

# **Beyond the Century**

with John Bayley and Pamela Blalock

# Fear Rothar - John Bayley

- PBP - 1991, 1999
- BMB - 1992, 1994, 1996, 2000
- RAAM Qualifier - Tour of North Texas - 1994
- Terrible Two - 2000
- ChCh - Nelson 2003; Nelson - ChCh 2004
- Green Mountain Double - 2011, 2012, 2013
- Dirty Kanza - 2013
- Mt Washington Tandem Record with Kristen Gohr

# Fixie Pixie - Pamela Blalock

- PBP - 1991, 1999
- BMB - 1988, 1992, 1994
- Terrible Two - 2000
- ChCh - Nelson 2003; Nelson - ChCh 2004
- Green Mountain Double - 2012
- Mt Washington on fixed gear
- Crewed on RAAM qualifier + Team RAAM + Dirty Kanza

# The Tandem People

- Numerous self-supported tours in USA, Ireland, France, Italy and New Zealand
- PBP and BMB
- D2R2, Dirty 40, Rainbow Rage (NZ)
- Mt Washington, Mt Ascutney, Mt Equinox, Burke Mountain

# Why?

Why ride long distances?

- Damned if we know!

# Brevet Bikes

A good brevet bike is one ***you*** use on a brevet with ***little or no hassle or pain.***

- reliable and comfortable
- capacity to carry stuff
- lights

# **Do you need a fancy brevet bike?**

If you take away nothing else tonight,  
remember this...

No you don't need a fancy new bike!

Sorry!

# Bags

Pockets are great, but you will likely need more capacity. John's motto: Better looking at it than for it!

- Carradice
- Ortlieb
- Dill Pickle



# Lights

- For shorter rides, look at modern LED battery-powered lights.
- For longer events, a hub dynamo will provide power to lights and gadgets.
- Be kind, don't blind.

# Fit

To be comfortable for the long ride the bike should fit.

- Professional fitting
- Saddle height
- Reach

# BUI

## **Bicycle User Interface:**

- Saddle
- Handlebar shape, reach & drop
- Brake/shifter shape & position
- Pedals, shoes & orthotics
- Socks!!!
- Cycling gloves

# Tires

You live in the land of potholes and potlumps.  
Go fat!

# Fenders

It always rains at some point during the event

- SKS Race Blades and Planet Bike
- Race Blade Longs and PDW full metal
- PDW City
- SKS longboards
- Honjo, Berthoud, Velo Orange

# Travel

- Bolt-off stems
  - Cable splitters
  - Wires
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- Couplers not seatmasts
  - Aircaddy & Shipbikes.com

# Gears

- Low gears are great on day 4
- Compact Double with Wide Range cassette
- Fixies rule!

# Route finding

- Cue Sheet
- Maps
- Light for cue sheet
- GPS



# What to wear/carry?

Better looking at it than for it!

- walkable shoes
- leg, arm and knee warmers
- full finger gloves
- hat/headband
- vest, rain jacket
- overshoes

# What to eat?

- Food
- Liquid diet to supplement

# Tools/spares to carry?

Whose line is it anyway?

- tire/tubes
- hex keys, screwdriver, socket
- cables
- nuts and bolts
- chain links, connector & chain tool
- spoke, spoke key

# How to train?

Ride.

Have fun