



ROCKY MOUNTAIN CYCLING CLUB

ADVANCED ENDURANCE & RANDONNEURING SEMINAR

2012



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RIDE PLANNING

Goals and Logistics



GENERAL RIDE PLANNING

- Minimize time
 - ▣ Group riding and drafting
 - ▣ Quick control stops
- Maximize fun
 - ▣ Group riding and conversations
 - ▣ Photo ops
 - ▣ Daylight riding
 - ▣ Local flavor
 - Cafés, cinnamon rolls and swimming holes

ONE-DAY RIDE PLANNING

Up to 400 km

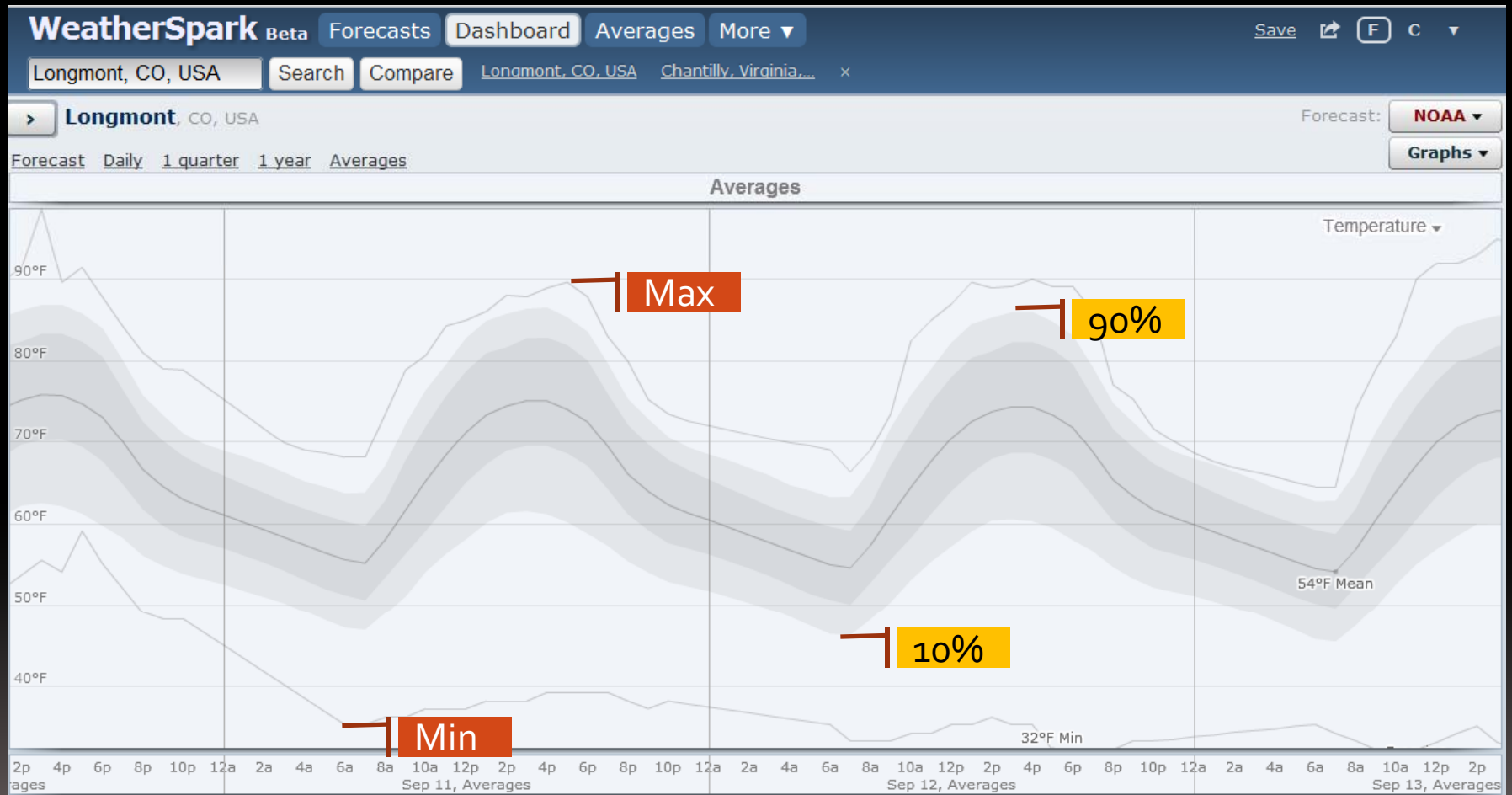
- Review route
 - ▣ Major climbs and descents
 - Eat at summits
 - ▣ Note intermediate services for long segments
 - Drake Doubleback 200k example
- Check weather forecasts
 - ▣ Dependable at 1 day out
 - ▣ Pack accordingly
 - ▣ Adjust riding time expectations based on winds

MULTI-DAY RIDE PLANNING

Beyond 400 km

- Sleep plans
 - ▣ Where and when?
 - Ride-supplied or motel reservations
 - Advice: leave before control close
- Support: re-supply and drop bags
 - ▣ Personal support is allowed at controls
 - ▣ Drop bags are coordinated with sleep stops
 - ▣ Note store hours versus time of transit
- Undependable weather forecasts
 - ▣ Pack for cold, pack for rain
 - ▣ Extended options in drop bag

Weather Statistics



RIDE PLANNING

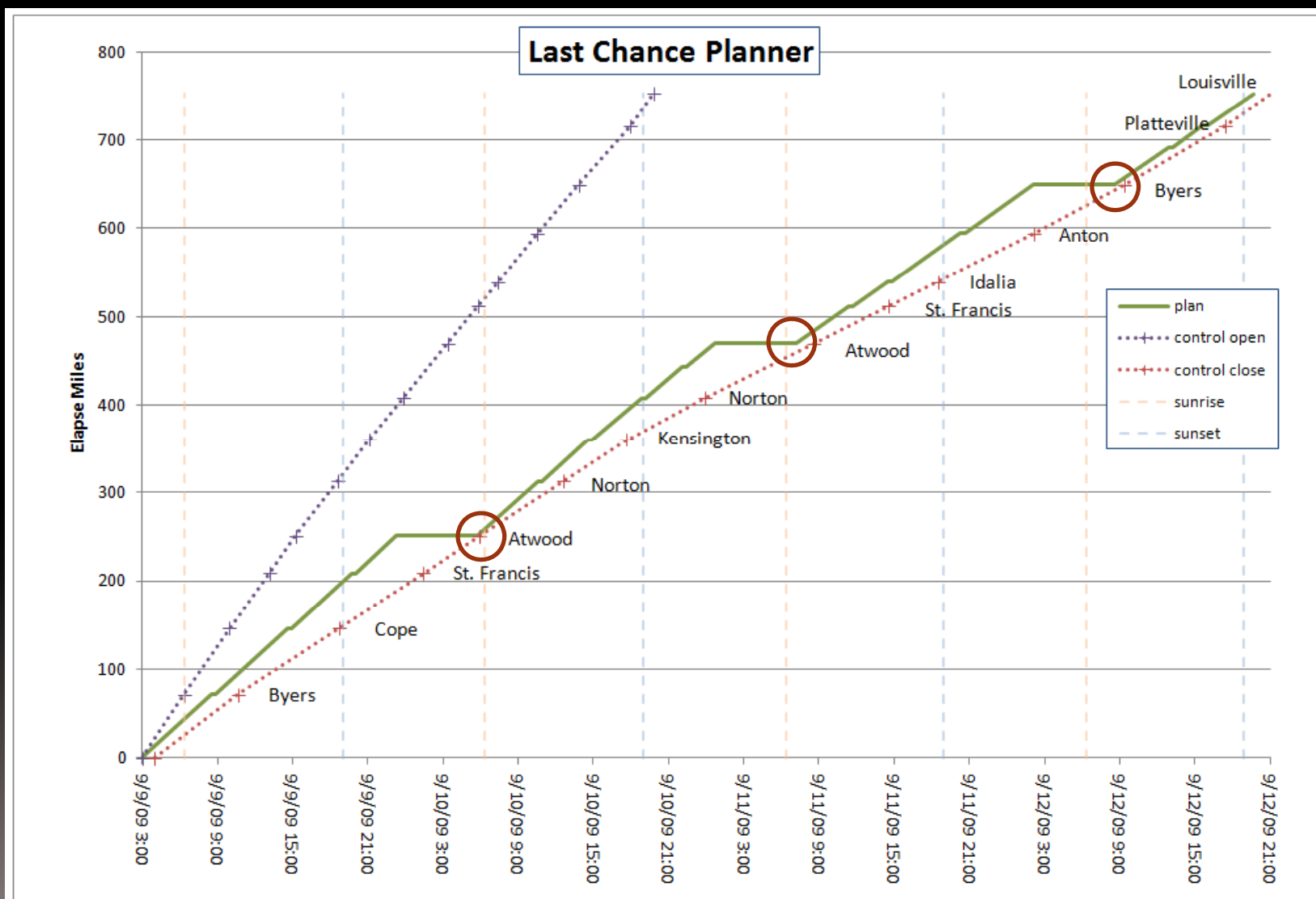
Spreadsheet planners

- ☐ Plan and visualize your ride
- ☐ Note ride progress
 - ▣ versus store hours
 - ▣ versus sunrise and sunset
- ☐ Establish fallback plans
- ☐ Determine intermediate times that meet overall goals
- ☐ Define shared expectations for a group
- ☐ Coordinate with support

Spreadsheet – Last Chance 2009

Last Chance		1200k	All times in time zone of start/finish (MDT)									
	Control	Elapse	Leg	Leg speed	Time off bike	Leg time	Cum time	Arrive	Layover	Depart	Control Open	Control Close
		miles	miles	mph	h:mm	h:mm	hh:mm		h:mm			
	Louisville	0.0		13.0	0:00	5:28				9/9/09 3:00	9/9/09 3:00	9/9/09 4:00
	Byers	71.2	71	13.0	0:00	5:46	5:28	9/9/09 8:28	0:20	9/9/09 8:48	9/9/09 6:22	9/9/09 10:38
	Cope	146.2	75	13.0	0:00	4:49	11:34	9/9/09 14:34	0:20	9/9/09 14:54	9/9/09 9:59	9/9/09 18:41
c	St. Francis	209.0	63	13.0	0:00	4:49	16:44	9/9/09 19:44	0:20	9/9/09 20:04	9/9/09 13:08	9/10/09 1:25
bc	Atwood	251.0	42	13.0	0:00	3:13	20:18	9/9/09 23:18	6:30	9/10/09 5:48	9/9/09 15:15	9/10/09 5:55
c	Norton	313.0	62	13.0	0:00	4:46	31:34	9/10/09 10:34	0:20	9/10/09 10:54	9/9/09 18:35	9/10/09 12:34
c	Kensington	360.3	47	13.0	0:00	3:38	35:32	9/10/09 14:32	0:20	9/10/09 14:52	9/9/09 21:07	9/10/09 17:39
c	Norton	407.6	47	12.0	0:00	3:56	39:49	9/10/09 18:49	0:20	9/10/09 19:09	9/9/09 23:47	9/10/09 23:53
cs	Oberlin	442.6	35	12.0	0:00	2:55	43:04	9/10/09 22:04	0:20	9/10/09 22:24	s	s
bc	Atwood	469.6	27	12.0	0:00	2:15	45:39	9/11/09 0:39	6:30	9/11/09 7:09	9/10/09 3:21	9/11/09 8:37
c	St. Francis	511.6	42	10.0	0:00	4:12	56:21	9/11/09 11:21	0:20	9/11/09 11:41	9/10/09 5:46	9/11/09 14:32
	Idalia	539.6	28	10.0	0:00	2:48	59:29	9/11/09 14:29	0:20	9/11/09 14:49	9/10/09 7:23	9/11/09 18:29
	Anton	594.4	55	10.0	0:00	5:28	65:18	9/11/09 20:18	0:20	9/11/09 20:38	9/10/09 10:32	9/12/09 2:12
b	Byers	649.4	55	10.0	0:00	5:30	71:08	9/12/09 2:08	6:30	9/12/09 8:38	9/10/09 13:49	9/12/09 9:23
s	Keenesburg	691.5	42	10.0	0:00	4:12	81:50	9/12/09 12:50	0:20	9/12/09 13:10	s	s
	Platteville	716.1	25	10.0	0:00	2:27	84:38	9/12/09 15:38	0:20	9/12/09 15:58	9/10/09 17:56	9/12/09 17:26
	Louisville	753.0	37	10.0	0:00	3:41	88:39	9/12/09 19:39			9/10/09 19:46	9/12/09 21:00
b: bag drop						Time Limit:	90:00					
c: local time is CDT (MDT + 1h)												
s: not a control											Informational	

Spreadsheet – Last Chance 2009



RIDE PLANNING

Keys to success

- Limit time off bike
 - Eat on the bike, eat off the bike
 - Control efficiency
 - Catalog what you need during the approach mile
 - Food, beverage, clothing, lighting, equipment, hygiene, ...
 - Communicate expectations with group
- Sleep stop = eat, shower, eat, sleep, eat
- Know your needs
- Know your backup plan

PACKING

BREVET PACKING LIST									
			starting gear						drop bag(s)
Ne	Pa	Ch	repair kit				Ne	Pa	Ch bike repair
2			tubes				2		tubes
1			3mm, 4mm, 5mm, 6mm				1		tires
1			chain link						bolts (chainring, seat clamp, water bottles)
1			chain tool				1		chain lube
1			fibre fix w/ spoke wrench						strapping tape
2			tire levers						batteries
0			tube sealant (Vittoria Pit Stop)				0		tube sealant (Vittoria Pit Stop)
y			pills (ibuprofen, endurolytes, salt, caffiene)						pills (ibuprofen, endurolytes, salt, caffiene)
y			patches, glue, sandpaper, tire boot				2		water bottles
1			Torx T25						
2			safety pin						
			personal						personal
y			\$				1		sunscreen
y			ID, credit card, medical insurance card				1		lip balm
1			cell phone				3		cue sheets (extras)
2			cue sheets				3		maps
2			maps				1		eye drops
1			control card				1		toothbrush & paste
4			zip locs				1		spare glasses
1			pencil						tissues
1			helmet light (fresh batteries)				1		plastic bags, laundry bag
1			dark lenses				1		Lantiseptic butt balm
1			lens cloth				1		ear plugs
1			sunscreen				0		eye shade
1			spare headlight w/ batteries				1		eyeglass cleaner
			clothes						clothes
1			rain jacket				3		shorts



TRAINING

Goals and Abilities

TRAINING TARGETS

- Multi-Day Baselines
 - 200 miles per day
 - “7 hours per century” – Lon Haldeman
 - 14.3 mph
 - Average goes down about 1 mph for each step in the brevet sequence (200k, 300k, 400k, 600k, 1200k)
 - 1.5 hours per REM cycle
 - 2 to 5 cycles per night
 - Daily breakdown
 - Sleep stop of 5.5 hours: 4.5 hours = 3 REM cycles
 - 5 stops, 20 minutes each
 - 16.8 hours rolling @ 12 mph = 200 miles
 - 6 sections: each as 34 miles in 2.4 hours

TRAINING

- Speed with endurance
 - ▣ Long intervals
 - 10 to 30 minutes on; 3 to 5 minutes off
 - 5x repetitions
- Be fast at zero mph
 - ▣ Time control stops
 - 10-minute stops instead of 0:30 can be 1.5 mph!
 - ▣ Time non-sleeping time at overnight controls



KNOW YOURSELF

"Ninety percent of this game is half mental."
Yoggi Berra


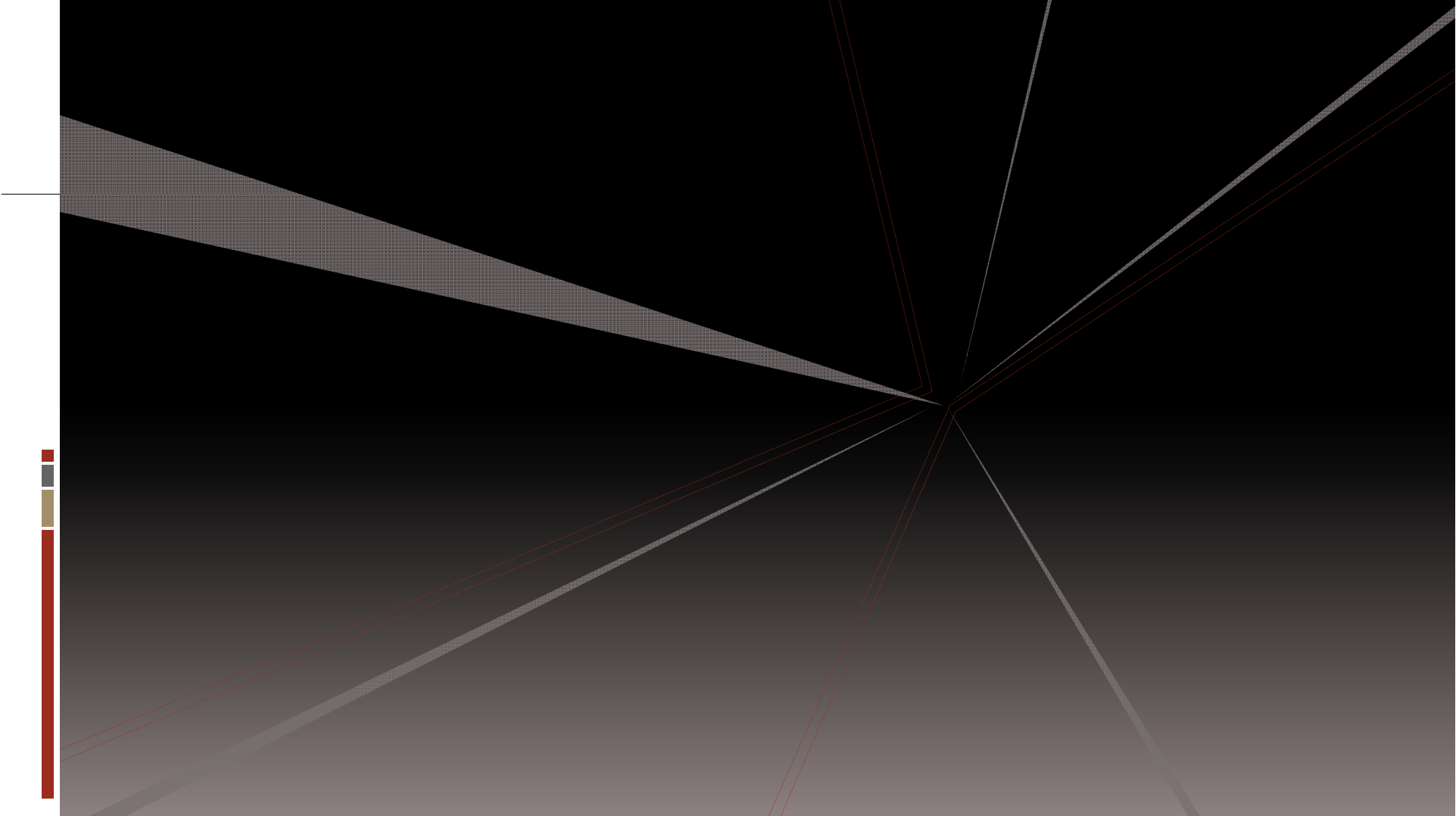
KNOW YOURSELF

- What do you need to eat and drink?
 - *Sugar, salt and water?*
- How much sleep do you need?
 - *3 hours per night?*
- How fast can you ride?
 - *13 mph may seem slow when you are fresh*
- Who are you when it's just you?



QUESTIONS & ANSWERS

From April 10, 2012 seminar





Q & A

- How do you achieve comfort on the bike for endurance riding?
- What equipment is or is not allowed in randonneuring?
- How much do you need to train?



Q & A

- How do you achieve comfort on the bike for endurance riding?
 - Contact points
 - Bars – use many hand positions, maybe aero bars
 - Saddle – personal preference; leather (sling) for some
 - Feet – big shoes, be ready to cut out toes; sandals for some
 - Body positioning; core strength; flexibility
 - Mental game – don't focus on pain

Q & A

- What equipment is or is not allowed in randonneuring?
 - Allowed
 - Any human powered vehicle is allowed
 - Tandems, recumbents, trikes, ...
 - Any street legal equipment
 - Aero bars, fairings, ...
 - Disallowed
 - Headphones and earbuds
 - Required
 - Helmets

Q & A

- How much do you need to train?
 - Endurance training – 3+ hour rides
 - Speed/strength/power – intervals and fast groups
- Feldman's minimal schedule
 - 3 weeks "on" followed by 1 week "off"
 - On weeks:
 - One long ride, increasing from winter to event
 - One interval ride
 - One group ride
 - Season to taste