle on a Columbus Outdoor Pursuits bike ride. In order to be a GOBA participant who rides on or is pulled by a bicycle, the child must reach his/her 2nd birthday by the beginning date of the tour (see brochure). The age restriction does not apply to registered children in a car, accompanying other registered riders.

Failure to adequately supervise children is a reason for dismissal from the tour. Riding with children means keeping them within sight. Consult your map frequently to make sure you and your child stay on the established route. When a child under 16 is given a "prescription" to ride in a sag vehicle (by the GOBA medical clinic), the parent/guardian is required to accompany him/her.

Lost and Found

At home, mark all of your belongings with name, etc. Check the Lost & Found at the Info Tent daily. Low value items will be discarded at the end of the tour. *GOBA assumes no responsibility for lost or damaged items.*

Helmet Policy

I understand that Columbus Outdoor Pursuits assumes no responsibility or liability with respect to my participation in this event. I agree, however, to abide by any decision of any official of Columbus Outdoor Pursuits relative to my ability to safely participate in this event. I further promise to wear a CPSC, ANSI, SNELL, or ASTM approved bicycle helmet at all times while riding my bicycle during GOBA and I agree to waive my rights to any benefits associated with this event if I fail to wear such a helmet while on my bicycle.

Part Three: About the Campsite

The Campgrounds

GOBA campsites are usually school grounds, fairgrounds, or parks. Within these facilities, areas are signed for your camping. Unlike conventional campgrounds, however, there are not assigned sites. Except for fire lanes, you may camp wherever you choose within these designated areas. Reserved campsites are absolutely not permitted. Most people camp near the baggage drop area, resulting in high density camping. If you are willing to carry your bags a short distance, you will often find a great deal of open, quieter camping.

Quiet hours in the campgrounds are from 9:30 p.m. to 5 a.m. However, GOBA ALWAYS has some people coming back to the camp at 11 p.m., and some people rising at 4 a.m. They are seldom the same people. If you are a light sleeper, earplugs are a must for a good night's sleep. There are seldom many shade trees in GOBA campgrounds. You may want to experiment with a space blanket or reflective tarp over your tent to make your own shade. Due to the varied layouts in each facility, "Car Campers" may or may not be adjacent to the tent camping area. There are no electric or water hook-ups for RVs available in the camping area. Also, open fires and cooking (e.g. sterno, charcoal, camp stoves, candles) are NOT permitted in the campgrounds.

Information Booth

Each day, an information station (in a big tent or building) will be open on the campgrounds. We divide the space between a Local Info Booth and a GOBA Info Booth. Local Info will be open all day. Ask Local Info about

food, alternate showers, indoor sleeping, shopping, local tours, the shuttle schedule, when and where the entertainment is, and other essential information about the town. You can also pick up any local publications that have been designed to enlighten your stay. The GOBA Information Booth is open each day from 3-7p.m., with longer hours the first Saturday and Sunday. Here is where you will come for lost and found items, and GOBA problems, such as lost wristbands, emergency messages from home, and missing children.



Telephones and Emergency Messages

Local phone companies are no longer willing to bring extra phones to the campsite. So, you may find phones scarce, and long lines at the few available. We suggest making calls during the day along the route. Often, by exploring the towns we pass through, a phone is easy to find. You will be provided with a phone number at which emergency messages can be left for you during the week. Every few hours, these messages will be retrieved and posted on the Information Board at the Information Tent. Make a habit of looking here often.

Toilets

You will find portable toilets on the campsite. Some indoor toilets will also be available during our stay. You might bring a roll of toilet paper from home, just in case.

Showers

Each day, at least two locations for showers will be available. Portable showers on a semi-truck will accompany us during the week, which will always have warm water, but also usually have a line. Local locker rooms may also be open for showers, which often run out of warm water, but may have a shorter wait. Ask Local Info for locations. You may choose as you please. There is no fee for showers; they are included. Showers are usually open from noon to 10 p.m. and 6-8 a.m. the next morning. There will be showers available in the ending town on the last Saturday.

Pet Policy

Several of our overnight facilities have restrictions regarding animals on the grounds. Accordingly, we must request that you not bring your pets into GOBA camps.

Medical Clinic

Be ready to ride 50-60 miles each day, even in hills and headwinds. As with any physical activity, consult your physician beforehand about your ability to ride GOBA. During the tour, your best health practice is to wash your hands frequently, preferably with regular soap and water.

Medical volunteers for GOBA run a free medical clinic each day for about 2 hours in the late afternoon and 1 hour in the morning. Hours will be posted. Look for the medical motorhome next to the massage tent. This should be your first stop with medical problems, although more involved problems may require an emergency room visit. The clinic is free. However, you will be responsible for paying for emergency rooms visits and squad transport, so **bring your insurance card and ID.**

During the rest of our stay, volunteers will staff the medical motorhome for first aid needs during the day as well as overnight. This is where you should bring medications that need refrigeration, such as insulin.

Massage

A team of licensed massage therapists travels with GOBA, offering (for a fee) post-ride massages. Many riders feel that a massage speeds their recovery time and makes the ride more enjoyable. It also feels good.



Food

You are on your own for the purchase of food. Each day, you will find food for sale by local non-profit groups throughout the afternoon in or near camp. Non-profit groups do not accept credit cards.

Each evening, meals are offered for sale as well. We ask each community to prepare at least two menus, with vegetarian options. These meals cost an average of \$4.50-\$8.00, and many are all-inclusive. These are usually for sale from 4 p.m. to 7:30 p.m. Off-site meals offered by non-profit groups are usually less crowded and are either in walking/biking distance, or are included on the shuttle route. We strongly suggest checking with local information each day about meal options, and arriving early. Long lines at the meals in camp are an unfortunate but common occurrence. The local information booth can also suggest nearby church suppers, fast food, groceries, and restaurants. Be prepared to go to these if the non-profits sell out.

There are usually at least two breakfast options, as well; a hot pancake breakfast for \$3.50-\$5.00 and a cold and/or pre-bagged breakfast to go, for about \$2.50-\$4. Breakfasts are offered on site from 6 a.m. to 8:30 a.m.

Repair



The same shops that provide emergency repair along the road during the day will be set up in the campgrounds at night. If you need repairs, take your bike to one of these shops as early in the day as possible; don't expect repairs if you wait until sunset. You are responsible for the cost of these repairs.

Entertainment

Each evening there will be entertainment for your enjoyment, either on-site or in town. Ask at the Local Info booth for hours (usually 6:30-9:00 p.m.) and place. It is usually music (often dance music). There are sometimes movies in late afternoon. Traditionally, GOBA holds a song contest one night of the tour (watch newsletters).

At Night

After quiet time begins, at 9:30 p.m., local police will patrol the campgrounds. Should you have a problem during the night, look for this officer. If you have a medical problem, go to the medical motorhome for help from the first aid volunteer on duty.

Alcohol/Drugs/Smoking

GOBA is a family event. We do not allow alcohol in the

camping areas. Illegal drugs will not be tolerated.

In general, smoking is permitted while observing common courtesies. However, some schools, parks, etc. may prohibit smoking on their grounds. Please observe the no-smoking designations as posted.



Alternate Lodging

Some GOBA riders who do not wish to camp take lodging in local hotels. It is their responsibility to transport themselves and their bags to and from this hotel.

The host town schools often make available inside-sleeping on gym floors for a small fee, usually under \$10. Occasionally, college dorms offer low-cost housing, too. Details on these will be in the newsletters, if available.

Shuttles

Some communities will have shuttle buses helping you get from the campgrounds into town. Times will be posted. You must have your wristband to ride this shuttle and meet them at the established stops. Be aware that when many people want to go the same place at the same time, these shuttles may be full and waiting lines will be long. Those riders willing to ride their bikes or walk into town will find greater flexibility and less waiting. Check at the Local Info Booth for maps.



Layover Day

On a Layover Day, optional loops will be available for those who just can't stay off their bikes. Or you may choose not to ride. Many GOBA riders take this day to sightsee, do laundry, and rest. On the campgrounds, bus trips or other activities will be available. Educational workshops may also be offered. See GOBA newsletters for details and pre-registration requirements.

Part Four: During the Day



Each day on GOBA you will bicycle 50-60 miles in about 6 hours or less (not including stops). In order to provide the best support possible, you should know that:

- GOBA riders must start riding by 9 a.m. to be included in the support net. We strongly suggest you plan your day to complete your ride by 4 p.m., when evening traffic begins. Ordinarily, most GOBA riders leave the campgrounds before 7:30 a.m. and arrive by 3 p.m. Except in extreme conditions, riders are expected to reach camp by 5:00 p.m.

- On your bicycle, you should carry your route map, your repair kit (you should learn to fix your own flat tire), your valuables, a jacket, emergency food, medicines, sun screen, a signed medical permission to treat, and at least two full water bottles per person. Do not leave these items packed in your bag on the luggage truck.

- Arrows painted on the road (in the form of a capital **A**) will indicate the route. You will also have a route map.

- Support services will patrol the route. These include:

Repair

A number of bicycle shops travel with GOBA. During the day, they patrol the route to help you with breakdowns. However, since so many GOBA riders ask them to do repairs that they should know how to do themselves, it is usually a long wait for a repair truck. Your best bet is to carry basic tools and supplies and to learn some basics such as flat-tire repair ahead of time. When in need of repair, stay off the road surface yet visible to passing vehicles. When you see a repair vehicle approach, indicate your need with a vigorous thumbs-down gesture.

Ham Radio

You will see local ham radio volunteers stationed along the route each day. These are your communication links to the tour. If you need medical attention or are otherwise in distress, tell the ham volunteer, and stay with him/her until help arrives. Ham radio volunteers who are biking usually will have an antenna attached to their bikes.

Medical Support

As with any physical activity, consult your physician beforehand about your ability to ride. An ambulance service travels with GOBA to provide emergency medical attention on the route. When in need of an ambulance, flag one down with a thumbs-down gesture or find a ham radio volunteer. Note exactly where help is needed (refer to mile markers on route map). If you call 911, call from a nearby house; if you call from a cell phone, your call may go to the wrong county, delaying help.



If you see or hear an ambulance with lights on and/or siren on, get entirely off the road immediately. Obstruction of or failure to yield to an emergency vehicle is against the law and can result in your dismissal from the tour. Your GOBA registration fees cover treatment on the road by the official GOBA squad. However, **carry your ID and insurance card at all times**, since squad transport to the hospital may be charged to you. Treatment at the hospital is your financial responsibility.

Sags

Official GOBA sags (non-emergency rider transport) are volunteers who give of their time to help GOBA riders who have unexpected problems on the route causing them to be unable to complete the day's ride. The sags patrol the route from 7:00 a.m. to 5:00 p.m., bringing in those who need their help. However, the number of volunteers limits this service. Those who need a lift into town should expect a long wait; several hours is common. Those riders who cannot finish the route a second time will be expected to go home, making their own arrangements to do so. No rider should come on GOBA expecting to make use of the GOBA sags; it is not a taxi service and is reserved for the unexpected. Sags will get you to the next rest stop or campsite as conditions permit. Please thank our wonderful sag volunteers every chance you get. 

Sag protocol includes:

- (1) If you need help, first try to get to the nearest official GOBA food stop (on the route map).
- (2) Once you've indicated you need a sag, stay put and watch for the sag. 
- (3) Use the thumbs-down signal to flag them down.
- (4) Children under 16 sagged in from the route must have an adult accompanying them. "Found" children will be taken to the GOBA information tent in camp and will be released only to an adult guardian.
- (5) 1:00 is the last sweep on the first 25 miles of the route; 4:30 is the last sweep on the last half of the route.

Personal Vehicles

Some riders choose to have others accompany them in private vehicles. This is permitted, but these drivers and passengers must agree to:

- (1) Drive with caution, remembering that on this tour, bicycles come first.
- (2) Register the vehicle, driver and passengers with GOBA & receive the vehicle pass and vehicle route map.
- (3) Stay off the bike route, except for GOBA-designated rendezvous points. Vehicles found on the bicycle route will lose their parking privilege.
- (4) Park in the designated area in the campgrounds, and obey the directions of GOBA volunteers and staff.

Toilets/Water

GOBA will place portable toilets at the AM snack stop on the route, and at the lunch stop. Water will be available at these locations. Carry at least two water bottles per person and fill them whenever you can. 

You will also find water available at local houses along the route, at parks, stores, and other places. However, if you run out of water, do not wait until the next GOBA stop. Take the initiative to ask at a local house for water, and ask them to put out a hose for other riders. Dehydration is the number one enemy of GOBA riders; don't let it be yours.

Food

All food is purchased on your own: 1) at the 3 GOBA-arranged food stops on the route, **OR** 2) restaurants or **OR** 3) grocery stores of your choosing. Each day you will find a snack stop at about 8-18 miles into the day's route. Restrooms and water will be available. At snack stops you will find baked goods, fruit, sports drinks, and other snack items. If your diet is specialized or if you are very selective in what you eat, we suggest you carry that food with you. There will also be a designated lunch stop approx. 20-38 miles into the route, again with restrooms and water. Here, local groups will have food and drink for sale. There is usually a late afternoon snack stop, as well, although restrooms may not be available there. Stops are run by local non-profit groups who enjoy meeting our participants. If a food stop is out of food, ask them to direct you to the closest restaurant/grocery.

Individual vendors and a number of children's lemonade stands may set up along the route selling food and drink. No GOBA rider has ever suffered from malnutrition.

Weather

GOBA goes on rain or shine. Ohio's weather in June can run from the 30's at night (rare, but true) to over 100° F during the day. Be prepared. Plans are made for us to be in each city on the day scheduled, so each day (except layover days) we must move on. However, when foul weather strikes, we must move carefully.



During lightning storms, do not continue to ride. Take shelter wherever you can find it. If you come upon a flooded road, wait until a local sheriff or ham volunteer can investigate, or until a detour can be designed; don't charge blindly into it. If the rain is heavy, take a break. Remember, cars won't see you easily in a heavy rain. Ride cautiously, especially on downhills and when cornering. Give other bikes adequate clearance.

In the campgrounds, prepare for foul weather. If leaving your tent for a long period, put on the rain fly, stake down securely, keep items not in use in their plastic bags. During lightning storms, do not walk about the camping area! Take shelter indoors.

In case of a tornado or severe thunderstorm warning, you may be instructed by loudspeakers and/or volunteers to move to a shelter. Move there as quickly as possible; don't waste time on items you can replace.

Part Five: Other Information

Children

It is very important to help your children train for the tour, too. They need to be taught to drink often, when to eat, and road etiquette. Practice helps them learn to ride in a straight line and obey traffic laws. These are crucial skills for safety on the road, as always.

Even for children ages two and up (the GOBA minimum age for participation), this is also the time to find out how your young ones take to riding in a trailer, if you plan to bring one on the tour. Nothing is worse than finding out the first day, 30 miles from the start, that your child cannot tolerate the motion.

Your Bicycle

Better quality, lighter bicycles ride more easily than heavier ones. You'll find these bicycles are less prone to breakdowns, too. It all adds up to easier riding, which translates into a less tired biker at the end of the day.



A light bike is not everything, though. A wide selection of gears will also make your day more pleasant. We have hills on GOBA most years and extra gears will make the tour easier.

A bicycle that fits will be infinitely more comfortable than one that doesn't. A bicycle shop can fit you to the appropriate size; a department store may not. If you can't afford a new bicycle though, don't despair. People

ride the tour successfully on bicycles of every description. Do take the time to get whatever you are going to ride in top mechanical condition, though.

Always lock up your bicycle when you are not riding it. Bikes are generally not permitted in the indoor sleeping facilities. Bring a bicycle tarp if you are worried about the elements.

**Bicycle Accessories**

You probably know by now that when you buy your bicycle, you aren't done spending money yet. The most important accessory is a good helmet. They aren't expensive anymore, certainly less so than a lifetime of invalid care. Find one that fits, and that has been approved by Snell Institute, CPSC, ANSI, or ASTM (look for label inside the helmet). You **MUST** wear it on GOBA, but you'd be crazy to leave it at home anytime. It's especially important to set an example for children: why would they want to wear one if mom and dad don't?

A pump, patch kit, tire tools and a spare tube are also a must. Don't know how to change a flat tire? Don't be embarrassed: if the truth were known, probably ¾ of those on GOBA don't either. Just stop by your local bike shop some weekday morning when they aren't busy, and they'll be happy to show you. Or call the local bike club and ask. There may also be tire-changing clinics during GOBA; watch your newsletters.

You'll need a place to carry these repair items, along with money, glasses, sunblock and food, so you will need some sort of bag. A belt bag or fanny pack works, as do the variety of bicycle-mounted bags. You will also need water bottle cages and water bottles. Nothing will stop you dead in your tracks on a bike ride faster than dehydration (see Part Six on p. 6).

Some other tools come in very handy at times. Consider a chain tool, a spoke wrench, an adjustable wrench, Allen wrenches (metric, 4,5, and 6mm). And duct tape! Even if you're not sure how to use them, someone will.

Bicycle Clothes

For a week, the entire weight of your body is going to be forced down on the three places your body meets your bike: your hands, feet and posterior. Clothes can make a huge difference on how that contact feels.

Bicycle gloves help with pressure, and with chafing. New washable types can help keep them presentable for a long time. Bicycle shoes come in many styles, from the ski-binding type of "Look"- brand pedal, to the sneaker-type touring shoe. On GOBA, touring shoes are better for all the sightseeing you will do off the bike.

New bicyclists always have questions about bicycling shorts. Be assured they are very functional. They help combat the bicyclist's biggest enemies; heat and moisture. Sitting on a bicycle seat all day creates an ideal micro-climate for bacteria growth, which quickly leads to a sore posterior.

Cycling shorts have a sewn-in pad to soften the contact and absorb this moisture. Good pads then dry quickly. The lycra material also allows perspiration to dry quickly, keeping you cooler. By making them conform to your skin, they are more aerodynamic as well.

If you don't like Lycra, however, consider touring shorts. These have the appearance of normal shorts, but are constructed with a pad, and are sewn so that no seams overlap in sensitive areas. Anyone who has ridden in jeans knows what that can feel like.

Regardless of which type of shorts you use, applying diaper cream to the area of contact before riding can help avoid problems down the road. While people wear all kinds of jerseys, the truth is you can cycle in most any top on a dry summer day.

In cool/damp weather, though, some materials have a clear advantage. The new miracle fibers will keep you warm even when wet and cold, which can happen on GOBA. Keep a raincoat or poncho with you on the bike.

Commemorative Items

GOBA clothing items are available before the tour by mail, and during the tour. Patches and other items are also for sale on tour. Some vendors visit the campgrounds during the week with bicycle-related items for sale, as well. No one is permitted to sell on the GOBA

campsite without our permission, and no one may produce items with our trademarked name or logo without our permission.

Budget

Your registration covers most of your GOBA expenses. However, you should bring enough cash (ATM card) to buy food, commemorative items, some optional activities, and whatever you wish to make your week more fun. Non-profit food vendors do not accept credit cards. Experience shows that riders spend between \$20-45 per day per person.

Ride More

GOBA is a member of the National Bike Tour Directors Association, an organization dedicated to safe, effective, and fun cross-state cycling. For other NBTDA cross-state rides, see: www.nbtnda.com

Your Responsibility

GOBA's plan is to provide you with a safe, exciting and challenging vacation. In return, we expect you to act courteously to your fellow bicyclists and in a way that favorably represents bicyclists to the public that is watching us. We also expect you to follow the GOBA rules so that the tour is a pleasure to everyone. And we expect you to have fun!



Part Six: Health and Nutrition

Hyperthermia can affect any cyclist, in any shape, in any heat, if the right precautions aren't taken. Commonly known as heat stroke, heat exhaustion or muscle cramps, hyperthermia can be deadly. The symptoms are: (a) dizziness, (b) dry skin (no sweating), (c) redness, (d) nausea or cramps, (e) goose bumps on the chest and arms and (f) incoherent speech and thoughts.

During the hot weather season, keep body contents of magnesium and potassium high. These minerals exist naturally in foods such as cantaloupe, watermelon, tomatoes, carrots, bananas, and cucumbers. Wear cool clothes. Loose-fitting cotton, and t-shirts are best. Light colors are cooler than dark ones. Remain cool before the ride, and be sure to drink plenty of fluids.

Water

Drink before you're thirsty!
Drink before you're thirsty!
Drink before you're thirsty!

We can't emphasize this enough. This rule applies no matter the weather. Some people will tell you they don't perspire while they bicycle, but take a look at the white stains on their clothes at the end of the day --- salt! While you bicycle, you create a 10 to 20 mile-per-hour wind across your skin. You may be sweating like a

faucet, but this wind dries it almost immediately. This fools some people into believing they aren't sweating, and, therefore, they don't drink....So what happens to them? The worst is heat exhaustion followed by heat stroke. More often, though, these riders stagger on, wondering why they feel terrible, and why the biking seems so hard. If they would just stop and drink a quart of water they would be amazed at how much better they feel.

Food

One mistake most everyone makes on their first GOBA is under-eating, or eating at the wrong times. On GOBA you will burn up an extra 10,000 or more calories. If you don't eat breakfast, or skip lunch, eventually your body will run out of easily consumed fuel, and will have to start burning fat reserves. This sounds wonderful, but it isn't. When your body shifts to burning fat, riders suffer what is known as "the bonk". This isn't just fatigue, which is normal. This is like falling into an emotional chasm. People get depressed, anxious, break down in tears, and are suddenly convinced that life is awful. A few fig bars, though, and their entire personality can take an amazing change. It is common for those that bonk to be crying, unable to even lift an arm, and an hour later, after a meal be leading a pace line at 20 miles per hour. Start your GOBA eating routine several days before GOBA starts so that your body may adjust.



"Ride Five Miles" - A Training Guide for The Great Ohio Bicycle Adventure

Congratulations on joining The Great Ohio Bicycle Adventure. During GOBA, you'll make new friends, visit new places, and accomplish a feat that will leave most of your friends in awe: traveling 250-350 miles on a bicycle in a single week.

If there is one secret to GOBA, though, it is this: The people who spend time preparing for it have the most fun. If you wait till the last moment, put off training and tuning up your bike, you'll find each day hard enough that you won't have much energy to enjoy the evening festivities. This is especially important for families with children. It simply isn't fair to bring a ten-year-old without spending time beforehand helping him/her get ready. Even if you are resigned to the pain of the untrained, take some pity on others in your family and get them out on training rides.

So how do you prepare for GOBA? Be ready to ride 50-60 miles each day, even in hills and headwinds. As with any physical activity, consult your physician beforehand about your ability to participate in GOBA. There is no substitute for miles and minutes in the saddles. The plan is simple: ride five miles --- then ride two 5 miles during the same ride --- then three 5 miles etc, etc, etc. Some folks get on their bikes the week before GOBA, ride 10 miles and declare themselves fit. We don't recommend that approach. If you could take the time to ride at least 350 miles before GOBA, you would be in excellent shape to ride each day and dance each night. If you bicycle regularly in the three months before GOBA, you'll have a ball, and be in the best shape of your life!



Your personal fitness level and the frequency and intensity of your pre-ride training will correlate closely with your level of enjoyment of any long distance tour. It is prudent to train but intensity is a relative term. Remember, GOBA is a non-competitive event and you have from daybreak to about 5:00 p.m. to complete the route (about 11 hours). Any training is better than none. Set a reasonable goal given your schedule, and stick to it. Your work will pay off.

The schedule below is a guide for a personal training program. It is a solid program, but we are not suggesting you MUST complete it. The main focus of your preparations should be to hone your cycling skills by riding often. The goal of riding 50 miles in 6 hours or less will prepare you well for GOBA.

We recommend a training schedule beginning 6-10 weeks before the start of the tour. Begin cycling 2-3 times a week, increasing the daily mileage until you are riding long stretches over multiple days. Try working some organized tours into your schedule. These will help you meet people and take you to some wonderful places. Also, consider joining your local bicycling club*. Again, you'll meet great people who can help you train and give tips on touring. During the early weeks, pay special attention to maintaining a consistent pace, increasing it until a steady cadence of 80 revolutions per minute is sustained. It is especially important for you to train on a variety of terrain including HILLS!

Remember, we want you to have fun. After all, it's an adventure!

*For a list of Ohio clubs, see www.ohiobike.org/sites; *For other states, see www.bikeleague.org

GREAT OHIO BICYCLE ADVENTURE Training Schedule									
** HH = Hills & Headwinds									
<i>Day</i>	<i>Week 1</i>	<i>Week 2</i>	<i>Week 3</i>	<i>Week 4</i>	<i>Week 5</i>	<i>Week 6</i>	<i>Week 7</i>	<i>Week 8</i>	<i>Week 9</i>
<i>Sunday</i>	Ride 5 miles	Ride 5 miles	Ride 10 miles	Ride 15 miles	Ride 20 miles	Ride 30 miles	Ride 40 miles	Ride 50 miles (HH)**	Ride 50 miles (HH)**
<i>Monday</i>	Rest or walk 2 miles								
<i>Tuesday</i>	Ride 5 miles	Ride 7.5 miles	Ride 10 miles	Ride 15 miles	Ride 20 miles	Ride 20 miles (HH)**			
<i>Wednesday</i>	Rest or walk 2 miles								
<i>Thursday</i>	Ride 5 miles	Ride 7.5 miles	Ride 10 miles	Ride 20 miles	Ride 20 miles	Ride 20 miles	Ride 20 miles (HH)**	Ride 20 miles (HH)**	Ride 20 miles (HH)**
<i>Friday</i>	Rest or walk 2 miles								
<i>Saturday</i>	Ride 10 miles	Ride 15 miles	Ride 20 miles	Ride 25 miles	Ride 30 miles	Ride 40 miles (HH)**	Ride 50 miles	Ride 50 miles (HH)**	Come to GOBA
<i>Total Riding</i>	25 miles	35 miles	50 miles	75 miles	90 miles	110 miles	130 miles	160 miles	90 miles

The Way to GOBA: Your Rider Handbook for The Great Ohio Bicycle Adventure



What to bring (see p. 1 for more details)

Basics

- Bicycle
- Helmet
- Frame pump
- Handlebar, seat or rack bag
- Water Bottles (2)
- Rearview Mirror
- Identification
- Insurance Card
- Lock and Cable
- Toiletries
- Medicines
- Sun Block & Lip Balm
- Mosquito repellent
- Money, credit card, traveler checks
- GOBA information
- Towel
- Shower thongs
- Laundry soap for washing by hand



First aid kit

Niceties

- Ziploc/ garbage bags
- Sun glasses
- Travel alarm (Ha Ha)
- Flashlight/ batteries
- Earplugs
- Swimsuit
- Frisbees, cards, games
- Reading material
- Writing material
- Clothes line
- Toilet paper
- Stamps
- Camera



Tools

- Duct tape
- Allen wrenches

Screwdrivers

- Chain tool
- Tube repair kit
- Inner tube
- Adjustable wrench
- Rag



Camping

- Tent with rain fly & stakes
- Ground cloth
- Sleeping bag & pad

Clothes

- T-shirts (7) or jerseys
- Long sleeve shirt
- Underwear (3 pr)
- long pants (1)
- Cycling shorts (3)/ tights
- Cycling gloves
- Sweater/ jacket

- Socks (3 pr)
- Cycling shoes
- Hat
- Rain gear
- Walking shoes
- Casual shorts (1)

Don't Bring (These items will not be transported)

- Cooking gear, stove, or candles
- Lawn chairs
- Cots
- Trash cans
- Other bulky stuff

GOBA assumes no responsibility for lost or damaged items.

