



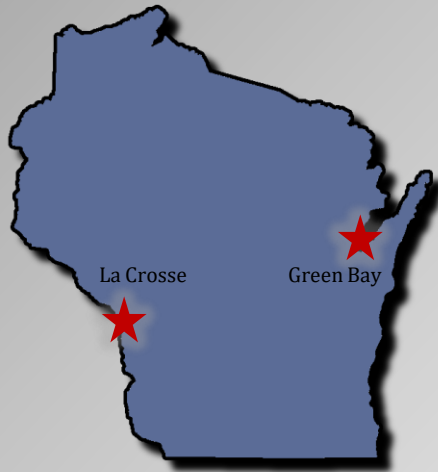
Coaching by Ross White

Ross White began racing bikes when he was 12 years old. His younger years of racing culminated by racing the Tour de l'Abitibi, often referred to as the Tour de France for junior riders. While achieving his degree in exercise physiology he spent four years racing at the collegiate varsity level. With eight years of experience racing the UCI America's Tour, Ross has competed in some of the most prestigious races in the world. As a USA Cycling licensed coach, Ross is always keen to pass his love and knowledge of the sport to other cyclists.

Selecting the right ride for you

1 Day

La Crosse to Green Bay: 225 miles



2 Day

La Crosse to Plover: 135 miles
Plover to Green Bay: 90 miles



1 Day

La Crosse to Plover: 135 miles
— or —
Plover to Green Bay: 90 miles





Tips for Success

Track training
by hours

Training rides need to be
at a pace and exertion
above that of RAW

Consistency over
high volume

Train for hills –
the first 60 miles of
the course is hilly



Training Requirement for 1 Day

- Fit athletes who train year round
- Experience riding long distances
- Average 12 hours per week for 3 months
- Complete 2 rides of 150 miles
- Must be proficient at drafting



Training Requirement for 2 Day or 1 Day Only

- 135 miles first day | 135/90 miles one day
- Average 8 hours per week for at least 3 months
- Complete 2 rides of 80-100 miles
- Ideally have completed an organized century before
- Nutrition and recovery more important

Cutoff Times

	START LINE	Rest Stop 1	Rest Stop 2	Rest Stop 3	Rest Stop 4	Rest Stop 5	Rest Stop 6	Rest Stop 7	Rest Stop 8	Rest Stop 9	FINISH LINE
Location	Riverside Park La Crosse	Willow Spring Farm	Ben Bikin' Park Sparta	Warrens	Wayside Park	Nekoosa	Pawaca Park Plover	Amherst	Manewa	Black Creek	City Deck Green Bay
Mile Mark	0 miles	12 miles	30 miles	61 miles	80 miles	105 miles	135 miles	149 miles	169 miles	200 miles	225 Miles
1 Day Cutoff Times						2:00 PM	3:00 PM	4:00 PM	6:00 PM	8:00 PM	10:00 PM
2 Day Cutoff Times							SAT 8:00 PM		SUN 12:00 PM	SUN 3:00 PM	SUN 5:00 PM
Average Speed											
10 mph	5:30 AM	6:42 AM	8:30 AM	11:32 AM	1:30 PM	4:00 PM	7:00 PM	SUN 9:30 AM	11:30 AM	2:30 PM	5:00 PM
12.5 mph	5:30 AM	6:30 AM	7:56 AM	9:52 AM	11:54 AM	1:54 PM	4:18 PM	SUN 9:07 AM	10:43 AM	1:12 PM	3:12 PM
15 mph	5:30 AM	6:18 AM	7:30 AM	9:34 AM	10:50 AM	12:30 PM	2:30 PM	3:26 PM	4:46 PM	6:50 PM	8:30 PM
17.5 mph	5:30 AM	6:11 AM	7:13 AM	9:00 AM	10:04 AM	11:30 AM	1:12 PM	2:00 PM	3:10 PM	4:55 PM	6:21 PM
20 mph	5:30 AM	6:06 AM	7:00 AM	8:35 AM	9:30 AM	10:45 AM	12:15 PM	12:57 PM	1:57 PM	3:30 PM	4:45 PM
22.5 mph	5:30 AM	6:02 AM	6:50 AM	8:12 AM	9:04 AM	10:20 AM	11:30 AM	12:07 PM	1:01 PM	2:30 PM	3:30 PM

START LINE TIMES

Day 1 5:30 AM start in La Crosse SATURDAY

Day 2 8:00 AM start in Plover SUNDAY

Analysis

- ✓ Chart does not include time for stops or mechanicals
- ✓ Can add over an hour by stopping for 10 minutes
- ✓ First 60 miles are the most difficult
- ✓ This should be fun

Training Opportunities

2019 RAW Smith's Bike Shop Training Camp

Objective: Two days of information and one-on-one coaching designed to give RAW participants a great understanding of the event. Two days of challenging rides designed to simulate the expected challenges of the RAW route.

Topics: Discussions will happen before each ride, as well as on-bike instruction. Topics will include nutrition, pacing, drafting, ride essentials, and more.

When: Saturday, July 13 and Sunday, July 14

Price: \$35 per day or \$50 per weekend

Sign up at: smithsbikes.com/trainingcamp

What to Expect:



On the Bike

- Two intense training rides
- Experience the terrain to be expected at the beginning of RAW
- Ride with professional coaches and other experienced riders
- Professional mechanics and a support vehicle on the rides
- Train with nutrition and hydration products

Off the Bike

- Interactive training presentations
- Built-in time for Q&As with coaches
- Catered lunch options
- Use of NormaTec Recovery System
- Customized learning opportunities

