

POLICE UNITY TOUR

2023 Training Tips

Training and Evaluation

Riding 300+ miles in four days will require you to complete some substantial bicycle training.

Base training can be done on a spin bike or trainer, but within 3 months of the Police Unity Tour (February), you should be riding on the road at least twice weekly at distances that exceed 20 miles. Within 1 month of the Police Unity Tour, you should be riding at least three times weekly at distances that exceed 30 miles. You can track your training with apps like Strava, MapMyRide, and Ride with GPS. These apps will track speed and distance for every ride and total your miles weekly and cumulatively leading up to the tour.

Evaluation Rides:

For new members, or those who did not complete all phases of the ride in the previous year, an evaluation ride consisting of at least 25 miles is mandatory for 2023. Any Police Unity Tour Ride Marshal can do the evaluation. The P.U.T. Training/Evaluation form shall be completed upon completion.

The rider should be able to complete 25 miles in at least a two-hour time frame. If you are riding farther than 25 miles, an average pace of 13-15 mph for the duration of the ride is also an acceptable level of riding. Please keep in mind that during the tour you will have days where we approach 100 miles of riding, so successive rides in the same day and consecutive days of riding is also important to add to your training regiment.

All Ride Marshals will be required to host a training/evaluation ride.

Marshals should submit to post their ride information on the Chapter 1 calendar of events at least 5 days ahead of time. An email contact should be listed requiring anyone needing evaluation to RSVP to the ride.

Equipment checklist prior to May 9th

At a minimum, you should have the following checked prior to the start of the tour:

- Bicycle serviced - within 6 months, or at least two weeks prior to tour.
- Tires & tubes removed and inspected.
- Safety Protection
 - Helmets – It is recommended that helmets meet Consumer Product Safety Commission (CPSC) standards.
 - Eye Protection - It is recommended that eye protection meet Consumer Product Safety Commission (CPSC) standards
 - Bicycle shoes and cleats (if used) inspected.
 - Bicycle fit - ensure bike is adjusted professionally to rider.

Any questions regarding training and evaluations may be directed to info@policeunitytour.com

The more you train, the less taxing you will be on Tour Support and the more you will enjoy this rather humbling and awe-inspiring experience.