



Cyclists' Complete Information Packet

Cycle of Service (CoS)

Dear Cyclist,

Welcome to Alabama Rural Ministry's Cycle of Service! Get ready not only to help those in need but to also push yourself to a higher level of service. This packet will help you prepare. Should you have any further questions, concerns, ideas, or jokes, please do not hesitate to contact me via email at cycle@arm-al.org or Lisa Pierce at lisa@arm-al.org. Or call the ARM office at (334) 501-4276.

See you on the ride!

Lisa Pierce
Executive Director

P.S. A special thanks to the Fuller Center as we used much of their information to complete this manual.



Here we go!

Contents

Safety.....	3
Frequently Asked Questions.....	4
Fundraising Guide.....	10
Suggested Packing List.....	17
Age Policy.....	19
Biking Training Plans.....	20
Biking Nutrition.....	21
Rider Sponsor Form.....	24

Safety

Your safety is most important. Every activity has its hazards. Cycling is no different. On our trip, we will spend the majority of our time on public roads with automobile traffic, so special caution is needed throughout. You should have no fear of riding, however, as we will abide by all laws and common-sense safety practices.

A good bike and appropriate safety gear are the main equipment needed for this ride. Please see the gear checklist at the end of this packet to ensure you have all the items you will need for a successful ride.

A bike helmet must be properly worn during the ride. If your helmet becomes damaged or otherwise unfit during the event, the cyclist will be required to abandon the event.

Take time to read some tips online. These links will help get you started:

<http://www.bicyclesafe.com>

<http://www.biketcbc.org/tips/bt-group-riding.htm>

<http://www.bikexpert.com/streetsmarts/usa/chapter7a.htm>

Frequently Asked Questions

A. Pre-ride questions

1. Alabama Rural Ministry is a Christian organization, but I don't consider myself Christian. May I still participate in the Cycle of Service?
2. How much training do I need to do?
3. What kind of shoes/equipment do I need?
4. Do I need to be a super-avid rider?
5. How do I get to my starting point / home from my end point?
6. How much luggage or gear can I bring with me?
7. Do you need or have anyone not riding to serve as a support staff?

B. Ride Logistics

8. Will there be a support vehicle?
9. Who drives the support vehicle?
10. Where do we stay at night?
11. How far do we go per day and how fast do we ride?
12. How many of the meals are provided? What do we eat?
13. Are there chores or other responsibilities?
14. What do we do about showers?
15. What happens if I am unable to complete one of the day's rides?
16. How much free time will we have?
17. What do we wear during the ride? Can I wear my own jersey?
18. Do I have to stay the nights with the group or can I just find local hotels?
19. How can people stay in touch with me during the ride?

C. Fundraising / Costs

20. What's the cost and how much do I have to raise?
21. How much should I expect to spend along the trip?
22. How do we send in and get credit for our donations?
23. Are donations tax deductible?
24. How will I know who has donated for me and how much I have raised?
25. Where does the money we raise go?
26. How will I ever be able to raise all that money?

A. Pre-ride questions

1. Alabama Rural Ministry (ARM) is a Christian organization, but I don't consider myself Christian. Am I welcome to participate in the ride?

Absolutely. While ARM is unashamedly Christian, we welcome all people regardless of faith to support and participate in our work, and we place no religious requirements on our beneficiaries. One should note, however, that for the sake of community all riders are expected to at least be present for a number of faith-based aspects of the trip, such as morning devotions, prayer before meals, etc. As such, riders should at least be comfortable with these types of activities and surroundings.

2. How much training do I need to do?

This is a personal decision that depends upon personal athleticism, fitness, riding experience, and endurance. Training can be many forms of cross training activities that include riding on a road or a stationary bike (other forms of leg exercises and cardio workouts will help as well). You do not need to be superman or a college athlete to complete this kind of ride, but you do need to get yourself into good physical condition. The main goal is to prepare your muscles for several hours of riding on a daily basis. Please see our Training Guide for more helpful information.

3. What kind of equipment do I need?

For those riding for any extended period or the whole way, it is **strongly** recommended that you have a road bike. A road bike's thin tires and lightweight frame will help you keep up with the rest of the pack, and it enables us to share standard road bike parts (tires, tubes, etc.). Shorts need to be athletic and breathable. Anti-wicking shirts will keep your upper body dry.

If you do not own a road bike, a good, basic one can be purchased new for about \$500 or used for around \$200. You can always ask around to see if someone will let you borrow theirs.

4. Do I need to be a super-avid cyclist?

Well, you mainly need to have built yourself up to ride several hours a day. If you are comfortable and have trained to bike 150 miles in a weekend, you should do fine. There will be a blend of "hard core" and others who ride more recreationally. Some of our riders have had little experience riding great distances but have a regiment of physical exercise.

5. How do I get to the starting point/home from my end point?

Our bike ride start point is York, AL and ends at the 14th street bridge in Phenix City. If there is inclement weather, we will arrange to end at Trinity UMC. Riders have the option to ride back to Auburn, but this will be an unsupported ride and no longer under the auspice of Cycle of Service. The routes for each day are found on our website. There is a shuttle that will take riders and their gear from Auburn to York. The shuttle leaves from Auburn United Methodist Church on Thursday at 5:30pm. There is free parking at

the church. Including a stop for dinner, the shuttle should arrive in York at approximately 9:00pm. If riders need to return to Auburn during the event, please contact the ride director for specific transportation needs. * Thursday night dinner is not covered by ARM.

Addresses of locations:

Auburn United Methodist Church 137 S. Gay Street Auburn, AL. 36830

York Mennonite Church (formerly York Presbyterian Church): 305 Main St, York, AL 36925

Memorial UMC: 2150 Broad St, Selma, AL 36701

Tuskegee UMC: 401 S. Main Street Tuskegee, AL. 36083

14th Street Bridge Phenix City OR

Trinity UMC Phenix City 1600 5th Ave, Phenix City, AL 36867

6. How much luggage/gear can I bring with me?

Please keep your items simple. Space in our support trailer is tight, so unless you want to strap it to your back (not recommended), each rider should bring only one small duffel bag plus bedding. (See suggested gear list later in this manual)

Two exceptions to the one-bag rule:

- 1) A guitar for worship music. Please email lisa@arm-al.org if you are musically inclined and would like to bring your guitar.
- 2) A separate case/bag is permitted for laptop computers.

7. Do you need or have anyone not riding a bicycle to serve as support staff?

The Cycle of Service will provide support for the riders. However, you may have your own personal support. If you choose this option, then please contact the ride director.

B. Ride Logistics

8. Will there be a support vehicle?

Several support vehicles will follow each group of riders to provide support and supplies (water, Gatorade, and snacks). A support vehicle pulling a trailer will carry individual and group gear. See the answer to Question 6 for baggage size limits.

9. Who drives the support vehicle?

Volunteers drive support vehicles. If interested, then contact the ride director.

10. Where do we stay at night?

Generally, nights are at dorms or churches and are included in the registration costs.

Bring bedding for sleeping on beds and the floor.

Thursday night: York Mennonite Church, York, AL. Sleep on the floor. There are male and female bathrooms. (No shower facilities).

Friday night: Memorial United Methodist Church, Selma, AL. Sleep on floor-church pew cushions are available. Showers at National Guard Armory (these are large open showers).

Saturday night: Alabama Rural Ministry facilities, Tuskegee, AL. Beds and traditional bathrooms.

11. How far do we go per day and how fast do we ride?

Distances are 80-100 miles per day. We do not ride as a giant pack all day every day; riders are free to ride alone (but not alone at the back) or to break up into groups as they choose. We try to regroup at rest stops. In order to keep the group together and advancing at a reasonable pace, riders should average **at least** 15 mph and be able to go 15 miles without long rests. Expect hills throughout the ride. Some can be pretty challenging—just remember you also get to go down—the fun part!

12. How many of the meals are provided? What do we eat?

Meals are prepared and served by generous hosts. Breakfast typically consist of cereals, bagels, bananas, and other simple foods. Dinners are filling with high carbohydrates, fat, and calories (pizza, spaghetti, bar-b-q). We cover breakfast and dinner on the trip except for Thursday night if you are shuttling with us.

You should be prepared to purchase lunch each day. However, past events have been able to schedule hosts to provide lunch. If we buy lunch, Subway is a popular choice.

If you have dietary restrictions, then please contact the ride director for specific arrangements.

13. Are there chores or other responsibilities?

Yes. In preparing mentally for an event like this, the team aspect can be easily overlooked. To reach our goal, however, we need to work together to divide and conquer the task before us. We will mostly work together to keep our sleep sites and the trailer clean and organized. We will help set up and clean up after meals.

14. What do we do about showers?

The National Guard Armory in Selma on Friday has showers. On Saturday, we will use the Methodist parsonage in Tuskegee. The showers at the armory on Saturday night are open with no stalls. You may want to bring a bathing suit, which is included on the packing list. Please let us know if this presents any issue.

15. What happens if I am unable to complete one of the day's rides?

No problem, the support vehicle will pick you up. We will not abandon you!

16. How much free time will we have?

How much time you have for relaxing, exploring, etc., depends on a number of factors: the length of the day's ride, the speed at which it is completed, the number and length of

rest stops along the way, how many pictures we stop for, etc. The majority of each day is spent cycling. Evenings bring group activities like dinner, chores, etc. Since this is a relatively quick trip, our days are packed.

17. What do we wear during the ride? Can I wear my own type of shirt?

As part of the registration fee riders will receive one ARM t-shirt that you are welcome to wear. Keep in mind cotton in the summer may get wet but will keep you cool. You can also wear anti-wicking shirts that will keep moisture off. You are on your own for shorts. (On Saturday night, we will have access to a washer and dryer). We would like to look like a team as much as possible, but we want you to be comfortable. Cycle of Service jerseys and arm warmers are available for purchase on our website.

18. Do I have to stay the nights with the group or can I just find local hotels?

Riders should stay with the group to allow for seamless communication among the team and to foster community spirit. Hotels rooms are available at your expense. You must provide your transportation if choosing this option. Please be prepared to participate with the scheduled nightly activities before going to your hotel.

19. How can people stay in touch with me during the ride?

The trip riders will be able to post to a trip blog this summer, which will be prominently linked from our <http://www.cycleofservice.arm-al.org> website. Tell all your supporters to check in throughout the ride and post comments of encouragement! Plus, we encourage you to develop an email list, [Facebook post](#), Instagram or other Social media to keep your friends and supporters updated. We will keep you posted as the day nears. As a note, the internet can be spotty in west Alabama.

C. Fundraising / Costs

20. What's the cost and how much do I need to raise?

The registration covers the basic expenses of the event. Registration pays for the following:

- Transportation from Auburn to York.
- Rooms for Thursday to Saturday night.
- Breakfast and dinner on Friday to Sunday.
- Event shirt and water bottle.
- The priceless feeling of accomplishment after you finish the ride.

Each rider sets their own fundraising goal. Our team goal is \$25,000! We encourage you to raise \$400 for each day you ride. Think big and raise a lot of money for this great cause.

The Saturday Century is a \$65 ride fundraising optional. If you paid \$195 for the 3 day ride, you do not need to fundraise.

Spin classes, stationary cyclists, and virtual riders pay a \$35 registration. You set your own fundraising goal and we recommend \$200.

21. How much should I expect to spend along the trip?

Individual costs along the trip should be relatively low. We try to make it as affordable for you as possible to complete the journey. Your biggest personal expenses involve transportation to/from the starting and ending point and your personal bike-related purchases, such as spare socks, 1st aid materials, etc.

22. How do we send in and get credit for our donations?

There are four main ways to collect donations:

1) Upon registering, you will be sent a link to set up a peer-to-peer (P2P) fundraising page run through our donation platform, Network for Good. This page will allow you to contact friends and family through social media and keep your supporters up to date on the ride and our progress.

“What if I don’t like/use social media?” No worries. See the next step below.

2) A sponsor tracking form is included at the back of this packet to keep track of your pledges or sponsors if you choose not to set up the P2P form. If you have a business or corporation that wants to sponsor you and be listed as a corporate sponsor, you can also send them the attached form. For corporate sponsors, there is a deadline for these if they want to be listed on our t-shirt and banner. Please see the corporate sponsor letter and form for details.

3) Potential sponsors can make a pledge and donate once the ride is complete. Pledges can be listed on your peer-to-peer form. On a mobile device, the Donate Now button will accept a pledge. Finally, your sponsors can also email nancy@arm-al.org to register a pledge on your behalf. These will be tracked and sent to you. Pledges can be paid online or by sending a check to ARM.

Checks should be made payable to “Alabama Rural Ministry” with “riding – [rider’s name]” in the memo section of the check and mailed to:

Alabama Rural Ministry
Attn: Cycle of Service
P.O. Box 2890
Auburn, AL. 36831

4) Text to give option. Two weeks before the ride and one week after, we will have a text to give number set up.

23. Are donations tax deductible?

Absolutely. Alabama Rural Ministry (ARM) is a 501(c)(3) organization. All contributions that we receive are deductible against federal income taxes. Please note that

we can only send the recognition receipt to the writer of the check we receive. ARM will send a receipt and donation recognition for any amount \$10 or over. We encourage you to thank your supporters more personally.

24. How will I know who has donated for me and how much I have raised?

We will send out weekly donor reports once your donations start coming in. As the ride draws closer, we will generate more frequent reports.

25. Where does the money we raise go?

Monies received are used to continue our efforts to strengthen families and create sustainable homes.

26. How will I ever be able to raise all that money?

You can do it! And we can help. Download our fundraising help packet online, email lisa@arm-al.org for Fundraising Tips.

Fundraising Guide

Part 1: FAQ's

- ☐ Fundraising FAQ's.....11

Part 2: Advice

- ☐ Three common barriers.....12
- ☐ Ten principles for fundraising..... 13

Part 3: Toolkit

- ☐ Sample fundraising letter with letterhead.....15

Fundraising 101

See how that breaks down? Fun!!!! That's the key—raise up some fun!

Three Common Barriers

You just signed up for ARM Cycle of Service, and now you must raise hundreds of dollars and the whole trip has to raise \$25,000. What now? You get that tight feeling in your stomach and the overwhelming, “What Have I Done?” But it's ok...just relax...really...it's going to be ok.

Now, let's take this one step at a time...we can start to address the issue head on.

**We learned these principles from our friends at the Fuller Center for Housing:*

Barrier 1: But I don't WANT to raise all that money! I don't want to ask for money.

Many people dread fundraising, and they don't even know why. By telling about your upcoming exciting journey and asking for sponsors, you are giving those who cannot ride the opportunity to *participate* through giving. Supporting good work can be a source of joy that will inspire, challenge, and uplift those who hear about your plans. Since no one gives except by their own choosing, fundraising is a win-win for both the rider and the donors. It's a chance to share about the good things for which God is using you and an invitation for them to be a part of God's work—using the resources God has entrusted to them. Best of all, the results of all this can have life-changing effects for families in dire need.

Barrier 2: Yeah, but I still feel bad asking people for money.

Don't feel bad, get glad! Remember why you are riding: helping kids and families whose living conditions are enough to break anyone's heart. Ours is the work of opening human hearts and inspiring generous living, and it is a joyous thing. When people are inspired and there is a tangible reason for giving—they can be very inclined. As an interesting fact, churchgoers on average give about 3% of their income away—far short of even the 10% minimum “tithe” set in the Old Testament. Without judging any individuals, we are helping people in the richest nation on Earth respond to God's call to generously share their bounty.

Barrier 3: Ok, but how do I go about raising that kind of money?

We trust that God will provide for us when we do all that we can with our own efforts. To help you with those efforts, we are sharing with you these 10 principles:

Ten Principles for fundraising

Principle 1: ASK!

Ask and you will receive—don't ask, and you won't receive! No one can support you if they do not know what you are doing. It pays to ask. As Millard Fuller, founder of Fuller

Foundation for Housing, once said, “We tried asking and we tried not asking, and we always got more when we asked.”

Principle 2: Ask EVERYONE

Write down everyone you know—go back to grade school, churches you have attended, old jobs, teachers, your Uncle Joe—everyone. This is your chance to invite all of them to participate in the Lord’s work in this way and to help people who really need it.

You may want to ask someone to ride on the trip with you, even for a day. If they say no, then you can ask them to at least sponsor you. Relieved that they don’t have to ride, they usually can’t wait to do the “easy part” and just write a check. You can help them to think big by telling them about our \$25,000 goal and your personal goal.

Principle 3: Learn

Learn all you can about ARM and our exciting work. Check out our website (www.arm-al.org) and the history of how ARM started. It will help you talk confidently about the dynamic organization you are supporting. Once you register, we will send you a few brochures about the ride and ARM you can use.

Principle 4: Get creative

For most people who fundraise for something like this, writing letters are their bread-and-butter. When writing your letters, consider asking them to sponsor you for a certain town or at a certain level per mile, for instance at \$.25 for every mile. You can expand your efforts well beyond letter-writing. One story told of how a person went door-to-door, telling about her plans and handing out brochures, and she raised over \$4,000 in a single week. (Safety note: don’t go door-to-door alone.) You can use work out places and gyms to sponsor a day of cycling and receiving donations all day and getting the local newspaper to cover the story. You could then make copies of the newspaper story and use it when writing letters or asking people more personally. Start a Facebook group, host a game/sponsorship night, organize a fundraising event, etc. Use your imagination! But don’t feel above more traditional fundraisers like car washes, church donut sales, buying cake for a meet-and-greet sponsorship time after church, etc. Lastly, you can also take advantage of our corporate sponsor opportunities, listed in the “corporate sponsors” download on our website. If you find the sponsor, you will get the credit towards your goal. Just beware of the indicated deadlines.

Principle 5: Make it personal

When possible, tell someone about your trip in person or even over the phone. If you’re writing letters, personalize the first paragraph or write a short note on the bottom to let them know that this is a personal request, not a mass mailing. In addition, instead of simply saying that you are raising money to support a cause, you can make it personal by saying that, for instance, you are trying to raise \$1,200 so that you can sponsor one home rehab project in Alabama or \$750 to sponsor two children at our day camp.

Principle 6: Bounce back from “no”

If someone tells you “no,” what do you lose? Nothing. You probably don’t know the person’s personal financial situation or ability to donate, so thank them anyway, pick your head up, and go on to ask the next person.

Principle 7: No pressure sales needed

We aren’t trying to force people’s hands; we are giving them the opportunity to support us. Some people will receive a fundraising letter or hear about your trip in other ways and write you a note of encouragement without donating anything. No problem. I always send thank you notes and follow-up letters to anyone who contacted me with an encouraging word, regardless of whether they donated. In other words, if someone really can’t give, you understand—it’s not like your friendship is on the line here. And you never know—they may just donate at a later date.

Principle 8: Ask groups

Churches, civic clubs, Bible study groups, schools, local papers, athletic teams, school clubs, etc. Ask to speak briefly at one of their meetings about your trip, and who knows what the result might be. The group as a whole or some of the individuals might like to support you, or maybe even one of them would like to join you! At worst, you’ve just “spread the word” to that many more people.

Principle 9: Get referrals

This goes back to principal #1—ask! If you don’t ask for referrals, you probably won’t get them. If you’ve created your own flyer or hand-out, give a few extra to your supporters and ask them to spread the word. In our sample fundraising letter, we wrote in the P.S. (the most-read part of any letter) that we purposely sent them two brochures, because we would like them to tell one other person about our ride. This is a small concrete step that many of your supporters will be glad to do.

Principle 10: Say “Thank you!”

Your donors want to support both the cause and you personally. Be sure to say “thank you” for every gift, big or small. If you help them feel loved and appreciated, they will know that the money they entrusted to you was well placed. Do these things, pray real hard, and practice your “puppy dog eyes” when asking for money, and before you know it you may have raised more than you thought possible. If all else fails, call or email Lisa Pierce at ARM (334) 501-4276 or email at lisa@arm-al.org and we can talk it over. You can do it!



**P.O. Box 2890
Auburn, AL. 36831**

ARM Cycle of Service- Cycling With A Purpose....

Dear [Name],

[Date]

[Personalize opening sentences]. I am cycling 245 miles across Alabama over three days. Pretty crazy, right? But did you know that in Alabama, there are hundreds of elderly women and men living in houses that are not warm, safe, or dry? And because they are on fixed incomes averaging \$900 a month, making repairs is out of reach. Instead of a roof, there are pots and pans set out to catch water. Some homes have windows that are drafty and floors with holes. Living on fixed incomes makes simple repairs like fixing a toilet nearly impossible. I am riding because Alabama Rural Ministry (ARM) uses thousands of volunteers each year to help families receive vital repairs. They help make their homes warm, safe, and dry. My ride is going to help them raise the costs of materials like lumber, shingles, and dry wall for the groups.

I am inviting you to be a part of my plans for this May!! I have committed myself to making a difference. Through an event called Cycle of Service, I will ride 245 miles across the whole state of Alabama! It will support Alabama Rural Ministry (www.arm-al.org), a ministry in its 21st year of service that works to strengthen families and create sustainable homes by developing spiritual leaders deployed to transform communities!

From May 3-5, about 10-15 other riders and I will ride 245 miles going from Mississippi to the Chattahoochee River in Georgia. During the ride, we will be raising awareness about poverty housing. Our team goal is to raise \$25,000 and my personal goal is to raise [your goal]. That is enough money to repair a small home for an elderly family on a fixed income.

Would you sponsor me for the 245 miles I will ride? As you are financially able, perhaps you can sponsor me at ten cents a mile, fifty cents, a dollar, or even more per mile. It would mean so much to me and these families. I invite you to see more about our trip on our website, www.cycleofservice.arm-al.org and to follow us on [Cycle of Service's Facebook](#) page during the ride. Thank you in advance for your prayers for the team this April and for your help in repairing a home in Alabama! We will stay in touch.

With sincere appreciation,
[your name]



Alabama Rural Ministry
P.O. Box 2890
Auburn, AL. 36831
(334) 501-4276. www.arm-al.org

Dear Patron,

Alabama Rural Ministry (ARM) is sponsoring a bike ride across Alabama called Cycle of Service beginning May 3rd in York, AL, and ending May 5th in Phenix City. A few of us daring and brave individuals will be riding the entire distance, state to state approximately 245 miles. The purpose of the ride is to raise funds to help make homes warm, safe, and dry. ARM uses thousands of volunteers every year to help our elderly families, veterans, and others living on fixed incomes make critical repairs.

We will be riding 80-100 miles/day for three days. Our route will take us through Cuba, Selma, Tuskegee, and Phenix City. We are excited about all our ride will mean to our communities. Funds raised will help repair 40 more homes this year.

Our team has set a financial goal to raise \$25,000 used to strengthen families and create sustainable homes mainly through home repair in the Black Belt (a band of 13 counties stretching across our state). We hope that your business will consider being a sponsor of this ride. There are many ways a business can support us. Listed below are the tiers:

\$1000 and above Cornerstone Sponsor	Name or logo on magnets and banners for our support vehicles and on everything below
\$500	Company logo on our t-shirt and web site
\$250	Company Name listed on our shirt and website.

If you would like to sponsor in one of the categories or in another way, please fill out the attached sheet and send back to us. The Cornerstone sponsorships are due on 4/5/19. All other sponsorships are due on 4/15/19.

If you have any questions, please let us know.

Thanks so much,

Lisa Pierce Executive Director



Alabama Rural Ministry Corporate Sponsor Form:

Name of Business_____

Address_____ City_____

State_____ Zip_____ Phone_____

Type of Sponsorship_____

Amount enclosed: \$_____

Please include a copy of your logo or email us a PDF of JPEG file of your logo

Remit to P.O. Box 2890
Auburn, AL. 36831
lisa@arm-al.org
(334) 501-4276

Suggested Gear List

Each rider can bring one (1) carry-on size duffel bag.

Ordinary Clothing:

- ☐ 3 pairs underwear
- ☐ 2 T-shirts
- ☐ *Women:* 3 sports bras, 1 non-sport
- ☐ 3 pairs socks
- ☐ 2 pairs shorts
- ☐ 1 pair of pants (jeans, etc.)
- ☐ Sandals / flip-flops (use for shower shoes)*
- ☐ Sweater/Sweatshirt
- ☐ Pajamas+
- ☐ Hat or cap+
- ☐ Bathing suit

Riding Clothing:

- ☐ 3 pairs cycling shorts*
- ☐ Cycling clip-in shoes*
- ☐ 3 pairs athletic socks (not cotton)
- ☐ Rain jacket*
- ☐ Items for cooler riding*

Personal Items:

- ☐ Toiletries
- ☐ Sunscreen
- ☐ Quick-dry towel
- ☐ Camera+
- ☐ MP3 player / iPod (not for use while biking)+
- ☐ Book or journal
- ☐ Gold Bond powder
- ☐ Foot powder

- ☐ Cell phone* and charger
- ☐ Personal Laptop+

Personal Equipment:

- ☐ Sleeping bag
- ☐ Thermarest air mattress
- ☐ Sunglasses
- ☐ Flashlight or headlamp
- ☐ Shower bag
- ☐ Sheet/light blanket
- ☐ Pillow+

Riding Equipment

- ☐ Road Bicycle*
- ☐ Helmet (100% Required)
- ☐ Air pump for bike*
- ☐ Water bottles
- ☐ Cages for bottles
- ☐ 3 tire levers
- ☐ Spare tires
- ☐ Patch Kit*
- ☐ Rearview Mirror
- ☐ Multi-use bike tool
- ☐ Bike lock
- ☐ Spare tubes
- ☐ Seat bag*

*** Very strongly recommended for those joining us for long distances**
+ An optional extra

Tips for “making it fit” and “making do”

- ☐ Ask yourself two questions: What are the chances I will need this? And unless I am sure I will need it, could I easily pick it up along the way?
- ☐ Our packing list is conservative, listing more than you may actually need.
 - Planning to wear sandals each night? Just bring 3 pairs of socks for each days ride.
 - Don't mind wearing a t-shirt more than one day? Just bring one. (We give you another when you arrive.)
 - Wear ordinary clothes (shorts, t-shirt) in place of pajamas.
- ☐ Use a “soft” bag rather than a hard suitcase. Not only will it make it easier when you have to haul it to/from the host site each day, but it seems one can always squeeze one thing more into one of those soft bags.
- ☐ Substitute a sheet and dense blanket for a sleeping bag.
- ☐ If you're bringing a pillow, bring a camp pillow that can be put into a stuff sack, or one that you can inflate and deflate in your bag.
- ☐ Limit toiletries to what's really needed.
 - We are bikers, not beauty queens (besides, the sun will aid us with nice tans), so it is safe to leave the deluxe make-up kit and blow-dryer behind.
 - Use smaller travel-sized items, as you can re-stock along the way as needed.

Age Policy

With the ride's inherent hazards and our event's tight communal living quarters day after day following long rides, we have prayerfully instituted an age policy for our trip.

Riders under 18 may participate if accompanied by their parent/guardian. However, we urge participants choosing to do so to use special caution and to be prepared to offer their own support vehicle as needed. As for anyone, experience and training for riding a distance similar to the one they are undertaking is a plus.

Riders 18+ are encouraged to join us as they are able!

CYCLING TRAINING PLANS

The Internet is full of great cycling plans that can help you get on your way to meeting your fitness goals. Here are two or search for another. The main goal is to get on your bike and ride.

8 Week Training Plan								
	M	T	W	Th	F	Sa	Su	Total
Intensity	Pace	Rest	Pace	Off	Brisk	Pace	Pace	
Week 1	5	Rest	7	Off	9	20	15	56
Week 2	10	Rest	10	Off	10	25	18	73
Week 3	11	Rest	11	Off	11	30	20	83
Week 4	12	Rest	12	Off	12	35	22	93
Week 5	13	Rest	13	Off	13	40	24	103
Week 6	14	Rest	14	Off	14	45	29	116
Week 7	15	Rest	15	Off	15	50	34	129
Week 8	10 Easy	Rest	10	Off	10	30	5 Easy	65
Rest - Rest or take an easy spin for not more than 10 miles.								
Easy - You'll barely break a sweat.								
Pace - The speed you want to maintain during your bike event.								
Brisk - 2 to 5 mph faster than you plan to ride on your bike event								

12 Week Training Plan								
Week	M	T	W	Th	F	Sa	Su	Total
Intensity	Zone 1	Zone 3- 4	Zone 2	Zone 1	Zone 2	Zone 2	Zone 1	
Week 1	0	10	12	10	0	30	12	74
Week 2	0	10	12	5	10	35	10	82
Week 3	0	12	12	5	10	40	10	89
Week 4	0	12	15	10	10	40	10	97
Week 5	0	15	15	10	12	45	15	112
Week 6	0	15	20	10	12	50	15	122
Week 7	5	15	20	10	12	50	15	127
Week 8	10	20	20	12	15	55	15	147
Week 9	12	20	25	15	20	55	15	162
Week 10	0	30	25	20	20	60	20	175
Week 11	0	30	30	20	20	65	20	185
Week 12	0	20	25	20	15	65	20	165
Event Week	0	20	0	10	100	100	100	160
Zone 1 = Rest or + Really Easy								
Zone 2 = Easy to + Moderate. You can easily carry on a conversation.								
Zone 3 = Somewhat Hard to + Hard. You can talk, but it is getting breathy.								
Zone 4 = Harder, Very Hard. Conversation is limited to short sentences.								
Zone 5 = Max effort. You cannot talk to others.								

NUTRITION

ADEQUATE NUTRIENTS WITHIN CALORIE NEEDS

Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol.

Meet recommended intakes within energy needs by adopting a balanced eating pattern, such as the U.S. Department of Agriculture (USDA) Food Guide or the Dietary Approaches to Stop Hypertension (DASH) Eating Plan.

FOOD GROUPS TO ENCOURAGE

Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2½ cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level.

Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.

Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.

Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

FOOD SAFETY

To avoid microbial food borne illness:

Clean hands, food contact surfaces, and fruits and vegetables. Meat and poultry should not be washed or rinsed to avoid spreading bacteria to other foods.

Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing foods. Cook foods to a safe temperature to kill microorganisms.

Chill (refrigerate) perishable food promptly and defrost foods properly.

Avoid raw (unpasteurized) milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, or raw or undercooked meat and poultry, unpasteurized juices, and raw sprouts.

FATS

Consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep trans fatty acid consumption as low as possible.

Keep total fat intake between 20 to 35 percent of calories with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.

When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat-free.

Limit intake of fats and oils high in saturated and/or trans fatty acids, and choose products low in such fats and oils.

CARBOHYDRATES

Choose fiber-rich fruits, vegetables, and whole grains often.

Choose and prepare foods and beverages with little added sugars or caloric sweeteners, such as amounts suggested by the USDA Food Guide and the DASH Eating Plan.

Reduce the incidence of dental caries by practicing good oral hygiene and consuming sugar- and starch-containing foods and beverages less frequently.

SODIUM AND POTASSIUM

Consume less than 2,300 mg (approximately 1 teaspoon of salt) of sodium per day.

Choose and prepare foods with little salt. At the same time, consume potassium-rich foods such as fruits and vegetables.



ARM CYCLE OF SERVICE SPONSORSHIP FORM

I am cycling across Alabama with Alabama Rural Ministry (ARM) and ARM Cycle of Service beginning May 3rd and ending May 5th. My ride is to raise awareness about poverty housing in Alabama. The funds I raise through this trip are being used to repair more homes and help with children's ministry. My goal is to raise \$_____ and a team goal of \$25,000! Would you consider sponsoring me?

Name	Address	Phone	Email	Per Mile	Flat Rate	Paid Y/N



ARM CYCLE OF SERVICE SPONSORSHIP FORM

NEIGHBORHOOD RIDE/SPIN CLASS COMPETITION

I am participating with Alabama Rural Ministry (ARM) and Cycle of Service by logging in spin miles with my spin class at

_____ gym or riding around my neighborhood in conjunction with ARM's 245 mile ride May 3-5. We are "spinning" and cycling to raise awareness about poverty housing in Alabama and have a team goal to spin 245 miles. The funds I raise are used to repair more homes and help with children's ministry. My goal is to raise \$_____ and a team goal of \$25,000! Would you consider sponsoring me for my miles?

Name	Address	Phone	Email	Per Mile	Flat Rate	Paid Y/N



ARM CYCLE OF SERVICE

NEIGHBORHOOD RIDE/SPIN CLASS MILEAGE TRACKING SHEET

Date	Number of Miles	Total Number of Miles