

Rider's Narrative Summary

The rider's summary should be sent promptly and must be submitted within 14 days of the completion of the record attempt.

So that the report can be posted at ultracycling.com, please e-mail the report and digital photos of the start, the attempt and the finish to the Records Chairman. The report should include:

- Record attempt, e.g. Hawaii E-W
- Name of rider(s)
- Start date and exact start time to the nearest minute
- Exact start location described so that someone else could find the same spot
- What were conditions like?
- Why did you want to do a record?
- What equipment did you use? Anything special?
- What did you eat & drink?
- What was the best part?
- What was the hardest part?
- Did anything particularly unusual happen?
- Exact finish location described so that someone else could find the same spot
- Exact finish time