

PARTICIPANT'S GUIDE

Practical tips and advice
to make the most of your event





OUR PRO TIPS FOR SUCCESSFUL PLANNING

A. The perfect cyclist's gear

Here's an overview of the different types of bikes available and their compatibility for participation in the **Cycling for Inclusion** event.

1. Road bikes:

The road bike is designed specifically for racing and long-distance excursions on asphalt roads. You'll easily recognize it by its very thin wheels and handlebars that are lower than the saddle, so that the rider is leaning forward. Since road bikes have very smooth tires, they are not suitable for forest paths and rough roads.

- **This type of bike is perfectly suited to the various routes proposed by Vélo Québec as part of the Metropolitan Challenge.**

2. VTC: hybride bike

The VTC is a bike, somewhere between a racing bike and a mountain bike. It can be used on paved roads and country lanes. The advantage of the VTC is that you can use it to get to work or around town, as well as in the countryside for weekend rides. However, the VTC has very smooth tires, so you won't be able to use it in forests or on rough roads.

- **This type of bike is perfectly suited to the circuits proposed by Vélo Québec as part of the Défi métropolitain.**

3.VTT: mountain bike

The mountain bike is an all-terrain bike, used on rough trails in the forest, in the mountains or on demanding terrain. The advantage of a mountain bike is that it performs well on muddy or rough trails, and absorbs vibrations. With a minimum of 18 gears, it adapts to all conditions. Its crampon-equipped tires and powerful brakes allow you to tackle any trail in complete safety. But beware: this mountain bike is designed for sporty use off the beaten track, but is not comfortable for use in town.

- **Avoid using it to participate in Cycling for Inclusion.**

Equipment: the essentials

A Helmet

the basics of safety



Cycling jerseys in Mission Inclusion colors so that we can be spotted!

Sports shorts

cycling shorts are best, but any shorts you feel comfortable in **will do**.



A water bottle very important to stay hydrated

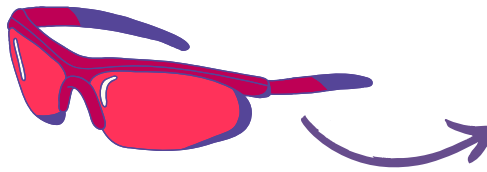


Suitable footwear

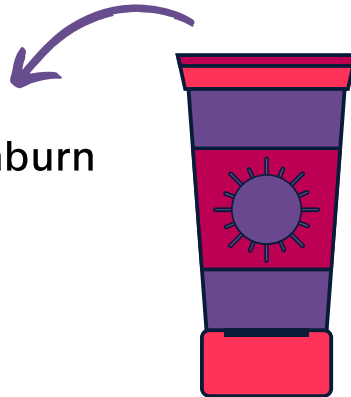
a pair of cycling shoes or a pair of sports shoes



Equipment: depending on the weather



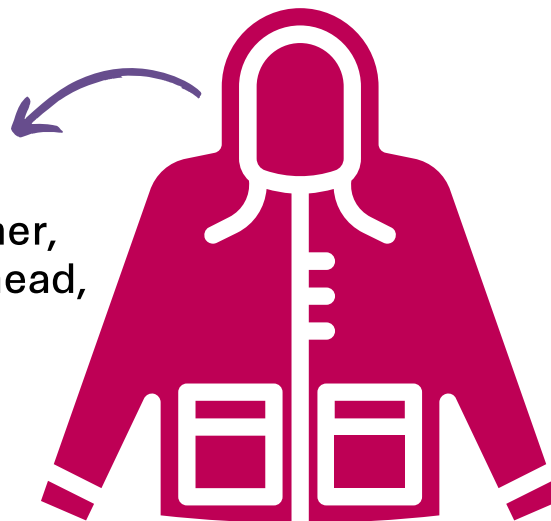
Sunglasses
so the sun
doesn't
bother you



Sunscreen
to prevent sunburn



A cycling cap
if you have one.
Take it with you,
as helmets don't
fully protect you
from the sun



A rain jacket
whatever the weather,
the event will go ahead,
so it's best to be
equipped if it rains.

The emergency kit: a must

On any cycling trip, a well-equipped emergency kit can come in handy to deal with the unexpected and keep you safe along the way. Here are the essential items to include:

- Spare inner tube for quick replacement of a defective tube.
- Tire lever for removing and reinstalling tires in the event of a puncture.
- Mini-pump or CO2 cartridges for re-inflating tires.
- Multifunction tool containing hex wrenches, chain dagger and other useful tools.
- Self-adhesive or conventional patches for quick repairs.
- Quick-release fasteners for improvised adjustments or repairs.
- Gels and electrolytes.
- Cloth or towel to clean your hands or bike.

With this kit, you'll be ready to deal with minor incidents and continue your challenge with complete peace of mind.



B. Preparing physically

We can't stress this enough: train!

This kind of sporting challenge requires a minimum of physical preparation, even if you're doing the shortest route. Don't hesitate to create a schedule of cycling outings so that you can train regularly.

The more time you take to train, the more enjoyable your **Cycling for Inclusion** outing will be. Not sure how to get started? Here's a beginner's training schedule to inspire you.

Please note that this is only a guide, and can of course be modified to suit you!

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
SEMAINE 1	REPOS	30 minutes	REPOS	30 minutes	REPOS	REPOS	30 minutes
SEMAINE 2	REPOS	30-45 minutes	REPOS	45 minutes	REPOS	REPOS	60 minutes
SEMAINE 3	REPOS	45 minutes	REPOS	60 minutes	REPOS	REPOS	90 minutes
SEMAINE 4	REPOS	60 minutes	REPOS	60 minutes	REPOS	REPOS	120 minutes
SEMAINE 5	REPOS	60 minutes	REPOS	30-45 minutes	REPOS	REPOS	60 minutes
SEMAINE 6	REPOS	60 minutes	REPOS	60 minutes	60 minutes	REPOS	120 minutes
SEMAINE 7	REPOS	60 minutes	REPOS	60 minutes	REPOS	REPOS	90 minutes
SEMAINE 8	REPOS	45 minutes	REPOS	30 minutes	REPOS	20 minutes	



Week 1 & 2

Start gently. Take time to get to know your bike and see how you feel. It's important to build up your confidence. Start with flat roads and, if possible, avoid areas frequented by cars.

On your first outing, take the time to adjust your bike so that you feel comfortable in the saddle.

Sort out any minor technical problems that may have arisen during your first outing. Right from the start, remember to keep well hydrated before, during and after your training session.

Week 3


Now that you're a little more comfortable, concentrate on your pedaling technique. You should press down on the pedal with the sole of your foot, knees straight out in front.

If you have the time and are able, take advantage of your days off to include a training session in a complementary sport such as swimming or running, to work on your cardio.

Week 4

Congratulations, you're halfway through the plan! At this stage, two-hour outings should be feasible. Bananas, dried fruit and energy bars are your best friends.

But don't panic. If riding for two hours seems too much, take a break halfway through. This will give you time to rest and allow you to divide the journey into more manageable stretches.





Week 5

Take the time to relax between sessions and over the weeks. Recovery is very important for maintaining a sense of well-being and progress.

Week 6

If you feel up to it, you'll be able to tackle some good climbs. It's important to stay relaxed while maintaining a strong cadence and remaining seated on your saddle. Straighten up only when you need to power up.

Week 7 & 8

You've made it to the last few training sessions - well done!

Don't forget to give your bike a complete overhaul, as it too has been working hard for the past 8 weeks. Check the brakes, gears and chain, and replace the brake pads if they're worn.

Tips that apply at all times:

- Stay well hydrated not only during training sessions, but also on a daily basis!
- Know your limits, don't hurt yourself. Pedaling for inclusion should always be a pleasure!
- Having trouble getting motivated? Post a message on the **Philanthropic Cyclists Facebook group** to find a training partner.

<https://www.facebook.com/groups/cyclistesphilanthropes/>



C. Maintenance Tips

Here are a few technical tips on how to maintain and care for your bike, so that it can give you the best possible service for as long as possible.

Here are a few tips for maintaining your bike.

5 easy steps to bike maintenance

Has your bike spent the winter in the garage under some cardboard boxes, and doesn't really look like it's ready for the road? Don't panic: there's probably no need to buy a new one. With a thorough cleaning, a tire check and adjustments to the saddle, brakes and gears, it'll be ready for all your adventures.

Clean your bike

Over the months, with little or no protection, your bike has accumulated a lot of dust which, when it's time to go for a ride, can cause a lot of trouble. A good spring clean is a must! With a soft cloth, wipe down the chainring, sprockets, cranks and gears; for the chain, after removing the dirt, use a degreaser, let it dry and then grease the links. For the rest of the bike, nothing could be simpler: a mild cleaner, a sponge and a little water will do the trick. After rinsing off the foam, don't forget to wipe your bike with a cloth to prevent rust.

Degreasers, lubricants and cleaners - you'll find everything you need



Check the saddle

After a few months without use, it's important to make sure the saddle is properly in place. Position on a bike makes all the difference in terms of comfort, fatigue and safety. A saddle that's too high or too low has a big impact on the way you ride and the way you see the road.

Three settings to consider when adjusting your saddle for safe, comfortable riding:

SADDLE HEIGHT

To determine the ideal height, get on your bike and place your foot on the pedal in a low position. The leg should be straight but not stiff: too long and you'll have less pedaling power, too bent and you'll quickly tire.

FORE-AFT ADJUSTMENT

Have a friend help you with this adjustment, as you need to have both feet on the pedals. Using a tape measure, try to align your knee perfectly with the tip of the stirrup, moving the saddle forward and back until you find the perfect position.

ANGLE ADJUSTMENT

There are few rules about the angle of the saddle. Some prefer it to be perfectly horizontal, while others opt for a slight upward or downward tilt. It's up to you to test and adjust as you ride.

Check the brakes

We're not telling you anything, a bike that doesn't brake properly....
It's dangerous!

Test it by riding for a few minutes on a road and braking several times. If they don't brake properly, take them to the workshop. Braking systems are not easy to adjust for beginners, and the consequences of faulty brakes can be serious.

Check your gears

A simple visual inspection may be all you need to take stock of the condition of your gears. Here are the cases that require a visit to a specialist:

Plate teeth are rounded,
rusted or bent

The gear cassettes (sprockets
after the rear wheel) look worn

Levers no longer activate
the gears

There are several tutorials on YouTube on how to change a tire or repair a leak, here's one:

https://youtu.be/fwwfV99VV8I?si=_bq1xpTQKqexgNO9





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