

SBRA Century Training School!

Once again, it's time to sign up - You Can Ride 100 Miles in a Day!

Train for the Famous Montauk Century

For over 30 years SBRA has offered a unique opportunity for beginner cyclists to train for and complete the 100-mile Montauk Century, one of the flattest anywhere!

These rides are structured so a new cyclist or someone who has never done long rides can complete 100 miles at a B- pace. Bob & Josie Goykin developed this program and over the years hundreds of people have successfully completed the Century.

The rides are every Saturday, beginning on April 5th ending with the Century on June 14th.

UNCONDITIONAL GUARANTEE – If you attend all the rides and follow our CENTURY HACKS you will make lifelong friends and ride 100 miles with energy to spare!

YOU WILL LEARN – Before each ride there will be a discussion or demonstration of essentials:

- Safety, Etiquette and group riding techniques
- Mounting, Dismounting, Braking, Gear Use
- Riding Technique, Position & Bike Fit, Avoiding Pain, On Road Repairs
- Eating & Drinking for energy
- Clothing & Equipment for comfort and enjoyment. We don't sell anything so we can honestly tell you what you absolutely need and what else is useful and practical.

WORRY FREE POLICY - No one is abandoned or left behind. There are planned water, lunch and restroom stops on each ride. Most rides will have a SAG vehicle – just in case.

WHAT'S NEEDED:

To begin, you should be able to ride 25 miles at 10 mph (which almost anyone can do).

You should have 2 large water bottles, a tube (unless you are tubeless), a repair kit and an inflation device that fits your tires.

You do not need a ROAD BIKE for the first ride but longer rides will require one. We suggest you contact us before you buy.

If you don't already own, expect to eventually buy bike shorts, gloves, and a shoe/pedal system. We can help with recommendations within your budget and riding style.

You must become an SBRA member. <https://www.sbraweb.org/node/13>

These are social rides, geared to beginners or people who have not ridden a century in a few years, not race training. More skilled riders are welcome to accompany family or friends just getting into higher level riding.

Contact Bob & Josie Goykin at 631 737-1871 or century@sbraweb.org for more info and to sign up.