

### BFTL 2019 - 500 Mile - Tentative Schedule

Date	Time	Event
Sun, Sep 1	2:00-3:00PM	Meet, Load ( <a href="#">Mike Dickensons Casa, 1506 Windmill Ct. NW, Albuquerque, NM 87114</a> )
	3:30-6:30PM	Travel to CopperRidge Church, Farmington
	7:00-8:00PM	Dinner, Orientation, Tour
	9:00PM	Check in @ Presidential Inn, Aztec
Mon, Sep 2	6:00AM	Breakfast
	7:00AM-7:20AM	Drive to Colorado Boarder/Start Line <a href="#">Map</a>
	7:30AM-6:30PM	100 mi from Colorado boarder to NM-96 and shuttle to Cuban Lodge
	7:00 PM	Dinner: Clydes Clauds Special Chicken Fajitas!!!
Tues, Sep 3	6:30AM	Drive to Continental Divide (12 miles)
	7:00AM-8:45AM	Breakfast: Clydes Famous Breakfast Burritos
	8:45AM-5:30PM	88 mi Ride to Tramway/I40
	6:00PM-7:00PM	Dinner @ Golden Pride
	7:00PM-7:30PM	Drive to Comfort Inn & Suites, Edgewood
Wed, Sep 4	6:00AM-7:00AM	Breakfast at Comfort Inn & Suites, Edgewood
	7:00AM-7:30AM	Drive to Clines Corners
	7:30AM-4:00PM	100mi Ride toward Roswell ( <b>Call ahead for chicken legs</b> )
	4:00-5:00PM	Drive remaining miles to Roswell
	5:30PM	Check in Baymont Inn & Suites
	7:30PM	Dinner - <a href="#">Waymaker Church</a> (Cow, corn, mash PO, bread, salad, various assorted drinks including chocolate milk) YEEHAWWW!!!
Thur, Sep 5	6:00 AM	Breakfast @ Baymont Inn & Suites
	7:00-7:30AM	<a href="#">Drive to start point</a>
	7:30AM-5:15PM	Ride...Steak Fingers...Ride ( <b>Call ahead for Steak Fingers</b> )
	5:15 PM	Check in Baymont Inn & Suites 3510 N. Centra, Hobbs, NM
	6:30PM	Dinner
Fri, Sep 6	6:00 AM	Breakfast at Baymont Inn
	7:00AM-7:15AM	Drive to start point - <a href="#">Pilot Travel Center</a>
	7:30AM-4:30PM	Ride to Carlsbad to Border on National Parks Hwy
	5:00PM-7:00PM	<a href="#">Drive to Roswell</a> , Baymont Inn & Suites
	7:00 PM	Dinner @ Farleys
Sat, Sep 7	8:00AM	Breakfast @ Baymont Inn & Suites
	9:00AM-12:30PM	<a href="#">Drive to ABQ (Mike Dickensons Casa, 1506 Windmill Ct. NW, Albuquerque, NM 87114)</a>

### **On Bike:**

- Leg and arm Sleeves
- Extremely warm, rain resistant but thin jacket for riding in cold or rain
- Undershirts (tank style) for riding (if the weather is cold)
- Form fitting workout pants (if it is really cold you will want these over your leg sleeves)
- Chamois butter
- Socks (bring a few extra)
- Riding gloves
- Additional warm gloves to wear over riding gloves for rain or extreme cold
- Sun screen
- Riding sun glasses
- Helmet (hotel shower caps make great helmet cover if it rains)
- Any favorite mix, protein, nano vapor, 5 hour energy or snacks you prefer
- Riding shoes
- Riding shoe covers (for cold and rain)
- Jersey/Bibs for at least 3 days of riding for 5 day riders. We will be able to do a little laundry on Tuesday night to freshen up riding clothes for the remainder.
- Water bottles and Camelback if you use one (You will receive an insulated camelback water bottle when you arrive).
- One extra tube to be carried on your bike. If you have an unusual size of tire, bring enough to be self sustained. If you use a standard road tire, BFTL will have a supply of extra tubes
- CO2 and inflator or mini pump. (BFTL will provide extra CO2 threaded cartridges)
- Mobile device charger

### **Off Bike:**

- Sleeping bag & pillow for those spending Monday night\*\*\***
- Undergarments
- A couple of t-shirt for the evenings
- Comfortable shorts/pants for evenings
- Toiletries
- Swim suite for the hot tub
- Foam roller/Tennis ball to roll out knots in your back and neck and bottom of your feet
- Any chain oil/lube you prefer to use
- Phone and device charge cords
- Small power strip to make charging multiple devices easy
- Comfortable shoes or flip flops
- Ziplock bags (to put your phone in if it rains and/or for drink mix while you ride)
- Vitamins
- Ibuprofen/Tylenol (an entire bottle)
- Ear plugs (in case your room mate snores)
- Leg roller or Thera-Cane ([www.theracane.com](http://www.theracane.com)) to push the lactic acid out of your legs

### **To do / Tips for the ride**

- Watch for debris on the road and call it out to the group
- Don't run over pieces of tires, the wire in the radial tires will cause flats
- Caution: Sand on the road can pile up. Try to avoid it without slamming on your brakes or swerving. If you can not avoid it, very gently apply brake and hold front wheel straight.
- Caution: Rumble strips and cracks in the road will grab a skinny road bike tire
- Be aware of other riders
- Riders will display a wide range of speeds. Team BFTL will complete each day more quickly!

as we ride together.

- Try to take care of bike adjustments or maintenance after the ride rather than the next morning so we can get on the road faster (no need to do a chain cleaning every morning)
- If your chain is squeak, put some lube on it, it will drive other riders crazy
- Eat and drink & then do it all again, you will be expending a lot of calories. Don't wait until you are hungry or thirsty to eat and drink.
- Chamois butter is your friend. Yes, it is appropriate to apply chamois butter and each a sandwich with the same hand. Whatever it takes to survive!
- Don't take too long of breaks, it will be hard to get back on bike (stretches at stops will help)
- As the week goes on, it will get easier.
- Never give up...Never surrender!

**Videos to watch:**

<https://www.youtube.com/watch?v=ODmB9LyYzKM>

<https://www.youtube.com/watch?v=l64WsjOxj8Y>

<https://www.youtube.com/watch?v=8TTGRLcXFyk>