



TNT Summer 2014 | Cycle

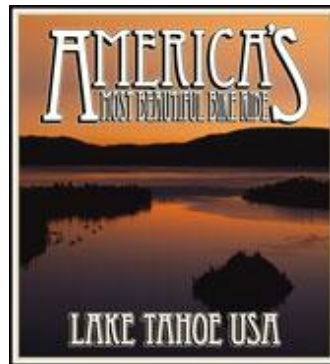
www.teamintraining.org/nj

AMERICA'S MOST BEAUTIFUL BIKE RIDE

Sunday, June 1, 2014 | Lake Tahoe, NV

Century Ride – 100 mile

www.bikethewest.com/AMBBR.html



The 100-mile route is beautiful, with many breathtaking views! There are several challenging hills throughout the course. The course circumnavigates the highways clockwise around Lake Tahoe in both Nevada and California. "America's Most Beautiful Bike Ride" has built a reputation for not only its spectacular scenery, but also its great food and support. This ride promotes Lake Tahoe Bikeway, the plan to build and interconnect bike lanes/trails around Lake Tahoe, and is the culmination of The Leukemia & Lymphoma Society's National Team In Training Program!

WHAT YOU RECEIVE AS A TNT PARTICIPANT:

- Comprehensive 3-5 Month Training Plan
- Certified Coach Led Group Trainings
- Fundraising Support and Clinics
- Bike Maintenance, Gear, Injury Prevention & Nutrition Clinics
- Train with Other NJ Volunteers as a Team
- TNT Practice and Event Day Cycle Jerseys
- Guaranteed Ride Entry
- Option of Roundtrip Air and Ground
- Option Bike Transportation to Event Site
- Hotel Accommodations & Celebration Gatherings on Event Weekend
- Opportunity to Make a Huge Difference in the Lives of Patients With Leukemia, Lymphoma, Hodgkin's Disease and Myeloma!

TEAM IN TRAINING

FREQUENTLY ASKED CYCLING QUESTIONS

1. How many group training sessions are offered per week?

The cycling program generally has two group training sessions per week, led by our coaches and designed for all ability levels. Long rides take place on Saturday mornings and buddy or recovery rides may also be hosted. Mid-week rides ranging in 15-25 miles will take place on Wednesday evenings when daylight becomes longer. Counties where we have trained in are: Somerset, Morris, Hunterdon, Bergen, Burlington, Camden, Ocean, Monmouth, Middlesex, and Atlantic. Depending on where you live, some weekends training may be in your backyard and other weekends you may have some travel. We highly encourage buddy rides.

2. Do I have to attend all of the group training sessions?

Although we encourage you to attend as many team rides as possible, group training sessions are not mandatory. The coaches will provide you with a detailed training schedule so that you will know what to do on your own if you are unable to make it to a team ride. Please try to come to as many group training sessions as you can, though! They're extremely beneficial in increasing your endurance, give you the opportunity to work with your coaches, and allow you to get to know your teammates.

3. How will I know what to wear or if I am eating the right foods?

The coaches will prepare you for your training and event by providing clinics throughout the season on nutrition, bike fit, changing a flat tire, gear, injury prevention, and more.

4. Do I need a bike? What kind?

You will need a bicycle for training. There are many different types of bicycles that are appropriate for different types of riding. You don't have to go out and spend \$2,000 on a bike to ride 100 miles. And a century really can be comfortably ridden on a mountain bike or a hybrid, with a few modifications.

We recommend that you buy the best bike you can afford to buy, since you will be logging lots of miles on the bike in your training. Obtain a proper fit for the bike you choose. If you opt to borrow a bicycle from someone, make sure it can be fitted correctly to you and that you get the bicycle at least a month before your event. This will give you sufficient time to get comfortable riding the bike and to fine-tune it, if necessary. It is dangerous (not to mention very uncomfortable) to ride a bicycle that is either too big or too small for you. If you have any questions about the kinds of bicycles there are, our coaches are there to assist you. There are also a number of New Jersey bike shops who are Community Partners of Team In Training to assist. They work very closely with our participants to fit them with a bike suited to their needs, and also offer discounts to TNT Participants.

5. What is the timeline for fundraising?

Our recommitment period takes place approximately halfway into the program before the event. You have up until this time to train, fundraise, and see if the program is for you. At recommitment we will ask that you fully commit to the fundraising commitment in order to stay on the team and travel with TNT on event weekend. You have until 2 weeks prior to the event to reach this fundraising commitment. If you make a personal contribution to reach your fundraising commitment at this time, you will have until 30 days after the event to continue fundraising for reimbursement.

6. What are the benefits of coming to a Team In Training info meeting?

The meetings last one hour and provide you with more information about TNT as well as an opportunity to meet coaches, staff, fundraising mentors and honored teammates. You also can register at a TNT Info Meeting and receive your participant tool kit and training cycle jersey to get started with training and fundraising! If you are unable to make an information meeting please feel free to call Monica Kristen at 908.956.6620 to discuss the cycle program or e-mail at Monica.Kristen@iis.org. She will be happy to answer any questions you may have about the program and help you register for the team!