

Montauk Century Training

Ride 100 miles – Get in Shape – Beginner Training!

Riding a bicycle 100 miles in a day is a great accomplishment as well as a physical and mental challenge you will never forget. Doing a Century ride is a major accomplishment like a marathon is to a runner. SBRA offers a unique program that in conjunction with the Montauk Century can help even a new cyclist ride 100 miles.

The Swezy/Pope Memorial Montauk Railroad Century takes place this year on *Saturday, June 13th*. Ride the backroads from Babylon, with beautiful south shore views, on one of the flattest Century routes anywhere. You'll take the LIRR back with the other riders enjoying ample snacks, while your bike is returned to you after a padded ride in a moving van.



This training ride series began in 1987 with the goal of helping C and D level riders do their first 100-mile ride. Led by Josie and Bob Goykin along with a team of helpful and experienced club members, these rides can help any cyclist ride 100 miles, the easy way. We understand the needs of new cyclists and riders who want to increase their speed and distance.

The first training ride is March 28th. Each week we cover new skills and techniques that you'll need to reach our goal of riding 100 miles at about 15 mph. You'll learn about drinking, eating, clothing, gearing, safety, roadside repairs, bike fit and more!

The rides start in Ronkonkoma and head east. The first ride is a 25 mile D pace to get into the swing of things. Each week we go a little faster and further learning appropriate skills to get you over the next milestone without injury. We aim for unique lunch stops with ample snack and bathroom breaks. You'll be comfortable in a supportive, social setting where everyone is working toward the same goal.

Over the years hundreds of riders have completed this program and discovered the joy of longer distance club riding. You'll be riding with a group of people all learning and trying to reach Montauk at about 15 mph.

What's required?

- You should be an SBRA member
- You have never done a Century or have been away from cycling for a while.
- You are repeating but riding with a friend who has never done 100 miles before.
- You can ride 25 miles at 10 mph.
- You are a D or C rider who wants to improve.
- You are free most Saturdays until the Century.
- A road bike.
- Register for the series.



Before the rides

- Don't buy a new bike yet – we'll help you select the right one. In our 35 years, very few people have been able to ride the distance and pace on a hybrid. It can be done but you'll work harder.
- Have a helmet, 2 water bottles and cages, tube and inflator (pump or CO2) that fits your tire.
- Bring your bike to a good shop for a tune up
- Go for a test ride.
- We recommend you attend **Super Cycling Saturday** and the Beginner Rider session – **March 14th from 10 am to 4pm**

Sign Up for the series or for more information, call or email Bob or Josie Goykin – 631-737-1871 or rgoykin@gmail.com

If you have already done a Century check out the training ride in the Ride Calendar <https://www.sbraweb.org/calendar>