



Aurora Health Care®

ARE YOU READY TO RIDE?

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To accommodate riders of every age and fitness level, the UPAF's Ride for the Arts, sponsored by Miller Lite features five different cycling routes. Need help deciding which route is right for you? Here are some guidelines to assist with your decision:

Bike race versus bike ride or tour

It's important to note that the UPAF's Ride for the Arts, sponsored by Miller Lite is not a bike race; rather, it should be approached as a bike tour. When determining an appropriate distance to ride, the pace of the ride is a key consideration. Specifically, the more consistent pace you ride, the longer distance your body will be able to endure.

Type of Bike

Distances should be determined by the rider's fitness level, as well as the type and condition of the bike. If you're riding a bike that has been a "poster child" for bike repair and servicing, shorter distances would be advisable. Of course, it's always recommended that all bikes be tuned-up prior to the riding season. However, if a trip to the local bike store for a professional update is not an option, stick to the shorter routes.

Heavier bikes – *like mountain bikes* – are fine for short to moderate distances with a rider of average fitness. Longer distance routes are primarily about the fitness level of the individual rider; bikes such as hybrids or road bikes are ideal for these extended rides.

New for 2010

All routes begin and end at the Summerfest Grounds, 200 N. Harbor Drive, on Milwaukee's lakefront. Complimentary vehicle parking will be available in Lot H.

Ready for 5 miles?

The five-mile route is an ideal distance for those riding with young children, as well as riders looking for an event that's leisurely paced, short in duration and allows for enjoyment of the weather, scenery and conversation with fellow riders. This route provides an excellent opportunity to teach young children how to cycle within a group and avoid road hazards (i.e., potholes, sewer grates, etc.). Training for the five-mile route should include periodic rides of distances at or slightly longer than five miles.

Please be sure to take time during pre-event rides to inspect your bike, *along with the bikes of children joining you*, for proper fit, appropriate tire pressure, and, if necessary, a

tune-up at your local bike store. Take a few extra minutes to ensure that helmets fit properly; exposed foreheads, wobbling helmets, and loose hanging straps are not effective protection in the event of an accident.

On pace for 12 miles?

The twelve-mile route is manageable for riders of fair-to-average fitness levels. This ride also caters to a great number of families, along with casual bike enthusiasts. The twelve-mile distance is ideal for the person just getting back into the swing of a fitness program or those who leisurely ride (or workout) one to three days per week. As the UPAF's Ride for the Arts, sponsored by Miller Lite approaches, twelve-mile participants should make one of their weekly rides at least ten to 12 miles.

If you haven't been on your bike yet this year, but are at a fair-to-average fitness level, this route should certainly be attainable. The course travels along the Hank Aaron State Trail to Miller Park with a brief rest stop at the new Harley-Davidson Museum.

How about 25 miles?

The 25-mile route is a challenge for the cyclist who is in at least average-to-above-average shape. The 25-mile distance is ideal for a person who works out three to five days per week and spends an average amount of time on a bike. Weekend rides of 20 to 30 miles preceding the event are common for this rider.

Yes, there is still time to prepare for the 25-mile route! If you've been working out regularly, but have not spent much time on your bike, use the remaining weeks before the event to help your muscles adapt to the demands of cycling for one-and-a-half to two hours. This route is a south shore scenic ride that winds through the Historic Third Ward and lakeshore communities, including a trip through Grant Park.

Thinking about tackling a longer route? This year, the UPAF's Ride for the Arts, sponsored by Miller Lite is offering 65-mile and 75-mile routes. To include the Ozaukee Interurban Trail Bridge, the 50-mile route was extended to 65 miles. However, riders will have the option of turning around at the Concordia University Oasis Station to complete a 43-mile circuit, instead of 65 miles. Both the 65-mile and 75-mile routes include this new bridge that spans I-43 and County Highway W in the town of Grafton.

Want to take on 65 miles?

Heading north, the 65-mile route is ideal for viewing historic lakefront homes and landmarks in the cities and villages north of downtown Milwaukee. On the return trip to the Summerfest Grounds, you'll cross the new Ozaukee Interurban Trail Bridge.

More physically challenging than the three shorter routes, riders who participate in the 65-miler should be in above-average physical condition and frequently ride their bike for greater distances. Generally, 65-mile cyclists train four to six days per week with several weekly workouts lasting 60 minutes or more. It's suggested that these riders prepare for the upcoming event by using a variety of cycling-specific training

techniques, such as interval workouts and longer distance rides (i.e., approximately 30 to 60 miles, two to three times per week).

Is 75 your number?

After winding through the north shore area en route to the city of Port Washington, your return trip to the Summerfest Grounds promises a new adventure – the Ozaukee Interurban Trail Bridge! The 75-mile course is reserved for experienced riders who maintain a high level of cardiovascular fitness throughout the year – specifically during spring and summer. Training for the 75-mile route is similar in preparation for 65 miles with additional distances and greater intensity workouts.

Can I still register for the ride?

Absolutely! Entries will even be accepted on the day of the event, Sunday, June 6th, starting at 6 a.m. at the Summerfest Grounds, 200 N. Harbor Drive – Mid-Gate Entrance. Complimentary vehicle parking will be available in Lot H.

Additional registration/information:

- Registration and pledges can be completed on-line anytime at www.upafride.org.
- In-person registration and packet pick-up is available Tuesday, June 1st through Saturday, June 5th from 8 a.m. to 6 p.m. at the Marcus Center for the Performing Arts Box Office, 929 N. Water Street, Milwaukee.
- For other questions, please call the UPAF's Ride for the Arts, sponsored by Miller Lite Hotline at (414) 276-RIDE (7433).

Don't Give Up the Cycling ... Give Up the Pain!

At the Aurora Sports Medicine Institute, we're committed to your wellness! So, instead of giving up your activities, why not give up the pain? The Aurora Sports Medicine Institute offers **FREE** Injury Evaluations*! Performed by a licensed athletic trainer or physical therapist, this **FREE** evaluation includes an assessment of your orthopedic or sports-related injury and recommendations for treatment or physician referral if needed. If you're not sure why your shoulder, elbow, hip, knee, foot, ankle or low back hurts, call the Aurora Sports Medicine Hotline™ to schedule a **FREE** Injury Evaluation at (414) 219-7776 or (800) 219-7776.

**Due to federal law, Medicare, Medicaid and TRICARE patients are not eligible for this service.*

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