

Training for your **big weekend**



Get Back in the Saddle

Have you rode your bike since Tour de Pink? If you have not, get back in the saddle! See below for a few encouraging words and tips about restarting your cycling.

“It’s not what you ride, but THAT you ride. It’s not how fast you go, it’s about ENJOYING the ride. It’s not when you started riding, but continuing to ride each day. “

Back to the Future!

Do not dwell in the past. If you can’t ride your personal best time, do not fret! Be realistic about realigning your targets and cycling goals.

“When muscle and machine connect, extraordinary things happen!”

Set New Goals!

Set yourself an achievable goal, when you have a goal to work towards you’re much more likely to train rather than having nothing to train for. Let that goal be riding a century in Tour de Pink!

“I don’t know if it’s illegal to be handsome and ride a bike at the same time, but whatever, I live dangerously.” Be dangerous! Get on that saddle!

Join a Bike Club or Start a Ride Group!

Gain encouragement from fellow riders, whether it is at a cycling club or getting together a group of friends to start a Saturday morning ride tradition.

“If you wait for the perfect conditions, you’ll never get anything done.”

Have your Bike Checked by Experts!

If you have not gotten on your bike in a few months, have your local bike shop ensure that all parts are running properly. Have your helmet checked out at the bike shop as well!

“You don’t quit riding your bike because you get old, you get old because you have quit riding your bike.”
Axel Reichertz

Go For it!

At the end of the day, if you want to ride again, get back in that saddle and go!

“Life is like riding a bicycle. In order to keep your balance, you must keep moving.” *Albert Einstein*



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