

# Guys Fun Run 500

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I have had to change the name of my ride but it is still the same run, rules and lots of fun.

## How it works:

The destination for this ride is Milang. It is the participant's aim to get there and on time. They must also within 24hrs complete 500km's. This will be an open ride so everyone is welcome so bring your friends, family and even the Grand kids.

You will need to plan your route, fuel stops, toilet breaks and coffee/lunch breaks yourself and to arrive at the destination on time, also plan your own activities while there, fishing, swimming etc. Be mindful that you have a schedule to keep so don't stay too long.

This is going to be a long ride for many; hopefully this isn't too daunting and won't put anyone off. My ride will suit all levels of rider, fast, slow, those that like to stop and those that don't like to stop, it's all in your personal planning.

What I suggest is for you to work out how far the destination is from your starting point, using anything at your disposal, paper maps, Google maps, GPS etc. Subtract the distance from the ride distance and plan to have the remaining distance covered by the time you check in.

Example: If you live 100km's from the destination, subtract that from 500km's which leaves 400km's. So ideally your ride needs to be 400km's when you check in. What you can do is ride to the destination of 100km's, ride past it another 150km's or more, then return back to the location, leaving the required trip back home to complete the 500km's. Another method and probably more interesting would be a zig-zag or a circular route. You need to be careful that you don't fall short of the 500km's target. It is hard to make up the shortfall around town on busy 50kph roads with traffic lights!

Time can be your friend, so plan it wisely. Try and avoid leisurely rides through the hills on roads of low speeds. You have to make your way quickly using the most direct route through to high speed roads and highways capable of 100 and 110Kph. As a guide I use the formula 1 hour and 20 mins per 100 km's to be travelled. So in the above example I would need to travel 400km's or more to check in, so I would allow 4x 1hr 20 min = 5hrs 20mins travel plus any breaks etc.

**Think you can plan and do this ride? Then give it a go!!**

On Saturday **24-Oct-2015** we are heading to the Bakery on Luard St, Milang. Registration is between 13:00 – 13:15. As you're leaving home, send me an **SMS**, with your **name**, **pillion name**, **Rego**, **odometer reading** and the **time of departure**. I will get the rest of the details I need at check in. When you **arrive home or at the end of your ride**, send me another **SMS** with your **name**, **odometer reading** and **time you finish**.

**I hope to see you there!**