

## Bike Riding Tips & Warnings

- The night before the Big Ride, get a good night's sleep. Consider getting a motel room near the start of the ride so you can sleep in rather than drive several hours before the crack of dawn to get there.
- Eat a good dinner the night before and breakfast the morning of the ride. Some swear by carbo. loading. Better than that: know what works FOR YOU. This is not the time to try out exotic foods or a whole new eating regimen.
- At the start, PACE YOURSELF. It's so tempting to ride as fast as everyone else, but if you do that for very long, your thighs will be burning in no time. Steady-as-she goes at your usual pace will get you across the finish line.
- Stop at all of the rest areas and stretch, eat, use the restroom. Try not to spend longer than ten minutes at each stop-your muscles will get cold and stiff.
- Bring some of your own food if you know you won't like what the rest stops typically hand out (muffins, peanut butter and jelly, bananas are popular eats at the stops).
- Put on sunscreen-you're going to be exposed for many hours out there.
- Enjoy the scenery, your fellow riders and your sense of accomplishment-that's what it's all abo

Read more: [How to Train for a Century Bike Ride | eHow.com](http://www.ehow.com/how_2019302_train-century-bike-ride.html#ixzz1X8Sx3OMW)  
[http://www.ehow.com/how\\_2019302\\_train-century-bike-ride.html#ixzz1X8Sx3OMW](http://www.ehow.com/how_2019302_train-century-bike-ride.html#ixzz1X8Sx3OMW)