2023 RIDER GUIDE
Welcome!

Dear Rider,

Welcome to the Fuller Center Bicycle Adventure! In the fifteen years since the creation of this event, we’ve learned that the Bicycle Adventure is not only a way to help those in need, but also a life-changing experience for our cyclists, as we push ourselves to reach higher in service than we thought possible.

I hope this guide will help you prepare for your time with us. Should you have any further questions, concerns, ideas, or just feel like chatting, please do not hesitate to contact us via email at bike@fullercenter.org or by calling the Fuller Center office at 229.924.2900.

See you on the road!

Neil Mullikin

Bike Adventure Coordinator

Trip Leader – Tour de Florida, Gulf Coast, Cali to Carolina, and Natchez Trace

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Tiffany Ellis

Trip Leader – East Coast
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Didn’t find everything you were looking for? Don’t worry! We share much of how our rides are run through the Frequently Asked Questions section on our website:

fullercenterbikeadventure.org/faqs
A Note on Safety

Every activity has its hazards, and cycling is no different. Our ride will spend the majority of its time on public roads with automobile traffic, so special caution will be needed throughout. One need not feel a sense of fear of cycling, however, and certain riding techniques can help to significantly lower your risk.

It is the obligation of every rider who participates to be familiar with safe cycling methods prior to attending any part of the Fuller Center Bicycle Adventure. Wearing a helmet is required for our trip and is the starting point of bike safety, not its end point.

A simple internet search for bicycling safety will bring a flood of worthwhile reading material on the subject to get you started. Talking with and asking for tips from other cyclists in your area or at your local bike shop can be very valuable, and of course actual time spent on your bike prior to your participation will only help you become better prepared.

I highly recommend you take a few minutes and begin reading some tips online. Here are a few sites to help get you started:

- NHTSA Basic Bicycle Safety Tips: [www.youtube.com/watch?v=jdrrxlpQpt4](http://www.youtube.com/watch?v=jdrrxlpQpt4)
- GCN’s Helmet fitting guide: [https://www.youtube.com/watch?v=lyhyrIHDgw](https://www.youtube.com/watch?v=lyhyrIHDgw)
- More details on riding in traffic: [www.bicyclesafe.com](http://www.bicyclesafe.com)

Take a look at our safety pledge on page 6 as well for more details on the safety principles we will follow on the ride.
Riders of the Fuller Center Bicycle Adventure serve as important goodwill ambassadors for the work of the Fuller Center. In order to foster positive, Christ-honoring relations amongst/within our team as well as between our team and those whom we meet, we have put together this conduct covenant. It outlines not only the behavior expected of you, but also the behavior you should expect from every other volunteer during your time with us.

During my time with The Fuller Center Bicycle Adventure, I pledge to follow and uphold the word and spirit of this covenant to the best of my ability:

- I will treat all neighbors, homeowners, partner families, volunteers, employees, visitors, hosts, and riders with respect and courtesy, seeking to be loving and just in my interpersonal relationships.
- I will follow Fuller Center safety instructions on the worksite and while riding.
- I will respect the instructions of Fuller Center staff members or other supervisors.
- I will not bring or consume alcohol on the worksite, at host sites, or while riding. I will not participate in drunkenness, use of drugs, riding under the influence of alcohol, or other illicit behavior.
- I will seek to maintain a positive attitude, giving input and constructive criticism as appropriate but minimizing complaining and eliminating whining.
- I will participate or attend designated group activities, such as group meetings, prayer before meals, chore times, time with our hosts, group presentations, group devotions, etc.
- I understand that simple meals and basic accommodations in places like churches or camping out is part of the adventure, and I will seek to make the best of every situation.
- I will seek to leave every space (church host, rest stop, etc.) as good or better than we found it.
- I will honor God and be respectful to others with the use of my mouth by eliminating out-of-place or threatening language such as crude conversations or profanity, racial slurs, and sexually explicit or suggestive conversations.
- I will respect and control my sexuality in a way consistent with a Christian ethic.
- I will attempt to “Live Simply so that others can Simply Live.”
- I will encourage and be inclusive with other riders, recognizing each of us as part of one body, one team.

I have read and understand the volunteer conduct agreement and agree to abide by the letter and spirit of the agreement to the best of my ability, with God’s help.

________________________________________________________________________
Volunteer Signature

________________________________________________________________________
Date
The Fuller Center Bike Adventure Safety Pledge

The Fuller Center Bicycle Adventure is all about having fun, experiencing new things, and raising awareness and funds for the work of the Fuller Center, but most importantly it’s about arriving safely to every destination. Below is a safety pledge that outlines the safe riding practices we follow during the trip. All riders must follow the pledge to ensure a safer ride for themselves and the rest of the group!

1. I will always ride defensively, maintaining awareness of riders, vehicles and pedestrians near me.
2. I will use common sense and courtesy toward motorists and other cyclists while I am on my bike.
3. I will ride single file when a vehicle is approaching from behind me.
4. On the road, I will ride as far to the right as practicable, except when making a left turn, or when going straight at a right turn only lane.
5. I will be vocal in calling out potentially hazardous situations to riders around me
   a. I will call out "Car Back" to the rider in front of me and "Car Up" to those behind me.
   b. I will point to road hazards and/or call out to riders behind me: “Gravel,” “Hole,” “Tracks.”
   c. I will call out my intentions to riders immediately behind me: “Slowing,” “Stopping,” “Turning.” I will use traffic hand signals when appropriate.
   d. I will call out to riders I am about to pass: “On Your Left.” I will never pass on the right. I will be extra cautious when passing on a bike trail. I will never pass when going around sharp turns, blind spots, and when there are oncoming cyclists.
6. I will wear a helmet every time I ride my bike, even for 5 feet. I pledge to replace an impact-compromised helmet, and submit to fitting adjustments made by the Trip Leader during random helmet checks. I understand that these checks are to ensure that my helmet functions properly.
7. I will ride a taillight of 30+ lumens, with a flashing mode, that securely points toward traffic behind me. I understand that I might be assigned an FCBA taillight if mine doesn’t meet these standards.
8. If I stop for any reason, I will get far off to the side of the road. I will remember to call out “Stopping”.
9. I will not ride my bike after dark. If I have not made it to our destination by sunset, I understand that the van will pick me up, and I will not be able to complete that day’s ride.
10. I will not wear headphones while riding my bike as they block out audible cues important for safety.
11. I acknowledge that riding in pace lines or tight groups increases the likelihood of an accident, and if I choose to ride in one anyway, I will limit the size of the group to 6 as to properly share the road with vehicles and reduce the risk of a bike-to-bike accident.
12. I understand that by law my bicycle is considered a vehicle, just like a car or truck, so I will follow all the same traffic rules as those driving motorized vehicles.
13. I understand that I will be asked to ride in the van and face other repercussions if I repeatedly and/or flagrantly violate this safety pledge.
14. I understand that I will be asked to leave the ride without refund or compensation if I continue to violate this safety pledge and endanger not only my life but the lives of other riders around me.

I have read / fully understand the FCBA Safety Pledge, and agree to comply completely on this ride.

__________________________  __________________________  ___________
Printed Name                  Signature                      Date
Simple Living

“We buy things we don’t need with money we don’t have to impress people we don’t like.”
– Dave Ramsey

For morning devotions one day a few summers ago, one of our riders spoke about her realization that each cup of coffee she bought at Starbucks was $5 less that she could have been giving to help someone in need. She decided to give up coffee and challenged the other cyclists to think about what they might be able to forego.

Her actions exemplify our commitment to the principle of Simple Living. Living simply allows us to escape unnecessary distractions so that we have the opportunity to focus on one another, the people we meet, those with whom we serve, and the work at hand. As we try to “Live Simply so that others can Simply Live,” we encourage the participants to try to do without many of the luxuries in our ordinary lives that most of the world cannot enjoy.

For instance, to live simply in community we:

- shower and stay in churches and community centers
- sleep on the floors (with camping pads), couches, or cots of local churches
- reduce our time watching TV, playing video games, or using the internet
- try to “live off the land” by eating food that is donated or provided by our hosts before purchasing food
- create our own fun, rather than organizing expensive tours in the cities we visit.

Besides the philosophical reasons, there are some very practical results. Living simply causes us to be more creative than we otherwise would be, and to bond together as a group. It lowers the cost of the trip, which directly allows us to help and serve more people around the world. It moves our focus from entertaining ourselves to engaging the community and world around us.

To make the most of this special experience, we will be encouraging you to take this opportunity to challenge yourself to live more simply. Enjoy the chance to unplug from overstimulation, and dive deeper into relationship with those on the team, and the people that we meet along the way. As one of our riders says, “every day is a holiday, every meal is a feast”. Realizing that we are fortunate gives us the perspective to appreciate a simple life, and find great joy in it.

“For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sakes He became poor, so that you through his poverty might become rich...Our desire is not that others might be relieved while you are hard pressed, but that there might be equality. At the present time your plenty will supply what they need, so that in turn their plenty will supply what you need.” – 2 Corinthians 8:9, 13-14

“I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.” – Philippians 4:11-13
When training for an extended ride like the Fuller Center Bicycle Adventure, it’s important to remember that the most challenging part of any long-distance tour is the daily repetition of riding. This is also the most important obstacle that spending time on your bike and training can help overcome. Additionally, factors such as age, previous cycling experience, and personal training condition can help or hinder one’s ability to prepare for an extended ride.

However, before you get discouraged, remember that with a little work, a lot of determination, and the support of an awesome team behind you, nearly anyone can ride a bike for the distances we’ll be covering this summer! Fuller Center Bicycle Adventurers range from beginners to seasoned cyclists, young and old— you can totally do it! Here are some of our training tips to get you ready to ride safely and comfortably:

- **First**, if you’ve been away from cycling or exercise for a while, or have any health concerns we suggest that you talk about your plans with your physician before starting a training program.

- **Bike Fit**: Make sure your bike is fit well to you and the type of riding you’re planning to do—a long distance supported tour. You can do your own research on proper bike fit (there’s a lot of information online), or talk to a professional at your local bike shop. A professional bike fitting can be expensive, but many people find they make a big difference in their riding comfort… plus if you tell your bike shop what you’re up to they may even give you a discount (it never hurts to ask)!

- **Start small**: You should start your training at a distance and speed that you’re comfortable with and work up to longer rides and the minimum average speed (12 mph). You won’t need to put in the sort of mileage we’ll do on the trip. In fact, the only occasion most people have the time to bike 4-8 hours every day is when they’re on an epic journey like the Fuller Center Bicycle Adventure, and that’s ok! Some of your “training” will actually come while you’re on the ride itself—after a week or two your body will begin to adapt and things will get a little easier. A good minimum goal is to complete a ride that’s at least about 2/3 the length of longest ride you’ll do on the trip, and log some back-to-back long rides on consecutive days to get used to spending time in the saddle.

- **Know yourself**: Keep in mind that training needs can vary greatly between individuals and can depend on a lot of factors, including age, experience and current physical fitness. We have learned that those who are older (especially if inexperienced in cycling) typically require a greater amount of training to obtain the needed level of speed and endurance. In fact some of our successful older riders have told us they logged as many as 2,000 miles in training, while other younger riders who are in good shape from other physical activity have been successful with as little 500 training miles. We generally leave it to each rider to determine for themselves whether they will be in adequate physical condition for the event, but if you have questions don’t hesitate to give us a call!

- **Cross-training**: Basic cardiovascular fitness and strength is very important to the successful completion of the ride, and can be developed through many different kinds of activities (running, swimming, etc.). However, of equal importance is the ability to just be “in the
“saddle” for hours every day. For that reason, the focus of your training should be cycling, but if you’d like, you can add other endurance activities into your training. Exercises that strengthen core muscles like crunches, planks, or yoga can also be beneficial.

- **Indoor vs. Outdoor:** You can also incorporate some cycling indoors into your training, especially if it helps you train through cold winter months, or if you’re able to fit it more easily in your schedule. You can get a training stand to ride your bike indoors which is a great way to log more time in your saddle. Some of our past riders have also found spinning classes or training on a standard exercise bike to be beneficial. Make sure you do at least some of your training out on the open road, though! It’ll help you get used to what the ride will be like, and give you an opportunity to practice some key cycling skills listed below.

- **Be consistent, but avoid overtraining:** With any training plan, consistency is the key. Create a training routine you can stick to and train regularly from week to week. Consistency also means don’t make up for lost time. If you do miss a few of your planned workouts, start with your training plan again where you left off—trying to cram missed training into a shorter amount of time will put you at greater risk for injury. Similarly, try to avoid overtraining. Don’t push your body to its limits with every workout, and try to finish most of them feeling like you could have done more. Be sure to take your rest days seriously as well. During rest your body adapts to training and it’s when you’ll experience the biggest gains in strength!

- **Don’t forget the most important thing... have fun!** Try finding a group to ride with—talk to your local bike shop or search online for bike clubs or group rides. Riding with a group can make the miles fly by, help motivate you to train a little harder and more consistently, and help you learn more about some of the key cycling skills listed below. Try searching for fun new routes to ride on websites like mapmyride.com or using the google maps bike routes feature, ask your friends or family to come out and support you with snacks and encouragement on your longer rides, or sign up for an organized event for that big training ride!

* **A note on speed:** As you’ve probably gathered, we require that riders be able to keep a minimum average speed of 12mph on the summer adventure. We believe that, with training, this speed should be an accessible goal for beginning riders.

On the other end of the spectrum, we do not set an absolute maximum speed. However, it’s important to us that this ride is accessible for cyclists of a range of abilities, and this means we have to look out especially for the beginners. For those more experienced cyclists who can keep a higher pace, you will be expected to stay within at most 20 miles of the back of the pack to ensure that our rest stop system works for everyone. This may mean decreasing your pace a little or spending more time at rest stops. Remember that the Fuller Center Bicycle Adventure is not a race, but an invitation for all who have the drive and courage to be involved in our mission to end poverty housing... and know that your skills and expertise will be an incredible asset to the team!
Training Plans

For riders who are just beginning to get into cycling, here are a couple helpful links to get you started!

- Beginner Cyclists: Tips and advice to get you off to the best start
- How to Fix the Most Common Causes of Cycling Knee Pain

Past riders have prepared for this adventure in so many different ways! Some follow a very strict training plan while others just start biking when they have time. Again, this is where it’s important to know your own body, physical fitness, and cycling experience level. Here are a few training ideas that we’ve found to be a helpful starting point, but don’t let them limit or intimidate you. Do what works for you and your schedule, and remember, any training is better than none! Get out and ride!

The “Give Up Your Car” Plan
Total training mileage = 500 miles
Try biking instead of taking your car on trips to work, school, the grocery store, etc.! You could stick to just leaving your car at home, add in a few true training rides, or join an organized ride to get some experience with higher mileage (50-75 miles). To add a little more structure, try keeping track of the miles you ride and aiming for a goal of biking 50-100 miles per week and/or a total of about 500 miles before the start of the trip.

Beginner Training Plan (2-3 days/week)
Total training mileage = 500 miles
This plan is a good starting point for riders who either have some riding experience or are physically fit from other athletic activities. It works up to a 75 mile ride (which is about 3/4 the distance of our longest ride on the trip) and includes a couple of back-to-back long rides.

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The adventure begins!
Beginner Training Plan (3-4 days / week)
Total training mileage = 750 miles
This plan is a good starting point for riders who have minimal riding experience. It works up to a 75 mile ride (which is about 2/3 the distance of our longest ride on the trip).

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The adventure begins!

Intermediate Training Plan
Total training mileage = 1300 miles
This plan is for riders who have been able to maintain a schedule of riding about 50 miles per week for at least about 3 or 4 weeks and can devote a little more time to training (about 10 to 15 hours per week). It also works up to a 100 mile (century!) ride to provide a little more confidence at that distance.

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The adventure begins!

(Training plans adapted from www.bicycletouringtales.com/training2%20info.html)

Definition of Intensity Levels:

Optional = You can choose: rest, take an easy spin for no more than 10 miles, or cross-train (run, swim, yoga, etc.).

Easy = This is a recovery ride and you should barely break a sweat (unless you’re training in the south Georgia heat like we are!) Ride a speed at or below your goal pace.

Pace = Ride at the speed you want to maintain during the trip (about 12 to 20 mph).

Brisk = Bike 2 to 5 mph faster than you plan to ride on the trip.
Key Cycling Skills

The Basics

Some of the fundamental skills you should practice as you’re training:

- Riding through turns, crossing railroad tracks, and avoiding obstacles
- Drinking water while riding
- Getting in and out of “clipless” pedals
- Riding safely in traffic, and safely turning your head to watch for traffic coming behind you
- Changing flats or making small repairs on the road (we’ll also go over this during orientation, and you’ll be an expert after a few weeks on the ride!)
- Warding off dogs (ride long enough and you’ll meet some!)

Hand and Voice Signals

There are a number of signals we’ll use out on the road to communicate both with cars and fellow cyclists. We’ll go over these in detail again during orientation, but here’s a quick overview so you can begin practicing while you’re cycling in traffic or with a group.

- **Right turn, Left turn, Slowing or Stopping:** See the image at the right for the appropriate hand signals, and be sure to call out “Stopping” or “Slowing” when in a group!
- **Road Hazard:** point down to the right or left at the hazard, and announce it (“Pothole up” for example).
- **“Car up”:** announce a car approaching from the opposite direction
- **“Car back”:** announce a car approaching from behind.
- **“Car left / right”:** announce a car approaching from the left / right.
- **“Passing” or “On your left”:** announce when passing another cyclist or pedestrian. Never pass on the right!

Drafting

Many cyclists choose to practice an energy-saving riding style called “drafting” because with practice, and constant alertness to other riders, this method of following in another rider’s slipstream can be a rewarding and leg-saving practice. However, because of the increased risk, we do not encourage drafting, and you’ll never be required to draft during the trip. If you do choose to however, here are some basic drafting etiquette and safety guidelines:

- When riding in close proximity to other riders take extra care to call out road hazards such as “hole!”... “road kill!”...“car back!”...or “slowing!”
- Stay to the right of the white line when possible and ride single file.

source: www.virginiadot.org/programs/bk-laws.asp
- While leading a pace line, make a conscious effort to hold a steady speed that those following you can maintain. Watch your computer if necessary.

- If at all possible, do not use brakes in a pace line, instead anticipate decreases in speed and do something called “soft-pedaling” where a rider keeps spinning the pedals, but without applying power. This allows a rider to easily resume the previous pace of the group without rapid decelerations or accelerations. However, keep your hands on your brakes and be constantly vigilant of both the other riders and traffic in case there is a need to suddenly slow down or avoid a collision.

- Share the work load. No one wants to lead or be led all the time. Take a turn pulling at the front of the line and then signal to the next rider and peel off the front (when it’s safe and traffic is clear) and slow down slightly to gradually drop to the back of the line. (See diagram below.) This rotation is the great thing about a pace line: the work is shared!

Here’s a graphic to help illustrate a simple pace line:

```
“Working my tail off to help pull these guys. Glad we rotate every 3 miles!”

“That guy in front of me is getting tired. I better say a few encouraging words and help call out warnings.”

“Nothing better than riding without feeling the wind... I need to be alert and call out for cars coming up behind us, and I have to make sure I don’t go rubbing my tires with the girl in front of me.”

“Ahh, glad my turn in the lead is over. I’ll pull to the side and gradually fall to the back of the pack for now.”
```
The 10 steps to raising $10,000 or more

1. Fear not.

"I don't want to raise money."
"I feel bad asking people."
"I don't think I can do it."

If that's how you feel before you start, you're not alone. Time after time we see our riders start like that, but they rarely finish that way.

Remember, you're not asking for yourself, you're literally changing lives. You're giving people a fantastic opportunity to share in your journey and impact a family forever. No one gives until they decide they can and want to, so do not feel bad about asking nicely!

Embrace this opportunity to do something good! If you follow these 10 steps, you really can amaze even yourself.

2. Learn. Take a few minutes to learn all you can about The Fuller Center for Housing. Become knowledgeable. Get inspired! Read up at www.FullerCenter.org, listen to a speech or two by Millard Fuller www.fullercenter.org/speeches, and check out our Facebook page at www.Facebook.com/fullercenter.

3. Gather your names. Create a list of your supporting community -- friends, relatives, current or past co-workers, teachers, neighbors, church members, etc. This step is crucial, the more the better! You will be amazed later to see who gave for you. Hunt down email and mailing addresses for all of them.

4. Customize your fundraising page. Your 2022 Bike Adventure fundraising page has already been started for you using the username and password that you entered when registering for your ride. If you haven’t already, be sure to login to add your About Me section, create a profile photo, and make any other customizations that you would like. For a how-to video, click here.
5. **Make a personal gift.** This isn't a trick. Making a nice gift of your own isn't required, but it lets your supporters see that you're putting your money where your mouth is and lets you start from somewhere other than that dreaded $0.

6. **Be active on social media.** If you’re someone who uses Facebook, Instagram, or other social media, begin posting updates and pictures about your training, your excitement about joining the event, etc. Don’t make many direct asks on social media, but do include at the end of your message a link to your MyFCBA profile page and something as simple as “Funds raised: $X.” Help people feel encouraged to engage with your post even when they don’t donate.

7. **Send out bulk emails.** Guess what? They don’t need to be hard asks! It’s enough to share about what you’re doing, your goals, your progress, pictures and the link to your page. People get the idea! Always make the messages about more than a fundraising ask and just make sure your fundraising goal, your progress, and how to donate are very obvious. Best of all, MyFCBA and this guide have sample messages to help you start.

8. **Personalize it.** To the top people on your list (if not everyone), send personal emails separate from the bulk emails. Consider calling, offering to meet up, or making a presentation. Also, always give a personal reply as quickly as possible to anyone who replies to your messages in any way.

9. **Mail letters.** Let's face it, emailing is easy, sending mail is hard. But that's exactly why it works. The best news is that we can help! We'll actually print and mail letters for you. See the sample letter and details later in this guide.

After seeing your email messages for months, and now feeling your letter in their hand that you took the time to write and personalize, your supporters can't help but want to say yes.

10. **SAY THANK YOU!!** Every gift deserves a prompt, personalized thank you, and don't stop there. For example, send a post card during the ride, thank your people publicly on Facebook, or write their names in sharpie on your bike helmet. If you thank people right, they'll be thrilled to participate again next year!

**A final word:** This isn't the only way to do it. Phone campaigns, in-person meetings, direct appeals to your church, taking your rich uncle to breakfast, bake sales, you name it! Sometimes you have to get creative.
Sponsorship Opportunities

Sample Costs of Materials

To give donors an idea of what their funds can purchase, here are some approximations:

$50 - Large box of nails to hold the home together
$100 - 2 gallons of paint to make the home beautiful
$250 - The front door to welcome the family and their guests
$500 - The bathroom toilet and fixtures to make the home healthy and sanitary
$1,000 - Energy efficient replacement windows to increase comfort and save costs
$2,500 - A new roof to protect the family's home for decades to come
$6,500 - Substantial home renovation in the U.S., or a new house internationally that will change the lives of a generation

United States

Roof Replacement or Repair: $4,000

Major roof repair or replacement is a huge economic burden for low-income families. Beyond the inherent challenge of being rained on in your home, leaky roofs cause water damage to the house itself and the things in them, and damp conditions cause illness. A bad roof also means a leaky house, creating energy inefficiency and high utility bills for families already in financial straits.

Rehab of an Existing Home: $6,500

Millions of Americans—many of them elderly or ill—cannot afford the repairs needed to keep their homes safe, stable and cheery. A Fuller Center rehab project allows families on limited incomes to stay in their own homes without refinancing or incurring the burden of heavy debt. The Greater Blessing Program supports repair work for other families and offers those in need the opportunity to give back.

A New Home: $75,000

Despite a seeming myriad of options to finance a home, for many working-class families, there is no such thing as an affordable mortgage on the conventional market. The Fuller Center for Housing helps hardworking, decent people set up reasonable, no-interest payments and “sweat equity” strengthens the sense of true ownership of their simple, decent home. As their payments are recycled to help more families, Fuller Center partner families spread the joy and benefits of homeownership to others.
International

Armenia – New House: $10,500 / Repair of an existing home: $2,900

Following the devastating earthquake of 1989, thousands of families were moved into Soviet shipping containers called domiks. Nineteen years later, thousands still live in what were supposed to be temporary shelters. The UN estimates that 40,000 Armenian families lack permanent shelter. Many of these people own land and have started to build homes they can't afford to finish. Due to breakdowns in the economy following independence and political instability, families in Armenia need capital - not charity - to move from hot, crowded, deteriorating domiks to safe, modest homes.

Also, like most former Soviet countries, Armenia is dotted with huge apartment complexes. Since independence, many of those apartments have been privatized, but many are in disrepair. The Fuller Center in Armenia helps families in these apartments refurbish their homes and make them safe, sound and hygienic.

El Salvador – New house: $1,000 (matching funds towards a grant)

Most families we work with in El Salvador do not own land and only have seasonal incomes from working in cane fields. They are part of a large, hardworking underclass that lacks the money, education and opportunities to lift themselves out of poverty. Multi-generation families often live in one-room dwellings, lowering hammocks from the ceiling in order to sleep at night. We are building a community of about 100 homes with the help of grant funding, but the grant requires us to find additional funds to complete it. Each new home will have 3 bedrooms, running water, electricity, and flush toilets -- all things that most of the families will have for the first time in their lives.

Haiti – New house: $6,500

We started in Haiti in response to the 2010 earthquake that devastated the capital city, building over 150 homes. Now the work continues in this impoverished nation, building permanent homes, employing workers, and even opening a hardware store to help families have access to the materials that they need to improve their own homes.

Nepal – New house: $5,050

The devastating earthquake in April 2015 put our homes that we had built right near the epicenter to the test -- and they passed with flying colors while 80-90% of all other homes in the area crumbled. Now we have increased the pace of our construction to
respond to the earthquake, and to prevent the next one from causing such a terrible disaster.

**Nicaragua – New house: $7,500**

The community of Zaragoza in the city of Leon is inhabited with hard working families who own their land, but have no access to the capital and construction expertise to move out of their wood, metal and plastic shacks into permanent homes. After building over 100 homes in the nearby indigenous fishing village of Las Penitas, we are now starting work there in Zaragoza to build homes with running water and flush toilets.

**Peru – New house: $6,500**

The La Florida project outside of Lima is nearing its 100th home: more than 500 people housed! Most families are migrant farm workers with low, seasonal incomes, living in portable huts made of woven reed panels. Those in traditional houses suffer from miserable overcrowding.

**Sri Lanka – New house: $2,800, Repair of existing home: $1,500**

Sri Lanka is a small island nation that has struggled through decades of civil war, which recently ended, and an onslaught of natural disasters such as the 2004 tsunamis and massive flooding in 2016 and 2017. The Fuller Center is helping neglected families near the urban capital of Colombo as well as in the countryside.

Although poor, the country of Sri Lanka has a high rate of home ownership. However, due to an economy destroyed by the natural and man-made disasters, struggling homeowners can't afford to turn dilapidated or damaged houses into decent, safe places to live.

**Madagascar – $3,300**

The Fuller Center is partnering with families living in atrocious conditions near the town of Antsirabe, in central Madagascar, to provide the opportunities that they otherwise will never have. The program has developed low-cost methods of building and repairing homes with families. A detached sanitation building with a latrine and bathing area is included with each new home.
MyFCBA: Your Profile and Fundraising Platform

MyFCBA is a tool we’ve created to help you:
- Create your Meet the Riders profile
- Receive donations through your page
- View a list of all your donors with their contact information
- Thank donors
- Send update emails to donors, including email templates

Be sure to take advantage of this great tool!

Login here: my.fullercenterbikeadventure.org/login.asp

View a 4-minute how-to video here.
Email Campaign Samples

Sending monthly or bi-monthly emails to large groups of friends and family is a very effective way of involving others in your Adventure, and giving people the opportunity to donate or otherwise engage further. The most important aspect of your email campaign is to convey your excitement, and warmly invite others to take part in your journey however they can. Asking for money can feel awkward, but here is a secret...you often do not have to!

Important note: All of these pre-drafted emails are already in your MyFCBA account!

Introduce Your Adventure (New Rider)

Subject: I'm doing it!

Hello friends!

A few weeks ago a friend told me about a super long bicycle ride that she did. I'm talking hundreds of miles. I thought she was crazy. But as it turns out, so am I!

I still can't believe it, but I recently signed up to ride my bike from ______________ to ______________, which is about _______ miles. Yes, me. Am I ready? Not even close. But I'm very, very excited.

The ride is for The Fuller Center for Housing, which is an amazing organization that builds and repairs homes with families who need a helping hand. Of course I'd love if any of you joined with me (all the details are at FullerCenterBikeAdventure.org), but I certainly don't expect that. I just wanted to let you know that I'm doing this, request your prayers for my journey, and see if you'd be ok with me sending you updates. (If not, no hurt feelings, I'll just take you off this list.)

My profile is online here:

*|fundraisingPageURL|*

Hope all is well in your life. Drop me a note anytime.

God's blessings,

*|firstName|*  *|lastName|*
Subject: Here I go again!

Hello friends!

As you know, last year I had an amazing time riding with the Fuller Center Bicycle Adventure. Not only was it a great ride, but the way the ride helps families in need have a decent place to live through The Fuller Center for Housing is an awesome mission.

Although the riding will be another huge challenge, I signed up to ride again! And I wanted you to be one of the first to know. This time I will be riding my bike from ______________ to ______________, which is about _______ miles. My profile is online here:

*|fundraisingPageURL|*

I'd love to have your prayers for my journey, and to see if you'd be ok with me sending you updates. (If not, no hurt feelings, just let me know and I'll just take you off this list.)

Hope all is well in your life. Drop me a note anytime.

God's blessings,

*|firstName| * *|lastName|*
**Birthday Message**

Subject: A birthday wish

Dear Friends,

After you reach a certain age, we usually stop expecting to receive many gifts for our birthdays. But birthdays remain a great day to make a difference for the things you care deeply about.

In honor of my up-coming birthday on __________, would you consider donating to support the work of The Fuller Center for Housing? A gift towards helping those in need of decent homes would be the ultimate present for me to celebrate my birthday, plus it helps me towards my goal for my upcoming ride with the Fuller Center.

My goal is to raise __________ to support the Fuller Center's efforts around the world. If you'd like to help, visit my page here:

*|fundraisingPageURL|*

Getting older, but not 'old' yet!

With gratitude,

*|firstName|*

---

**Birthday Follow-up**

Subject: My birthday wishes came true!

Friends,

Thank you to all that donated in honor of my birthday, y'all raised over __________ and I was just giddy with the Fuller Center love that I received. What a great birthday!

Birthdays may come just once a year, but it's not too late to join the movement to empower communities like El Espino, El Salvador. Donations of every shape and size are stretched to their fullest capability, and in many parts of the world as little as $6,000 can build an entire home! Visit my fundraising page here:

*|fundraisingPageURL|*

With appreciation,

*|firstName|*
March Madness

Subject: March Madness, Bike Adventure style

Dear Friends,

In basketball, whatever you have done in the regular season doesn't help you in the playoffs. In the same vein, despite the amazing ______ that we have raised for the Fuller Center in 2022, Team * | lastName | '*s count for this competition is zero! If you are planning to support my 2022 Bike Adventure, and have not yet, this is the week to do it! If you have donated already, but feel a need to feed some healthy competition, let's do it! Check out most up-to-date score on the March Madness Leaderboard.

As a personal thank-you, I am going to write the name of each March Madness donor on the helmet that will accompany me throughout all my miles of riding this year. It would be my honor to take you with me on the adventures that await, even if you can’t be there in person!

#LetsWinThis

* | firstName | *

To give me an assist: * | fundraisingPageURL | *

Almost There

Subject: So, so close...

Friends,

A gigantic 'thank-you' to the ______ of you who have donated to my ride this year, our 2022 fundraising total stands at $_______! Sitting just $_______ away from the goal milestone is like not riding the extra half mile to make a 99.5 mile day into a 100! Check out my fundraising page for more information about why I am so excited to raise funds for those in need!

* | fundraisingPageURL | *

God's blessings,

* | firstName | *
Mid-Ride Update

Subject: Update on my ride

Dear friends,

I can truly say that I wouldn’t have made it this far without your support, so I wanted to drop you a note to let you know how the ride was going. We’ve now been on the road for __________, and it already has more special memories and moments than I can put here.

_____________________________________________ [Space for personal updates about your ride if desired...or delete this line.]

Knowing that all of you are pulling for me has really helped to give me the strength to get through this. The _______ names that I have with me on my helmet from those who donated are a daily motivator and source of encouragement to me, which is so important on a journey like this one.

When I set my personal fundraising goal at $_______ for this year, I knew it would be a stretch, but we are almost there! So far, we have already raised $_______ together, which is already making a difference.

If you have not already made the Sharpie-written list of supporters, I would love to have you along for the ride! Donations of $50+ will get etched in infamy on my trusty brain bucket! To learn more about my passion for partnership housing, check out my Bike Adventure fundraising page:

*|fundraisingPageURL|*

Riding together,

*|firstName|*
We Did It!

Subject: WE did it!

Dear friends,

Wow. Wow!

I'm just so amazed and moved at the way that you all have stepped up to encourage and support my ride and the mission of The Fuller Center for Housing. It makes me so happy to announce that we have officially met my fundraising goal! I've seen through my experiences with the Fuller Center that those funds are going to make a big difference in the lives of real people, so thank you, thank you!

My training has been going well -- over _____ miles last week -- and I'm nervous but feeling closer to being ready. I'll definitely send out updates from the ride and make posts on social media to help share the journey.

With eternal gratitude and appreciation,

*firstName*

*fundraisingPageURL*

---

Thank you!

Subject: Thanks, ______! [your donor's name]

Hey ______!

I just wanted to send you a quick note to let you know how much I appreciate your willingness to join me in supporting The Fuller Center for Housing. Having friends / mentors / neighbors / teachers / co-workers like you means so much to me and really encourages me for this difficult journey. Together, we are making a great difference in the lives of a family in need!

I look forward to sharing updates on my journey via email and facebook. Thanks again for being part of my supportive community for this bike ride!

Always grateful,

*firstName*
Mailing Letters – We Can Help!

For most people, mailing real letters is still the best way to raise money. But let’s be honest: it can take a lot of work to get those letters together. Thankfully, we can help!

Here’s how it works:

1. Gather all the addresses you can – really dig deep. Try to find everyone you know that you can think of – you’ll be surprised who ends up giving. Ideally these are people you have already been emailing. Enter them into a simple spreadsheet with seven columns: First Name(s), Last Name, Address, City, State, Zip, and Salutation.

2. Write your own fundraising letter – we’ve made this easy by including a sample letter in this Fundraising Guide. Just change it a bit to fit your fancy and you’ll be all set.

3. Email us your list and letter to bike@fullercenter.org. Let us know if you’d like us to provide the stamps or if you can do that yourself.

4. We’ll print the letters on letterhead customized with each person’s name and address. Then we’ll address and (if needed) stamp the envelopes. We’ll also create Fuller Center return envelopes for your donors and then mail you the entire stack.

5. Simply personalize and / or sign the letters, put them in each envelope, and take them to the post office right away. You're done! (Just remember to follow-up and thank everyone.)

Send us your list and letters no later than 60 days prior to your ride!
Dear [Name],

[Personalize opening sentence(s)].

As you know from my emails, I am going to be part of a very challenging bicycle ride called the Fuller Center Bicycle Adventure. I am writing to personally invite you to share in this mission with me.

I will be riding about ____ miles from _________ to ____________. I now have my bike, all the supplies that I need, and as for training? Well, let's just say it's a work in progress.

I'm really looking forward to the journey, but the real purpose of all this is to help change lives through The Fuller Center for Housing, which is a Christian non-profit that builds and renovates homes as a helping hand in partnership with those in need, not as a hand-out.

My personal goal is to raise at least $______. So far, some amazing friends like you have already supported me in raising $____. Every dollar moves a family closer to having a life-changing home, would you support The Fuller Center with me?

Checks can be made out to “The Fuller Center” with “bike ride – [your name]” in the memo section. Send it in using the included return envelope or by mailing it to the address at the bottom. You can also give online via my personal fundraising page at: my.fullercenterbikeadventure.org/______________.

With your support, and my determination to ride, we can make a great impact on the affordable housing movement. Thank you so much!!

With sincere appreciation,

[your name]
Fundraising Contest Calendar

In order to help guide focus, and infuse excitement into the fundraising seasons, we hope to host a calendar of fundraising contests for 2023:

End-of-Year Campaign – From registration until December 31, 2022

Let’s ride the wave of year-end giving by seeing how many riders can reach $1,000 raised by the end of 2022. As a bonus, participants on Cali to California, East Coast, and Natchez Trace who reach the $1,000 raised by December 31 will receive a free bonus jersey when they arrive! Start the season of giving off right.

March Madness – March 1 – 31, 2023

Our basketball-themed competition is always great fun! Our goal is to beat last year’s record of $86,305. Prizes and details will be announced closer to the event. The contest is structured so with both team and individual contests, so we’re working together as well as engaging in some friendly competition between our different ride events and individually. Last year, contests included:

- Fastest Start (ride event that raised the most through March 15)
- Everyone Scores (which ride event has the highest percentage of riders raise at least $100)
- Reach the Top of the Mountain (setting an overall March record)
- MVP of each ride event and overall (most raised)
- Assist leader of each ride event (most number of donors)

Miles and Smiles – April 15 – May 15, 2023

Held just before our two big summer rides begin, this event challenges riders to both get their training miles completed and to raise their funds, awarding points for both miles and dollars which results in a fun set of contests. There are weekly and overall winners.
Fuller Center Donation Pledge Sheet

Fuller Center Bike Adventurer: ________________________

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Thank you for supporting the work of The Fuller Center for Housing!

Learn more at [www.fullercenterbikeadventure.org](http://www.fullercenterbikeadventure.org)
Questions? Email [bike@fullercenter.org](mailto:bike@fullercenter.org) or call The Fuller Center at 229.924.2900
Suggested Gear List

For each rider we offer to carry ONE bag of less than 4,000 cubic inches / 40 lbs. Your bag must close securely, such as a zipped duffle bag or suitcase. Note: If you chose to bring a laptop it can be carried separately in a small laptop bag to help prevent damage.

Ordinary Clothing:
- 4 pairs underwear
- 1 or 2 T-shirts we’ll provide you with 1 orange t-shirt when you arrive (or 2 t-shirts if you join for 2+ weeks)
- Women: 3 sports bras, 1 non-sport
- 3 pairs socks
- 2 pairs shorts (incl. 1 that is good for worksites)
- 1 pair of pants (jeans, etc.)
- 1 pair closed-toed shoes (required for worksites) *
- Sandals / flip-flops (use for shower shoes) *
- Sweater/Sweatshirt
- Pajamas +
- Hat #
- Bathing suit
- Pillow +

Cycling Clothing:
- 3 pairs cycling shorts *
- Cycling clip-in shoes *
- Fuller Center jersey #
- Cycling gloves +
- Leg warmers or tights +
- Arm warmers +
- 3 pairs cycling socks
- Rain jacket *

Note: You will be required to wear a Fuller Center Jersey every riding day. This keeps us looking like a team, and helps spread the word about the Fuller Center for Housing while we ride! Remember, we’ll do laundry about every 3 riding days, but if you’d like to purchase additional jersey(s) contact the trip leader.

Personal Items:
- Toiletries
- Sunscreen
- Quick-dry towel
- Book or journal
- Saddle cream* 
- Cell Phone *
- Medications
- Personal Laptop +
- Covid tests

Personal Equipment:
- Camping Pad # or air mattress (in manufacture’s bag)
- Flashlight or headlamp
- Power bank+
- Plug Splitter/Surge Protector
- Sunglasses *
- Permanent Marker
- Sleeping bag
- Shower bag (something you can easily carry while biking a mile or two to showers)

Cycling Equipment
- Helmet (required!)
- Bike taillight w/ 30+ lumens (required!)
- Rearview mirror (required!)
- Bike headlight (required)
- RoadID, especially if you have important medical condition (roadid.com)*
- Road Bicycle
- Pump to carry on your bike*
- Water bottles #
- Cages for bottles *
- 3 tire levers *
- Patch kit *
- Multi-use bike tool *
- Bike lock
- Clipless pedals *
- Spare inner tubes *
- A good bike seat *
- Seat bag*
- Cycling computer, Garmin or Cell Phone Mount *
- Replacement spoke or two+
- Chain lube *
- Hydration pack (i.e. Camelbak) *
- Route sheet Cue Clip +

Symbol Key:
* Very strongly recommended for those joining us for long distances
# Provided - Or Bring own
+ An optional extra
Tips for “making it fit” and “making do”

Not sure of the size of your bag? Measure the length, width, and height in inches, and then do the math: 
\[ \text{Length} \times \text{width} \times \text{height} = \text{bag volume in cubic inches}. \] 
Make sure it’s about 4,000 or less.

Why do we want you to bring such a small bag!? Well, for one thing, it helps make the trip happen—space will be tight in the trailer, and the less we have to pack every morning the quicker we can get on the road. However, we’ve also found that we just don’t need much while we’re on the ride and having less stuff to keep track of means there’s more room to take in all the incredible experiences! For inspiration you can read through our simple living philosophy (on page 5 of the Rider Guide), and know that your efforts to pack light will be appreciated by the chore team in charge of packing the trailer every morning 😊. Here are some of the ways past riders have made it work:

- Ask yourself two questions: What are the chances I will need this? And unless I am sure I will need it, could I easily pick it up along the way?
- Our packing list is conservative, listing more than you may actually need.
  - Planning to wear sandals most nights? Just bring 3 pairs of cycling socks, leaving ordinary socks behind.
  - Don’t mind wearing a t-shirt more than one day? Just bring one. We’ll be giving you one (or two if you’re joining for two or more weeks) of our awesome orange t-shirts when you arrive, and you’ll want to wear it most of the time anyway!
  - Wear ordinary clothes (shorts, t-shirt) in place of pajamas.
- Use a “soft” bag rather than a hard suitcase. Not only will it make it easier when you have to haul it to/from the host site each day, but it seems one can always squeeze one more thing into one of those soft bags.
- Substitute a sheet and dense blanket for a sleeping bag. Your sleeping bag or blanket must fit in your personal bag, but the camping pad that we provide does not (we’ll store those separately in the trailer).
- If you’re bringing a pillow, bring a camp pillow that can be put into a stuff sack, or one that you can inflate with your mouth and deflate in your bag. One rider used a $2 inflatable pool toy.
- Limit toiletries to what’s really needed.
  - Use smaller travel-sized items—you can re-stock along the way as needed.
  - Some can substitute soap for shaving cream, or use the same soap for both body and hair.
- Pillow cases also work great as quick-dry towels. They don’t offer much privacy, but they dry fast and fold up small!
What to Leave Behind

We like to live simply here at the Bike Adventure and we encourage you to pack only what you believe is necessary for your ride and will fit in your suitcase. However, some things, whether they fit or not, are not welcomed on our ride, and we appreciate you leaving these behind.

- Firearms
- Non-essential valuables
- Illegal Drugs (Sorry Lance 😊)
- Cots (a small air mattress that fits in your bag is okay)
- Hard Bicycle Cases (use disposable cardboard boxes instead)
- Non-Fuller Center cycling jerseys
  - All riders wear Fuller Center jerseys each day. Any year’s Fuller Center jersey is totally acceptable.

Frequently Asked Questions

Didn’t find everything you were looking for? No problem! We actually share much of how our rides are run through the Frequently Asked Questions section hosted on our website:

fullercenterbikeadventure.org/faqs