



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 (in Word format if possible) and digital photos of the start, the attempt, and the finish to the Records Chairman.

The report should include things like:

- 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

Note: You can just answer the above questions, but I encourage you to make your ride report read more like a story: as people like to read about your experience. Feel free to include other things like your training, why you are doing it, thanking people involved, etc.