

Whether you are an avid cyclist or haven't been on a bicycle in years, M360 is an experience you will never forget. A community with a purpose will form over the next several months as we train together and work toward the goal of a great ride, with a great objective. This community will come together in June to ride, to support one another and to collectively provide hope to those ravaged by hopelessness and AIDS in Lesotho. Your contribution as a participant will have a tremendous impact on the lives of the thousands of these people.

We invite you to join us! You will experience the beauty of California unlike ever before. You will experience a sense of community that is rare in our busy work-a-day world today. This brochure answers some of the most frequently asked questions about M360. If you have any further questions and to register to join us, please complete the Registration Form available at the M360 table at Horizon Community Church or by contacting Gordon Mason at 916-207-5786.



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MISSION 360

6 DAYS • 360 MILES

SANTA CRUZ
to
MALIBU

**ONE OF THE GREAT ADVENTURES
OF YOUR LIFETIME**

JUNE 26- JULY 2, 2010

360 miles...that's crazy! I couldn't possibly ride that far.

We bet you can! Anyone in reasonable health can do this event, whether they are totally new to cycling or they have many years of experience. Most who rode in past M360's hadn't ridden a bicycle in years before they started training. We will help you develop a training program to fit to your fitness level and cycling experience. There are lots of resources out there, we know where they are and we'll tell you how to find them too.

What should I expect if I'm riding M360?

There is no question that M360 is a challenge. Completing every mile will mean that you will have to train consistently for several months leading up to the ride. Some elect to ride in a support vehicle over the toughest parts of the ride, and this is fine, but if you're determined to ride it all you'll have to pay your dues up front in the saddle. We announce M360 so far in advance of the ride in part to give people time to train.

What kind of training do I need to do?

We recommend that you begin with rides that are comfortable for you based upon your present cycling and fitness abilities. That may be 5 miles or it may be 50, depending how much cycling you do currently (even if that's none at all!). From that base, we recommend that you gradually increase your mileage each week (by about 10-20%), working your way up to 50 or 60 mile rides over several months. We will be having lots of great training rides over several months and plenty of opportunity for you to learn and be encouraged if you're doubtful.

On M360, how far will we ride each day?

The mileage will vary from day to day, but the average will be around 60 miles. Some days will be a little longer (about 70 miles) and some will be shorter. We will have rest stops every 15-20 miles along the route, where you'll be able to get off your bike, stretch, eat, drink and be entertained by our wonderful support crew.

Are there other people I can train with?

Yes, at least locally in the greater Sacramento area. We will have organized rides most weekends between January and up to M360 time, and if you start early and keep at it, you will progress in your ability level. If you're new to riding you'll be amazed at what you can do after just a few rides. A Quarterly Ride Schedule will be published in January and another in April.

What kind of bike do I need?

The short answer is that you should do the ride on a bike that you will be comfortable riding, as long as it is in good mechanical condition and is properly fitted to your body. People ride the same route as we are riding on all kinds of bikes – road bikes, mountain bikes, hybrids, recumbent. We can talk to you about our experience and help you understand the choices. We can refer you to bicycle shops that have extensive knowledge about this subject too, this has proven very helpful to many of us in the past – just ask!

How much money do I need to raise?

Since all participants are paying our own expenses, there is no minimum amount we require you to raise for the cause of the AIDS crisis in southern Africa. Many other cause-related rides require riders to raise a minimum of \$2,500 in order to participate. We encourage everyone to aim to raise a minimum of \$1,000 in donations. We will provide materials and assistance to help you reach this goal. Several people were able to substantially exceed this amount in past M360's, and we will do all we can to help you reach it for this ride.

Where does the money go?

100% of donated money will go to World Vision, a Christian relief organization with an excellent reputation for integrity, and a long history of providing spiritual and physical relief for the poor and oppressed around the world. World Vision will use these funds in its ongoing efforts to alleviate the AIDS crisis in Lesotho, in southern Africa.

I'd like to volunteer on M360 – what positions are available other than sitting on a bicycle seat?

Our current plans include spots for 10-12 adult support crew members. Past M360's support crew have played a critical role and really made the event successful, and this year's crew will have no less an impact. The support crew is responsible for cooking, cleaning up after meals, attending the rest stops, as well as providing transportation for riders needing a rest from the road. Be sure to speak with Gordon Mason (916) 207-5786, for more details before committing yourself to a support crew role in M360.

Where do we sleep? What about food?

We'll be camping at different locations each night during the ride. You will need to bring your own tent and sleeping gear (standard camping gear is fine). All meals on the ride days are provided (you will have to purchase a meal or two on the way home). You will be amazed at the variety and quality of the delicious meals that our expert support crew serves up, it's truly something to look forward to each day. All of the campgrounds have hot showers and clean bathrooms.

Do I need to carry my gear?

No—support crew will transport your gear from camp to camp so that during the day you'll only be carrying what you need to have with you.

What happens if I can't finish one of the days?

Sweep vehicles will be patrolling the route throughout each day. If for some reason you are unable to continue riding, we will pick you up and take you and your bike to the nearest rest stop. If you are unable to complete the rest of the day's ride, we will transport you and your bike to camp. We will hold a few meetings throughout the next several months, and we'll explain more about the type of support you can expect.

Are there age limits?

Riders aged 16 - 17 may ride on M360 with a parent or guardian either riding or on the support crew. Children under 16 may ride only if a parent rides with them at all times. We have room for one or two children as working members of the support crew in addition to the adult support crew members. The cost will be the same for children as adult support crew members.

What if I'm a support vehicle driver and I get tired?

Ah - - a common malady. For the exhausted support vehicle driver we'll have a "poop out bicycle" available. You can get out of your vehicle, ride the bike for a few miles, and when you're feeling refreshed you can get back in the vehicle and drive again.