

ADIRONDACK ULTRA CYCLING

RIDER CHECKLIST

MANDATORY ITEMS

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 allowed as one of the two required lights.)
- Reflective ankle bands and a reflective vest or sash.
- Enough battery power to get through the night portion of riding (2-12 hours).
- Bicycle mounted reflectors and/or reflective tape.

NUTRITION:

- Pocket food (**HAMMER NUTRITION** gels, bars & drinks will be provided).
- 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 **HAMMER NUTRITION** gels, drinks and bars, and other snacks and drinks at the start of each event, and will have basic items for sale (tires, tubes, lights...).

OTHER INFORMATION

- 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 **HAMMER NUTRITION** gels, drinks and bars, as well as other snacks and drinks at the start and at all supported checkpoints. In addition, we'll have basic items for sale (tires, tubes, lights...) 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

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
- Deraileurs
- 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
- Bungie 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...

EVENT	MILES	DATE	TIME	START	LIMIT	LIGHTS	GAIN
SARATOGA 12/24	VARIABLES	JULY.09-10.2016	7:30 AM	SARATOGA SPRINGS, NY	12H/24H	YES	VARIABLES
MONTREAL DOUBLE DOUBLE	400	AUG.05-07.2016	4:00 AM	SCHUYLERVILLE, NY	40H	YES	13,592
ADIRONDACK 540	136-544	SEPT.16-18.2016	8:00 AM	WILMINGTON, NY	52H	YES	8,375-33,500
HAUNTED HUNDRED	108	OCT.29-30.2016	6:00 PM	SCHUYLERVILLE, NY	10H	YES	3,545'
RIVERS & LAKES CENTURY	100	NOV.13.2016	8:00 AM	SCHUYLERVILLE, NY	10H	NO*	3,062'
LAST CENTURY	101	DEC.11.2016	8:00 AM	SCHUYLERVILLE, NY	10H	NO*	2,812'
FINAL FIFTY	52	DEC.11.2016	8:00 AM	SCHUYLERVILLE, NY	10H	NO*	1,460'
FIRST CENTURY	101	JAN.08.2017	8:00 AM	SCHUYLERVILLE, NY	10H	NO*	2,812'
FIRST FIFTY	52	JAN.08.2017	8:00 AM	SCHUYLERVILLE, NY	10H	NO*	1,460'
SNOWBALL EXPRESS	101	FEB.19.2017	8:00 AM	SCHUYLERVILLE, NY	10H	NO*	2,812'
SNOWFLAKE LOCAL	52	FEB.19.2017	8:00 AM	SCHUYLERVILLE, NY	10H	NO*	1,460'
BREVET/ULTRA NIGHT	—	TBA	TBA	RICK'S BIKE SHOP	—	—	—
SARATOGA 200 KM BREVET	127	MAR.26.2017	7:00 AM	SCHUYLERVILLE, NY	13H:30M	NO*	4,482
SARATOGA 300 KM BREVET	188	APR.22.2017	4:00 AM	SCHUYLERVILLE, NY	20H	YES	7,264
ADIRONDACK LAKE LOOP	270	MAY.13.2017	4:00 AM	SCHUYLERVILLE, NY	27H	NO*	13,423'
ADK 540 GRAN FONDO	136	JUNE.17.2017	7:00 AM	WILMINGTON, NY	13H	NO*	8,375'

* Lights and reflective gear are not required to start and most riders will finish before sunset, but if you are still riding after dark, they must be used or you will be disqualified.

FIRST CENTURY

JANUARY'S ADK ULTRA CHALLENGE CENTURY

SNOWBALL EXPRESS

FEBRUARY'S ADK ULTRA CHALLENGE CENTURY

SARATOGA 200 KM BREVET

MARCH'S ACP BREVET

SARATOGA 300 KM BREVET

APRIL'S ACP BREVET

ADK LAKE LOOP

MAY'S ADK ULTRA CHALLENGE RIDE

ADIRONDACK 540

GRAN FONDO

SARATOGA 12/24

THE NORTHEAST'S LEADING 24 HOUR RACE

MONTREAL DOUBLE DOUBLE

TWO DOUBLES AND A REST DAY IN MONTREAL
NOW OFFICIAL RUSA/ACP 300 KM BREVETS

ADIRONDACK 540

THE PREMIER ULTRA RACE ON THE EAST COAST

Haunted Hundred

Overnight Century

Rivers & Lakes Century

NOVEMBER'S ADK ULTRA CHALLENGE CENTURY

Last Century

DECEMBER'S ADK ULTRA CHALLENGE CENTURY

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