

Advice from 1st Time Participant in last M2M 2016 – Joan Kehoe, some key summary points

- Event is very doable and fun but only with the correct preparation
- Major focus is on safety and enjoyment – It's not a race
- Make sure your bike is in good working order ahead of training and the event itself.
- You need to put in the training spins on a weekly basis building up distance all the time
- This will build up mileage and endurance on the bike as well as fitness and stamina
- Target the Paddy's Day cycle to be able to complete the 100km spin comfortably
- you need to have done and be comfortable doing some challenging back to back training spins
- As you progress, get comfortable riding in groups at a controlled speed – it's much easier covering the distance with a group
- Learn basic bike maintenance skills, fixing a puncture, adjusting brakes, putting your chain back on
- Get advice on correct nutrition and hydration while on the bike – make sure your bike has 2 bottles cages

- Ask for advice on any aspect of preparation from some folks who have done it before, they are only happy to help and provide encouragement