



Big Brothers Big Sisters of Central Mass/Metrowest

Rodman Ride Training Tips

Training Tips

- Stretch for at least 10 minutes before and after your bike ride.
- Cross train, in-line skating, stair stepping, running, swimming, and rowing are all good activities to improve your aerobic condition and stamina.
- Diet sport drinks and energy bars are helpful in sustaining energy. However, make sure your regular diet is well balanced. Complex carbohydrates, such as pasta, beans, rice, and whole grains are a good source of fuel, along with fruits and veggies.

Bike Riding Tips

If your bike needs any work at all, make sure it is done at least two weeks before the ride:

- Check tires.
- Check your wheels by holding the bike up and spin the wheels. They should be perfectly round and not wobble.
- Make sure the brakes work. The bike needs to have the ability to stop quickly and easily.
- Do not ride too close to others.
- Ride straight and steady and stay away from anyone who does not.
- If you need to rest during the ride, please pause well off from the road.
- Ride safely and maturely!
- Always wear a helmet.
- Wear the right clothing: shoes with soles, and layers if it is cold.

Ideas for Bike Routes

- Blackstone River Greenway: Rhode Island (11.8 miles)
- Cheshire Rail Trail: (32.8 miles)
- Ashuwillticook Rail Trail: Mount Greylock to Hoosac Mountains (11.2 miles)
- Cape Cod Canal Bikeway: (13.5 miles)
- Southern New England Trunkline Trail: Between Franklin and Douglas State Forests (20 miles)
- Massachusetts Central Rail Trail: through Sterling, West Boylston, Holden, Rutland, Oakham, and Barre (25 miles)