



**Tour de Youth General Information Package**

**April 8-13, 2018**

## **Welcome to the Tour de Youth Cycling Event**

Before embarking on a serious training program, it is a good idea for everyone to get checked out by their doctor to address any current or potential physical problems.

Tour de Youth is NOT a race. It is an experience that will challenge you physically, mentally, and emotionally. For most, riding with Tour de Youth means riding every mile. We understand and appreciate the dedication and support you invest in your goal, 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 riding every mile you can while remaining healthy and injury-free.

Tour de Youth are not about how fast you can go, but rather about how to ride with a group. You can ride alone at home, but on Tour de Youth, we ride in groups. You will find a group of riders that will work at close to 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), to get to know other riders, and most important of all, to have a support vehicle with you.

If you are alone, you will NOT have any support with you. Support vehicles carry spare wheels, tool kits, first aid, drinks and snacks. They also provide protection if you need to stop for a 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. Tour de Youth 2018 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 Briefing each day which will give you details on changes, points of interest along the route and dinner plans for that particular day.

### **What you will receive:**

T-shirt  
Health Campus 2020 goodie bags

### **SUGGESTED PACKING LIST:**

Bike  
Cycling ROAD Shoes  
Helmet  
4-6 Jerseys  
4-6 shorts  
Cycling gloves  
Cooler clothing (light/rain jacket)  
Chapstick  
Any prescription medications  
Hygiene/shaving kit  
2-3 casual khakis/nice jeans/shorts shirts

Swimsuit  
Socks  
Camera  
Sunglasses  
Sunscreen

**Luggage:** 1 large suitcase and 1 small backpack

**If you have an accident during the ride:**

1. First aid in each support vehicle
2. Alert Caregivers / Medical on the ride
3. Call 911 if directed by Medical Staff

**Expected Weather**

Partly cloudy, possible rain showers, 54-75 degrees

**While Riding:**

- I. Wear a helmet for every ride
- II. Conduct a Quick Check before every ride
- III. Obey traffic laws: ride on the right, slowest traffic farthest to right
- IV. Ride predictably and be visible at all times
- V. At intersections; ride in the right-most lane that goes in your direction
- VI. Scan for traffic and signal lane changes and turns
- VII. Be prepared for mechanical emergencies with tools and know-how
- VIII. Control your bike by practicing bike-handling skills
- IX. Drink before you are thirsty and eat before you are hungry
- X. Have fun

**Rules of the road**

Cyclists fare best when they act and are treated as drivers of vehicles

- Obey all traffic signs and signals
- Ride in the same direction as other traffic
- Use hand and arm signals
- One hand on the handlebars
- Effective brakes

**Efficiency on the Bike**

- Use lower gears
- Most beginning cyclists push too big 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

**Helpful tips:**

- 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
- 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 elbows, stretch your neck while riding

### **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 stroke

### **Skip the soft shoes**

- Soft-soled shoes absorb pedaling energy and slow you down
- Stiff-soled cycling shoes help you transfer more energy to forward motion
- Toe clips and clipless pedals attach your foot to the pedal which increases efficiency

### **Red light, green light**

- Restarting from a stop uses more energy than a slowing and not stopping
- Time it so that you hit the intersection on green so you don't have to stop
- Make sure that you are aware of how your actions affect other vehicles around you

### **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 and get some fluids

### **Hotel Information for #1 Route: ~~\*\*~~(Hotels are subject change)**

Hotels: Route details

**April 8, 2018**- Beaumont, Texas -

**April 9, 2018**- Sulphur, LA-

**April 10, 2018**- Lafayette, LA-

**April 11, 2018**- Morgan City-

**April 12, 2018**- Gonzales-

**April 13, 2018**- New Orleans-

Route: **(6 Days) (Route is subject to change)**

Day 1-Houston to Beaumont- 88.5 miles

Day 2-Beaumont to Sulphur- 92.2 miles

Day 3-Sulphur to Lafayette- 101.4 miles

Day 4-Lafayette to Morgan City- 89.9 miles

Day 5-Morgan City to Gonzales- 85.5 miles

Day 6-Gonzales to New Orleans-81.0 miles