

Biking: Getting Ready for the Long Haul

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Anyone can train for a multi day bike tour, it's just making sure your prepared. Training consists of mimicking conditions that could arise such as hills, gravel, rain, etc. and bike twice as hard as you'll be biking on the trip itself. Also you need to have fun doing it. Train with groups of friends or make it a family event. Everyone can benefit from exercise. Being outdoors also seems to lift spirits and make you feel better.

Another important point is to make sure your bike is tuned up and ready for the many miles you are about to ride. Ask questions about your bike so you know what to do if something should break along the way. A few things not to forget for the trip are plenty of water bottles, high energy snacks, sunscreen, helmet, rain gear, and make it fun!