

2027 Rider Guide



FULLER CENTER
BIKE ADVENTURE

Welcome!

Dear Rider,

Welcome to the Fuller Center Bicycle Adventure! In our twenty years of holding rides, we've learned that FCBA 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 – Southern Tier, Lumberjack Loop, and Leaves to Liberty Ride



Brad Birky

Bike Adventure Coordinator

Trip Leader - Tour de Florida, Silver Comet, Colorado Bike and Hike, Gulf to Great Lakes, and Natchez Trace

Contents

A NOTE ON SAFETY.....	4
CYCLING CERTIFICATION CLASS.....	5
SAFETY PLEDGE.....	6
VOLUNTEER CONDUCT AGREEMENT	7
LIVING SIMPLY IN COMMUNITY.....	8
FOOD AND MEAL EXPECTATIONS.....	9
NAVIGATION.....	10
PERSONAL ROUTE DEVIATIONS.....	12
TRAINING GUIDE.....	13
TRAINING PLANS.....	14
KEY CYCLING SKILLS.....	17
FUNDRAISING GUIDE.....	19
THE 10 STEPS TO RAISING \$10,000 OR MORE.....	19
HOME SPONSORSHIP INFORMATION.....	21
FUNDRAISING PAGE AND PLATFORM.....	24
SAMPLE FUNDRAISING EMAILS, ASKS AND THANK-YOU'S.....	25
MAILING LETTERS – HOW WE CAN HELP	32
SAMPLE FUNDRAISING LETTER.....	33
FUNDRAISING CONTEST CALENDAR.....	34
PLEDGE SHEET.....	35
PACKING LIST.....	36

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:

- Cycling Safety Certificate classes: <https://thecce.org/fuller-center/>
- NHTSA Basic Bicycle Safety Tips: <http://www.youtube.com/watch?v=idrrxlpQpt4>
- GCN's Helmet fitting guide: <https://www.youtube.com/watch?v=lyhyrITHDgw>
- More details on riding in traffic: www.bicyclesafe.com

Further details on the Cycling Safety Certification classes are on the next page.

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.



Cycling Certification Class

Many of our riders have various levels of experience and we welcome all to join our rides. Yet, as varied as our experience is, putting a focus on consistent rider safety protects you and the group you will be riding with.

Your safety during training rides and the event itself is of paramount importance to us. Riding in areas you are not familiar with and with drivers that are not experienced with you adds additional risk.

Therefore, even very experienced riders can gain new skills that make their cycling safer and more comfortable. We have worked with The Center for Cycling Education to provide you with access to their 'Traffic Smarts for Cyclists' course at a 20% discount.

There you will explore in detail how to integrate well in traffic, choose your best place on the road in many situations, and navigate complex intersections comfortably. Riding on paths and trails is covered, as well as configuring your bike to fit you well, choosing and adjusting your lighting, and much more.

Please refer to our [requirements on speed and training, and on safety](#) and our safety pledge on the next page.

By taking advantage of this interactive content, your enjoyment of the trip will be greatly increased, as will your competence as a rider.

Details on the course, and your coupon code, can be found here: TheCCE.org/Fuller-Center.

If you have any questions at all about the course, please feel free to contact Allan Dunlop at The Center for Cycling Education [by phone, email, or text](#).

For information on the adventure, please contact Neil or Brad at the Fuller Center.

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 we seek to arrive 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 remain within reasonable and legal speeds in all circumstances, never exceeding 15mph on trails or 40mph on roadways, such as when descending a hill or mountain.
8. I will ride with a bright taillight (visible from 500 feet away) and headlight, with a flashing mode, that securely points toward traffic behind and before me.
9. I will have on my bike or helmet a bicycle mirror to promote situational awareness and communication.
10. If I stop for any reason, I will get far off to the side of the road. I will remember to call out "Stopping".
11. 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.
12. I will not wear in-ear headphones while cycling as they block out audible cues important for safety.
13. 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.
14. 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.
15. 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.
16. 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



Volunteer Conduct Covenant



NAME: _____

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 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 or before cycling. I will not participate in drunkenness, use of drugs, cycling 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 inappropriate or threatening language such as crude conversations or profanity, racial slurs, and sexually explicit or suggestive conversations.
- I will not begin any new sexual relationships during my time on the ride and will abstain from all sexual activity in Fuller Center and host facilities.
- 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, or understand that I may be asked to leave the ride or unable to return for a future ride.

Volunteer Signature

Date

Living Simply in Community

"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 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. As we try to "Live Simply so that others can Simply Live," we escape unnecessary distractions so that we have the opportunity to focus on one another and the work at hand. For instance, to live simply in community we:

- shower and stay in churches and community centers, sleeping on floors with camping pads and air mattresses
- reduce our time on screens watching TV or using the internet
- live out of a modest bag and a shared trailer, enjoying freedom from our stuff
- pitch in through chore teams, serving one another
- eat together frequently, enjoying food that we cook or has been generously provided by hosts.

Besides the philosophical reasons, there are some very practical results. Living simply in community causes us to be more creative and to bond together as a group as we have fun and carry each other's burdens. It lowers the cost of the trip, which directly allows us to help and serve more people around the world who never have many of the luxuries we've become used to. It moves our focus from entertaining ourselves to engaging the community and world around us.

This is so different than the current of our culture that we should not be surprised if this does not always come naturally. You could even say that fighting the current requires a SEA change:

- **Self-reflection** – looking to serve others beyond serving oneself.
- **Etiquette** – adapting to community etiquette in cycling, communication, and lifestyle
- **Adherence** to directions from the trip leaders, chore team leaders, hosts, and community.

Of course, there are some natural limitations. We're very committed to ensuring that the riders are well fed. We don't sacrifice safety, so we hope everyone carries a cell phone. We don't expect you to give up all technology and connection with the outside world, and it's a necessity for our leaders and media team. And we surely know that living in community would be easy – if it wasn't for all the people!

So what's our point? We're not going to get legalistic about this and make it into an endless list of rules, but it benefits you and the team alike when we all embrace living simply and the experience of living in community not as a burden, but as a God-given blessing.

From the early Church: "All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God." – Acts 2:44-46

"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

Food & Meal Expectations

We work to help all riders stay healthy on the road. Because we rely on limited storage, volunteer cooks, donor funds, and generous church hosts, our meals and food variety must remain simple, mainstream, and manageable for a large group. Overall, we eat well!

Breakfast and lunch typically include cereals, bagels, fruit, and peanut butter — a staple of our diet.

Dinner is provided 5–6 nights per week and purchased on your own 1-2 times per week.

We STRIVE to accommodate:

- Vegetarians (meals provided by others may vary)
- Medically necessary dietary restrictions such as food allergies
- Simple, cost-effective grocery items from standard stores (usually generic brands).
- Nut allergies, with caution (see below)

We work to ensure adequate calories, balanced meals, and snacks to keep riders fueled, keeping with our shared commitment to *live simply so others can simply live*.

We CANNOT directly accommodate:

- Diets-by-choice (paleo, keto, Whole30, Atkins, etc).
- Highly specialized or brand-specific food requests
- Extreme restrictions (e.g., eliminating all added sugars / high-fructose corn syrup or seed oils)
- Complex individual diets
- Extra junk foods and sweet drinks like sodas.

We distinguish medical needs from personal preferences; only medical needs will be added to the group shopping list. Riders who prefer specialty or extra items are welcome to bring or purchase them for personal use, so long as storage does not interfere with group food storage requirements. Storage of personal use items may also result in a bag weight penalty to be assessed. Storage and handling will not be the group's responsibility to handle.

A Note on Nut Allergies

Peanut butter is a regular part of our lunch and rest-stop foods. While alternative options are available, we cannot guarantee the absence of cross-contamination.

We eat well, we eat simply, and we eat together.

Navigation

We utilize a variety of means to help our riders safely navigate each route. No system is perfect in itself – riders must take advantage of the tools available and take charge of their own navigation, even as we seek to help one another.

There are several types of navigation aids available that we will discuss below. **We require all riders to utilize a GPS-based form of navigation** (#1 or #2 below), and may use the others as supplemental.

1. RidewithGPS App

Ride with GPS is the most popular tool for creating cycling routes, and it's what we use to create the route that you'll ride each day. Some of the advantages of this system:



- Free access to all our riders to the paid navigational features of the app
- Can be used on almost any smartphone
- Full map details, including Google Map view, satellite view, and more
- GPS-tracking follows your exact place on the map
- Easy to load and find the routes
- Spoken turn-by-turn directions (free on our routes)
- Offline mode available to save battery life (free on our routes)
- Allow family and friends to follow your journey through Live Logging (free on our routes)

Tips for Use (Click links for visuals or more instructions)

- A. Mount your phone. [To your handlebars](#) (\$8 – 30) or in [a frame bag](#) (\$15 – 30).
- B. Save your battery. [Utilize offline maps](#) by downloading routes ahead. Practice with [this sample route](#).
- C. Supplement your battery with [a battery phone case](#) (\$30-60) or [power-bank](#) (\$10-60) in a frame bag.
- D. Find routes easily by following/RSVPing to the Ride with GPS event [collection](#).

Note: To prevent route edits after riders have already downloaded them, we email out the routes and event collections shortly before the event or segment begins.

2. Standalone GPS-Based devices for bicycles (Garmin, Wahoo, etc.)

These devices are generally great navigation tools that come ready-made for handlebar mounting. Many riders are familiar with these devices already, and they also save you from using your phone battery for navigation. As an added bonus, it keeps your phone safe and easily available for taking pictures!

The major downside is that they come at a purchase cost in the hundreds of dollars, so we tell riders that these devices are great but not necessary if you use the Ride with GPS app. One other pitfall is that many riders need help loading the daily maps onto their device. We can help with that, but ideally riders purchase Bluetooth-capable models and will know how to utilize their own device prior to arriving. (See tutorials on how to [load Garmin](#) or [load Wahoo](#) wirelessly.)

Though some riders utilize both Ride with GPS App and a standalone device, either/or is totally fine.

3. Paper Route Sheets (Cue Sheet)

That's right, we still produce a paper route sheet each day that has a few important phone numbers as well as all the turns and your destination. This is a great back-up if batteries die, or just for quick reference along the way. Here's a sample cue sheet with explanations

The ID gives you something to look for at the turn when possible. See "ID Column Explainer" at page bottom.

The / means the road has multiple names, often starting with one name and changing as you continue

The total miles elapsed at the point of the turn

The distance on this road until the next cue/instruction.

[SAMPLE] Day 3- Julian CA to Brawley CA				
Total	Turn	ID	Notes	Dist.
0.1	Left	T	Turn left onto Oceanview/First Ave / Jimmy Dr	1.1
1.1	Right	SS	Turn right onto Main St	23.3
24.5	Left	RS	Rest Stop- Parking Lot- No RR	19.8
44.2	Right	RR	Rest Stop- Juan Bautista de Anza National Historic Trail	7.1
51.4	Right	SS	Turn right onto CA-78 E/CA-86 S (signs for Brawley/Calexico)	15.8
67.1	Right	RR	Rest Stop- Arco Fuel Station	7.1
74.2	Straight	TL	Continue onto Main St	0.3
74.4	Left	TL	Turn left onto N 3rd St	
74.5			First Presbyterian Church 301 Main St, Brawley CA 92227	
			Support Driver: 123-456-7890	
			Trip Leader: 098-765-4321	

Your destination / host facility

Important phone numbers should you need to borrow a stranger's phone or don't have the numbers saved in yours.

ID Column Explainer

T – a T in the road

CW – Cross Walk

SS – Stop Sign

RS – Rest Stop

RR – Restroom

TL – Traffic Light

U – a U turn

Y – a Y split in the road

O – a traffic circle

ZZ – Zig Zag (two quick turns in succession)

4. Chalking

We provide chalk for all riders for use in communication and encouragement. Lead riders mark turns on the ground as they go with arrows and an "FC" (Fuller Center) whenever it is safe for them to do so. This can be very helpful in reinforcing the route and clarifying any ambiguities so that we all stick together.

Chalk arrows are intended only to confirm your course, not to be your primary source of navigation! Do not plan to ride merely following the chalk without other navigation.

Personal Route Deviations

This page explains expectations for riders who **intentionally** deviate from the planned route, which is rare. It does not apply to accidental wrong turns where riders attempt to reconnect, or for riders who just take longer to get in due to riding speeds. Occasional personal detours can be fine, but daily deviations disrupt group logistics and shared experience. *Please use care for safety if creating your own alternative route.*

Communicating Deviations

Riders may deviate only if they communicate with their team and trip leader **before the day's ride begins**.

This helps support staff plan and ensures essential tasks are covered, including:

- Meal prep / setup / cleanup
- Shower shuttle timing
- Support check-ins
- Sweep coordination (sweeps stay on course)

Lack of communication may create delays or gaps in support for the group.

Shower Shuttle Expectations

If you arrive after sweeps and after the final shower shuttle, no additional runs will be made.

- Riders who deviate and arrive late are responsible for their own shower arrangements.
- Support vehicles will not be redirected from planned duties for late arrivals.

Meal Timing

Dinner is a group activity and will not be adjusted for individual deviations. If your deviation may delay your arrival when we or a host is providing dinner:

- Notify the trip leader in advance, even if you plan to get your own meal.
- Meals proceed as scheduled; food will not be set aside.
- Riders arriving late due to voluntary deviations should plan their own meal arrangements. Support vehicles will not transport riders with voluntary late arrivals to meals.

Support Availability

Support resources prioritize riders on the planned route. If you intentionally deviate:

- Support may not be available for mechanical issues, injuries, or transportation needs.
- You should plan to self-support.
- Off-route riders are considered "off the ride" until they return to the planned course.

Rider Responsibilities When Deviating

- Choose a ride that is safe and feasible to ride.
- Communicate route changes before the ride begins.
- Understand shower shuttles will not be extended.
- Recognize mealtimes will not be adjusted.
- Accept that support may not be available off course.
- Be prepared to self-support on alternate routes.
- Must share your location via Live track with Team Leader and support

Closing Note

Almost all riders stick directly to the planned route every day. While personal exploration can be part of the adventure, it must be handled responsibly. Clear communication and respect for group logistics help keep the event safe, smooth, and enjoyable for everyone.

Training Guide

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! 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're 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 (10-12 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 our adventures (10mph on gravel routes). 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 average 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 gifted with speed, you may find that you reach the designated rest stop location ahead of our support vehicles, which await the final riders at the previous rest stop before departing. Fast riders should be prepared to wait at rest stop locations or self support towards the end of long ride days. However, since this is not a race, but a team on a mission to change the world, we hope our ride is an opportunity to bond together as a team for a common purpose. 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 days on our most difficult trips) and includes a couple of back-to-back long rides.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Intensity	Easy	Optional	Brisk	Rest	Optional	Pace	Pace	
Week 1	5		10	Rest		20		35
Week 2			10	Rest		20		30
Week 3	10			Rest		30		40
Week 4			10	Rest		35	20	65
Week 5	10			Rest				10
Week 6	10			Rest		45	35	90
Week 7	10			Rest		55		65
Week 8			10	Rest		30		40
Week 9	10			Rest		75		85
Week 10			10	Rest		30		40
Rest Week				The adventure begins!				0

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 3/4 the distance of our longest ride days on our most difficult trips).

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Intensity	Easy	Optional	Brisk	Rest	Optional	Pace	Pace	
Week 1	5		5	Rest		20	10	40
Week 2	7		8	Rest		25		40
Week 3	10		10	Rest		30	20	70
Week 4	10		15	Rest		35		60
Week 5	10		10	Rest		40	20	80
Week 6	10		10	Rest		45		65
Week 7	10		15	Rest		50	35	110
Week 8	10		15	Rest		60	30	115
Week 9	10		15	Rest		75		100
Week 10	10		10	Rest		30		50
Rest Week	10		10	The adventure begins!				20

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.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Intensity	Easy	Pace	Brisk	Rest	Pace	Pace	Pace	
Week 1	6	10	5	Rest	10	30	10	71
Week 2	7	11	8	Rest	11	35	15	87
Week 3	8	13	10	Rest	13	40	25	109
Week 4	10	14	15	Rest	14	45	20	118
Week 5	10	15	20	Rest	15	50	20	130
Week 6	10	15	25	Rest	15	55	25	145
Week 7	15	15	25	Rest	15	65	30	165
Week 8	15	15	25	Rest	15	75	20	165
Week 9	15	15	25	Rest	15	100	20	190
Week 10	15	15	25	Rest	10	30	5	100
Rest Week	10	Rest	10	The adventure begins!				20

(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 Ride 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

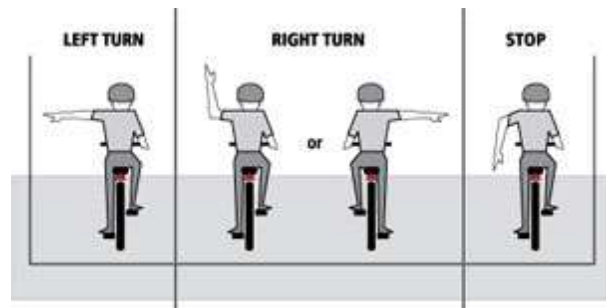
The Basics

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.



source: www.virginiadot.org/programs/bk-laws.asp

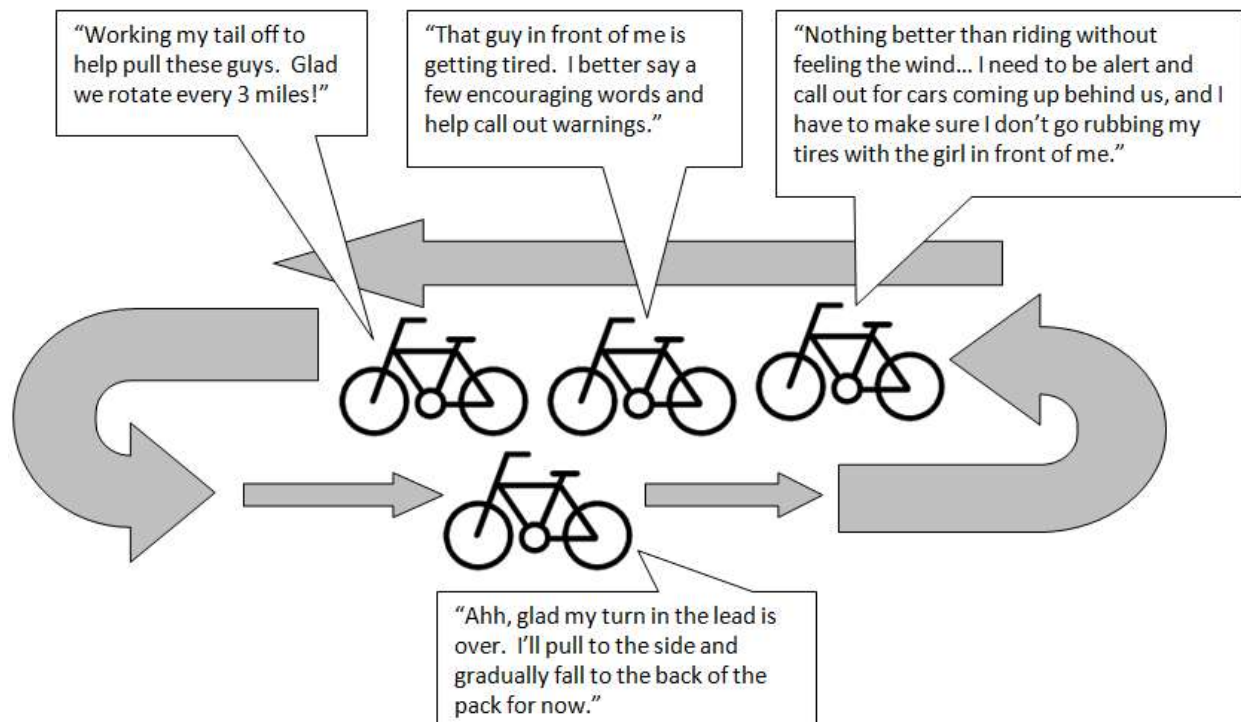
- *Right turn, Left turn, Slowing or Stopping:*
See the image at the right for the appropriate hand signals, and be sure to call out "Stopping" or "Slowing" when in a group!
- *Road Hazard:* point down to the right or left at the hazard and announce it ("Pothole up" for example).
- *"Car up":* announce 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.
- 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:



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 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 upload a profile photo and make any other customizations that you would like.

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 fundraising 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, there are sample messages to help you start located in this guide.

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, you name it! Sometimes you have to get creative. But let your riding be how you earn it – no need to rake people’s yards, wash their cars, etc.

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 troubles from rain entering your home, leaky roofs cause water damage to the house itself, 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: \$12,000 / Repair of an existing home: \$3,500

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: \$12,000

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: \$7,000

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: \$5,000

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.

Peru – New house: \$7,000

The La Florida project outside of Lima now exceeds over 100 homes: 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 –Repair/improvement 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 – \$3,500

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.



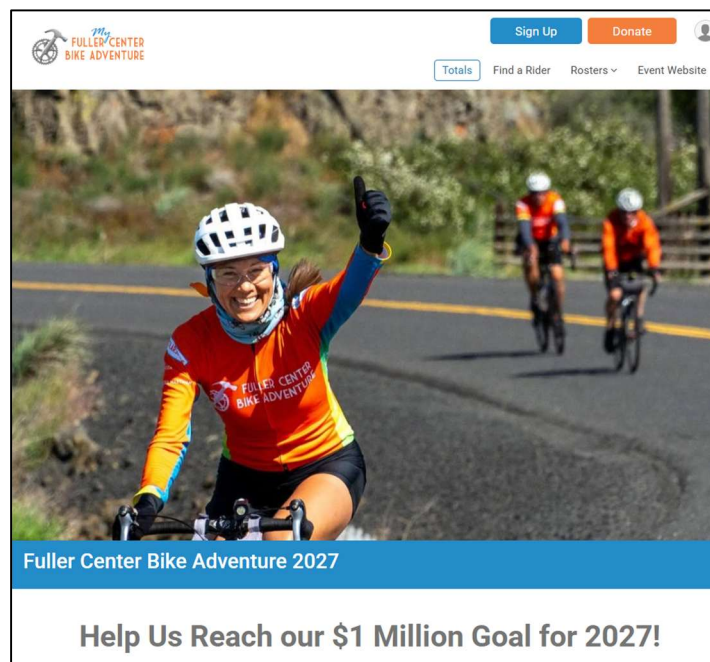
MyFCBA: Your Profile and Fundraising Platform

MyFCBA is a tool we've created to help you:

- Introduce yourself to other riders, and meet them through the Roster and Find a Rider pages
- 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: 2027.fullercenterbikeadventure.org/login



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!

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|*

Introduce Your Adventure New Rider (Version 2)

Subject: I'm doing it!

Hello friends!

A few weeks ago a friend told me about a super long bicycle ride she completed — hundreds of miles. I thought she was crazy. But as it turns out... so am I!

I still can't believe it, but I've officially signed up to ride my bike from _____ to _____, a journey of about _____ miles. Yes, me. Am I ready? Not even close. But I'm excited, nervous, and grateful all at once.

I'm riding to support The Fuller Center for Housing, an organization that builds and repairs homes with families who simply need a helping hand. It's a mission I care deeply about, and this ride is one way I can contribute in a meaningful, hands-on way.

I'd love your prayers and encouragement as I prepare. And if you're open to it, I'd enjoy sending you occasional updates from the road. If you'd prefer not to receive them, just let me know — no hurt feelings at all.

As part of this journey, I'm also raising funds for the families we'll be serving. If you feel inspired to help, here are some of the specific items your gift could support:

- \$50 — A large box of nails to hold the home together
- \$100 — Two gallons of paint to make the home beautiful
- \$250 — A front door to welcome the family and their guests
- \$500 — Bathroom toilet and fixtures to make the home healthy and sanitary
- \$1,000 — Energy-efficient windows to increase comfort and reduce costs
- \$2,500 — A new roof to protect the home for decades
- \$7,000 — A substantial home renovation in the U.S., or a new house internationally

My hope is to gather support at all levels — whether it's \$50, \$100, or whatever feels right to you. Every bit truly helps a family move toward stability and dignity.

If you'd like to contribute, my fundraising page is here: `\|fundraisingPageURL|\**`

I hope all is well in your life. Drop me a note anytime — I'd love to hear what you're up to.

God's blessings,

- `\|firstName|\ \|lastName|\**`

Introduce Your Adventure (Returning Rider)

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 this year, Team *|lastName|*'s count for this competition is zero! If you are planning to support my Bike Adventure this year, 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 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!**



[Space for Full Name]

[Date]

[Space for address]

[Space for City, State, Zip]

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: [2027.fullercenterbikeadventure.org/_____](http://2027.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

We will host four fun, friendly campaigns throughout the year to help you build momentum, connect with fellow riders, and reach your fundraising target with ease.

Thanks for Giving (Nov 16–Dec 1, 2026)

- **Your Goal:** Double your impact using simple matching pledges.
- **How It Works:** If you plan to self-pay any portion of your fundraising commitment, turn those dollars into a match! Pick any amount—big or small—and challenge your network to match it during this challenge that incorporates both Thanksgiving and Giving Tuesday.

Home for Christmas (Dec 15–Dec 31, 2026)

- **Your Goal:** Fund complete homes and home repair projects for families in need
- **How It Works:** End the year with shared purpose. All donations raised by Fuller Center Bicycle Adventure (FCBA) riders during these two weeks are combined to see how many families our community can help to have decent shelter.

March Madness (March 1–31, 2027)

- **Your Goal:** Help us beat our 2026 March Madness record of **\$160,378!**
- **How It Works:** Jump into our basketball-bracket style competition. You'll compete individually and team up with fellow riders from your region for friendly challenges. Prizes and full details will be announced before tip-off.

Miles & Smiles (May 1–31, 2027)

- **Your Goal:** Kick off your summer training while boosting your fundraising balance.
- **How It Works:** Log both your training miles and dollars raised to earn points. Track your progress on the leaderboard and compete for fun weekly prizes and overall top spot awards.



Fuller Center Donation Pledge Sheet

Fuller Center Bike Adventurer: _____

Name	Phone	Email	Amount Pledged	Paid?
1.				
2.				
3.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				

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



Learn more at www.fullercenterbikeadventure.org

Questions? Email bike@fullercenter.org or call The Fuller Center at 229.924.2900

Packing List

Please be sure to see the two additional pages for baggage requirements and excess baggage fees.

Ordinary Clothing:

- 4 pairs underwear *
- At least 2 orange FCBA t-shirts* (*We'll provide: 1 for returning riders, 2 for new riders, cross-country riders and all support*)
- 1 or 2 other T-shirts
- *women:* 3 sports bras, 1 non-sport *
- 4 pairs of socks *
- 2 pairs of shorts * (incl. 1 that is good for worksites)
- 1 pair of pants * (jeans, etc.)
- 1 pair closed-toed shoes (required for worksites) *
- Ear plugs (worksites or sleeping)
- Eye mask for sleeping +
- Shower Shoes/Sandals*
- Sweater/Sweatshirt*
- Pajamas +
- Hat +
- Bathing suit +
- Pillow +

Cycling Clothing:

- 3 pairs cycling shorts *
- Cycling clip-in shoes *
- 3 Fuller Center jerseys #
- 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 (from any year) every riding day. This builds our team identity, fulfills our mission, and keeps us safer. We'll do laundry about every 3 ride days, but if you'd like to purchase additional jersey(s) or ask how many you'll be receiving, contact the trip leader.

Personal Items:

- Toiletries *
- Sunscreen *
- Quick-dry towel *
- Book or journal +
- Saddle cream *
- Cell Phone *
- Medications *
- Personal Laptop *
- Chamois cream for saddle sores+
- Small mesh laundry bag+

Personal Equipment:

- Camping Pad OR air mattress (in original bag)
- Flashlight or headlamp +
- Sleeping bag / blanket *
- Shower bag * (*something you can easily carry while biking 1-2 miles to showers*)
- Permanent Marker +
- Plug Splitter/Surge Protector*

Cycling Equipment

- **Helmet** (required!)
- **Bike taillight visible from 500ft** (required!)
- **Rearview mirror** (required)
- **Bike headlight** (required)
- RoadID especially if you have important medical condition (roadid.com)*
- Roadworthy bicycle *
- Pump on your bike *
- Water bottles #
- Cages for bottles *
- 3 tire levers *
- Patch kit *
- Multi-use bike tool *
- Sunglasses & rain glasses*
- Bike lock *
- Clipless pedals *
- Spare inner tubes *
- A good bike seat *
- Seat bag/Frame bag*
- Cycling computer, Garmin or Cell Phone Mount *
- Replacement spoke(s)+
- Spare Derailleur Hanger +
- Hydration backpack +
- Route sheet Cue Clip +

Symbol Key:

* Very strongly recommended for those joining us for long distances

Provided - Or Bring own

+ An optional extra

Packing Notes and Tips

Size Requirements

- We offer to carry one bag per rider of less than 5,000 cubic inches that weighs less than 50 lbs.
 - Some bedding items may be outside of your bag, see the Bedding section below
 - Laptops and tablets may be carried separately in a small bag to help prevent damage. No clothing should be in computer bags.
- All bags must close securely, such as a zipped duffle bag or suitcase.
- Excess baggage fees will be charged for total baggage exceeding 50 pounds (see next page).

Bedding Rules and Tips

- Sleeping bags need not fit in your bag IF they are in their snug, original carrying case. Or you may choose to use a sheet and dense blanket that you keep in your bag.
- Each rider should bring their own camping pad. Camping pads / air mattresses should be twin-sized (39" width) or smaller and compact tightly after deflating. Compact camping pads like [this one](#) or [this one](#) are preferred, but more traditional air mattresses of 39" or less are also permitted. The mattress should be in a tight carrying case and may be outside of your bag.
- Your pillow should fit in your bag. We recommend one that deflates small and inflates with your mouth, or a camping pillow that compacts into a stuff sack.

Why do we want you to bring such a small bag!?

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. You spend much less time digging through your bag when your bag is the right size! Your efforts to pack light will also be appreciated by those teammates who are packing and unpacking the trailer each day.

We've also found that we just don't need much while we're on the ride and having less enables you to embrace Living Simply and soak in the moments around you.

Suggestions to Slim Your Bag and Make It Fit:

- If it's not on the packing list, you probably don't need it! Our packing list is quite complete, including the quantities. You can reduce items from the Packing List using these suggestions:
 - Wear sandals at night to reduce your number of non-cycling socks.
 - Don't mind wearing a T-shirt more than one evening? Just bring one. We'll give you one (or two for new riders and longer trips) of our stylish orange T-shirts when you arrive.
 - Wear your ordinary clothes (shorts, T-shirt) in place of pajamas.
 - Bring a swimsuit that can replace one of your pairs of shorts (men)
 - Make your shower bag thin and light, not a heavy-duty backpack
 - For your 1 pair of long pants, bring light, compact athletic pants instead of bulky jeans
- Use a "soft" bag rather than a hard suitcase. They're easier to fit in the trailer, and better at squeezing in more items if needed.
- Limit toiletries to what's really needed, such as using travel-sized items and restocking later.
- Be sure to use a small, compact towel, such as a camping (quick-dry) towel.
- Ask yourself: What are the chances I will need this? Could I easily pick it up along the way?

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
- Cots (excepting compact cots which can pack down to less than 35" total when adding Length + Width + Height)
- Hard Bicycle Cases (use disposable cardboard boxes or soft bicycle cases* instead)
- Non-Fuller Center cycling jerseys
 - All riders wear Fuller Center jerseys each day. Any year's Fuller Center jersey is totally acceptable.

Excess Baggage Fees

At check-in, we will use a luggage scale to weigh all the items you plan to put in the trailer, including all computer bags, sleeping bags, air mattresses, etc. (We will not include the weight of medical devices and bike parts like CO2 cartridges, bike batteries, bike locks, etc.)

The combined weight of your trailer items will have the following fees:

50 pounds and under – FREE

Over 50 pounds: \$5 per pound over 50, per week

Example: Someone with 55 pounds of luggage for the trailer, riding for two weeks, would owe:

5 pounds x 2 weeks x \$5/pound/week = \$50

Totals exceeding 80 pounds will not be permitted, and some items will need to be left behind or shipped home.

Couples can combine their 50 pounds to have a total of 100 pounds shared between them.

Bicycle Boxes and Cases

Cardboard bicycle boxes – We will keep cardboard bicycle boxes if they are fully collapsed flat for up to two weeks (no charge). For more than two weeks, it is typically better to find another box from a shop at your exit point.

Hard Bike Cases – No hard bike cases will be kept in the trailer during the Bike Adventure, they must be shipped ahead or stored elsewhere after your arrival.

***Soft Bicycle Cases (bike bags)** – For reusable soft cases that are collapsible, they are not counted towards your luggage weight; instead, we have a reduced cost determined by trip duration:

- Less than 3 weeks: \$50
- 3 – 5 weeks: \$100
- 6 – 8 weeks: \$175
- 9 weeks or more: \$250

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

