

HBC Great Rides!

2014 One Helena Hundred Century

Contributor: Robert Psumny (and others)

Distance: 100 kilometers, 80 miles, 101.5 miles

Difficulty: The event itself is rated Hard-minus, as it is long (variably), but on relatively easy roads and is supported

Terrain: Mostly flat or rolling, with a few hills

Surface: Paved

Traffic: Expected light—moderate

Starting and ending point: Cascade City Park, Front Street and Central Avenue

Cumulative elevation gained and lost: 2,920 ft (100 miles); 1,970 ft (metric century)

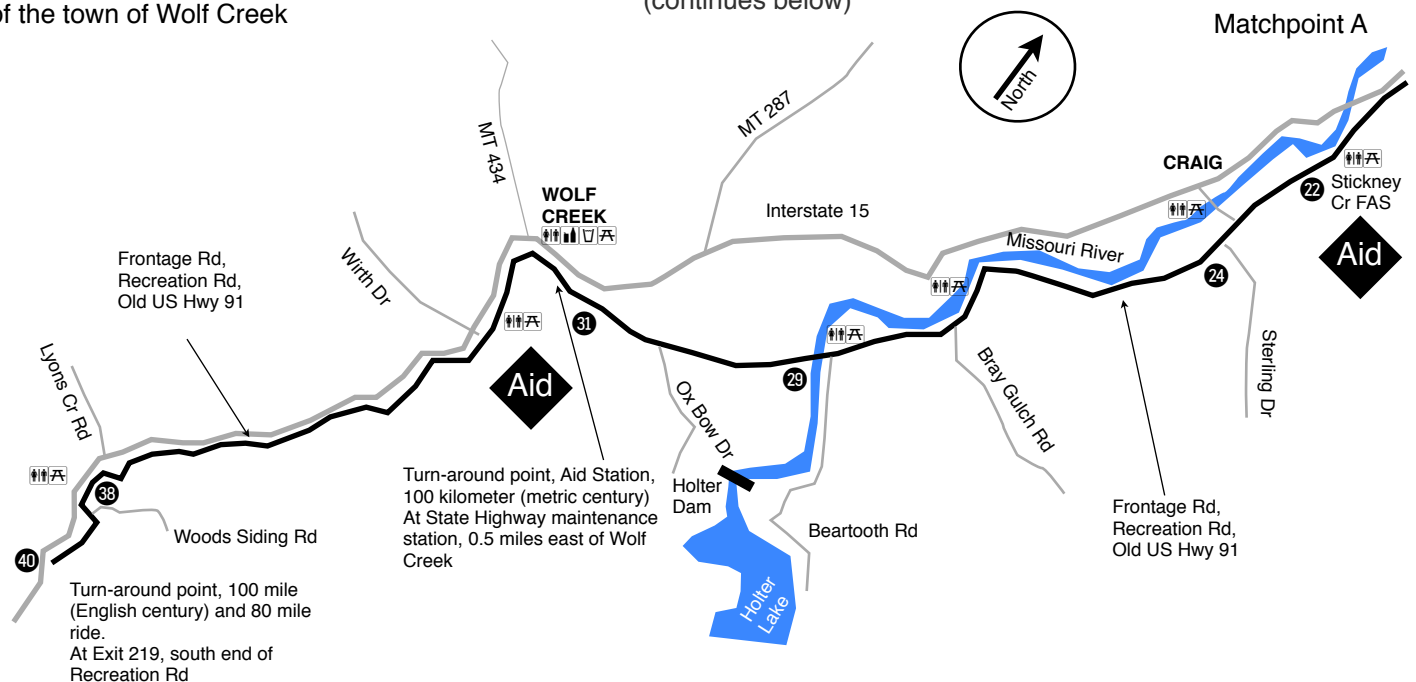
Link: <http://tinyurl.com/lrh8s49>

Aid stations (tentative): In Cascade; at the Stickney Fishing Access Site (Mile 21.5) and at the metric turn-around point, 0.5 miles east of the town of Wolf Creek

Tips for Riding a Great Century

This list is loosely based on a good article in Bicycling Magazine, and an article by The Blayleys. Also see Don Harris's good article on training for a century in the April, 2013 HBC Newsletter (linked below).

- It's not a race. Really.
 - Prepare your bike (well lubed chain, true wheels, good tires, adjusted shifters, etc.)
 - Carry the clothes and tools that you'll need, but only what you need (go light, but don't leave home without patch kits, a spare tube, sunscreen, protection against rain and sun, etc.)
 - Prepare your body (see Don Harris's article; prepare in steps but make sure you've built up your legs and butt before the event)
 - Buddy up
- (continues below)



(continued from above)

- Start on time, which for this ride, is 7:00 AM
- Pace yourself (see tip #1; ride slower than you can, but ride steadily)
- Take breaks, but take short breaks so your legs don't stage a sit-down protest
- Eat a lot during the ride itself (and during training, practice keeping yourself well-fueled)
- Drink a lot of water (depending on a million variables, but I find one bottle per hour is about right)
- Eat a good lunch (most of us are best off steering clear of too-big meals or greasy foods)
- Savor the experience; pay attention to how cool it is to ride through this great scenery, with such nice people, over this substantial distance
- Have fun (which is what it's all about)

Map Copyrighted 2014 by the Helena Bicycle Club using the Creative Commons Attribution-ShareAlike 3.0 Unported License.

<http://www.blayleys.com/articles/firstcentury/>

http://bicycling.about.com/od/trainingandfitness/a/century_tips.htm

<http://tinyurl.com/lqr5jrl> (Don Harris's article)

2014 One Helena Hundred Century
Helena Bicycle Club



Matchpoint B



Old Ujm / Cascade Rd
Turn-around point, 100 mile (English century)

CASCADE
Start and finish,
all distances

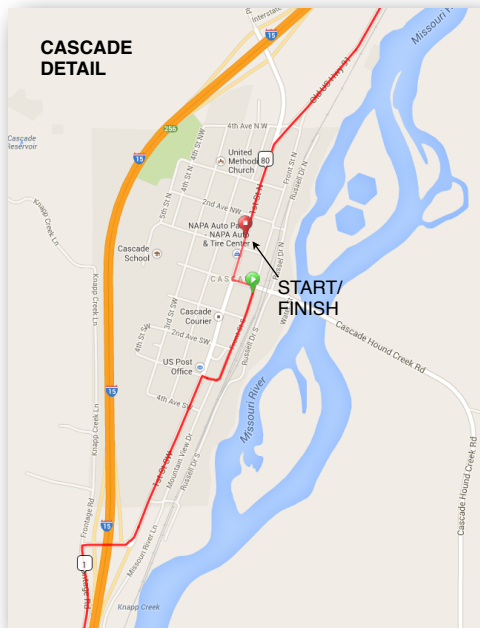
Matchpoint B

Missouri River

Frontage Rd,
Old US Hwy 91

90

Novak Cr Rd
Novak Cr Rd



Please read: This is a hard ride. It is long, it may include big climbs stretches of highway with sometimes heavy traffic, small shoulders, or difficult riding surfaces.

You are responsible for your own safety, so please ride safely. Wear a helmet, be visible and ride predictably. Control your speed on descents. This ride includes rough road surfaces, and you will be exposed to varying amounts of traffic and potentially dangerous weather. Conditions change due to alternations in routes, uncertain weather, changes in traffic, deteriorated road surfaces, construction activities, and other hazards or inconveniences too numerous to foretell or specify. These directions and this map, like all maps and directions, may become outdated and inaccurate without warning. The Helena Bicycle Club (HBC), its officers, volunteers, or contributors of these rides, trip leaders, and others associated with this bicycle ride description and map cannot be held responsible for the conditions of this route, or for any aspect of your ride. HBC is not responsible for any injuries or damages sustained or occurring while riding this route.