

# ADIRONDACK ULTRA CYCLING

## RIDER CHECKLIST

### MANDATORY ITEMS

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#### BICYCLE:

- Bicycle in good working order.
- Helmet, worn at all times while on the bike.

#### LIGHTING (IF REQUIRED):

- One steady white front light, attached to the bicycle, visible from 500'.
- One steady red rear light, attached to the bicycle, visible from 300'.
- A second red rear light, attached to the bicycle, visible from 300', set to flashing mode. (Please note that two rear lights are required and that single LED micro lights are not permitted as one of the two required lights.)
- Reflective ankle bands and a reflective vest/sash/jacket.
- Enough battery power to get through the night (2-12 hours).
- Bicycle mounted reflectors and/or reflective tape, as required by law.

#### NUTRITION:

- Pocket food (gels, bars, snacks and/or drinks will be provided on most rides).
- Water bottles (insulated recommended) and/or hydration pack.

#### PERSONAL:

- Money and/or credit/ATM card.
- Personal ID.
- Border crossing documents (if ride crosses international border).

#### REPAIR:

- Inflation device.
- Multi tool and/or tool kit.
- Spare tubes.
- Patch kit.

#### SUPPORT VEHICLES (IF ONE IS USED):

- "CAUTION BICYCLES AHEAD" sign attached to, or written on, vehicle.
- Slow-moving vehicle triangle attached to vehicle.
- Vehicle less than 78" wide (mini-vans & most mid-size SUVs are OK).
- Per NYS police request, all roof mounted lights are prohibited.

NOTE: We will provide gels, drinks, snacks and/or bars at the start of each event, and will have basic items for sale (tires, tubes, lights, batteries...).

### OTHER INFORMATION

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- The above checklist was created based on our extensive experience and is intended to be as complete as possible for our longest events. Except for the mandatory items, it's basically a guide to help you prepare for our events and to remind you to bring something that you may have overlooked. Feel free to adjust it for shorter events and/or to fit your specific needs, and make sure to return to review it, as we update it periodically. Also, make sure to check each event's rules for their exact requirements.
- Most of our rides will be unsupported on the road, but we'll have gels, drinks, snacks and/or bars at the start and at all supported checkpoints. In addition, we'll have basic items for sale (tires, tubes, lights, batteries...) at the start and supported checkpoints, in case anyone needs anything or forgot something.
- Please prepare for our events carefully. Make sure you have everything you need to be self sufficient and a safe way to carry it with you. Most of our routes go through rural and/or wilderness areas where there may be long stretches without services and/or cell phone reception, and/or will involve riding late at night when most businesses are closed. In these situations, restocking on the road may be very difficult, if not impossible.
- The weather will most likely play a vital role in all of our events, especially during our winter centuries and longer events. Make sure you're attentive to the forecast, dressed accordingly and are prepared for any contingencies. Also be prepared to carry extra clothing, in case you need to add or strip a layer or two.
- If you are staying at a motel, please do not use their towels to clean your bikes. All of our host motels will gladly provide you with rags to clean your bike. All you have to do is ask. Also, please make an effort not to disturb other guests, especially if it is early in the morning or late at night, and always park in designated areas.
- Don't forget to bring a change of clothes for after the ride and/or your ride/drive home. We'll usually have a place for you to change and you can always leave a bag at the start/finish. On our winter rides (and other events that use a loop course), this is an easy way to access fresh riding clothes and other supplies during the event.

### SUGGESTED ITEMS

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#### RIDER REPAIR KIT:

- Ace Bandages & Band Aids
- Baby Powder
- Bug Spray
- Butt Cream
- Clothing for Cold Weather
- Clothing for Warm Weather
- Clothing for Wet Weather
- Hand Cleaner or Sanitizer
- Heat/Ice Packs
- Pain Reliever
- Sun Block
- Tissues & TP
- Toothbrush & Toothpaste
- TUMs...

#### BIKE REPAIR KIT:

- Bell or Horn
- Brake Pads
- Cables & Housing
- Cassettes, Cogs & Lock Rings
- Chain Lube & Cleaner
- Chains & Master Links
- Cranks & Chainrings
- Derailleurs
- Handlebar Tape
- Tires & Tubes
- Toe Straps
- Saddles
- Shifters
- Spokes
- Pedals & Cleats & Screws
- Spare Bike(s)
- Spare Wheels...

#### OTHER:

- 12V Power Inverter for Car
- Area Maps
- Bike Locks
- Bungee Cords
- Calculator
- Camera
- Cell Phone & Charger
- Dog Repellent
- Duct Tape & Electrical Tape
- Extra Bike Clothing
- Fenders
- Floor Pump
- Food
- Garbage Bags
- GPS Tracker
- Jumper Cables
- Paper Towels
- Pen/Pencil & Note Pad
- Power Strip/Extension Cord
- Radio
- Rags
- Rear View Mirror
- Snacks (For Rider & Crew)
- Space Blankets
- Street Clothes
- Towels
- Walkie-Talkies
- Walking Shoes
- Water/Drinks
- Work Stand
- Zip Lock Bags
- Zip Ties...