



PedalFest

Brought to you by



Saturday, August 28

Start Time

100K • 6:45 AM
All Gravel Rides • 6:45 AM
50K • 7:30 AM
25K • 9:00 AM
5K Family Ride • 10:00 AM

Location

Heartspring Conference
Center Parking Lot
8700 E. 29th St. N.
Wichita, KS 67226

Early Bird Pricing

June 1 - July 31
\$50/Rider

Regular Pricing

August 1 - 28
\$60/Rider

5K Family Ride Pricing

\$20/Rider, Capped at \$60

**Join our community on
the Strava app!**

Whether you're a seasoned pro or looking for a leisurely ride, we've got you covered.

Route options include bike paths, road, and gravel. Registration for PedalFest includes general admission for all of the family fun, lunch following your ride, food trucks, music, and entertainment throughout the two days.

Routes

100K Road, 50K Road, 25K Road, Gravel Routes, 5K Family Ride

What to Bring:

- Rider Bib and Wristband (picked up during Packet Pickup)
- A flashing red light and mirrors for your bike
- Bike shorts and gloves for comfort
- A helmet
- Two water bottles – one with water and one with a sports drink
- Your cell phone for emergencies
- A spare tube and a pump for CO₂
 - *Helpful tip: practice changing a tire prior to the ride! But don't worry, there will be people out to help along the route if needed.*
- Each route is fully supported with support and gear (SAG) stops so you can refuel and rehydrate during your ride.

Kick-Off Rides

Our committee members will be hosting kick-off rides leading up to the event. There is a route for everyone, whether you're a beginner, immediate, or love going long distances. It's a great way to meet our crew, as well as new friends! Visit our [Facebook event page](#) to learn more about these rides.

Questions?

Email Special Events Coordinator Megan Schapaugh at mschapaugh@heartspring.org.



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COX

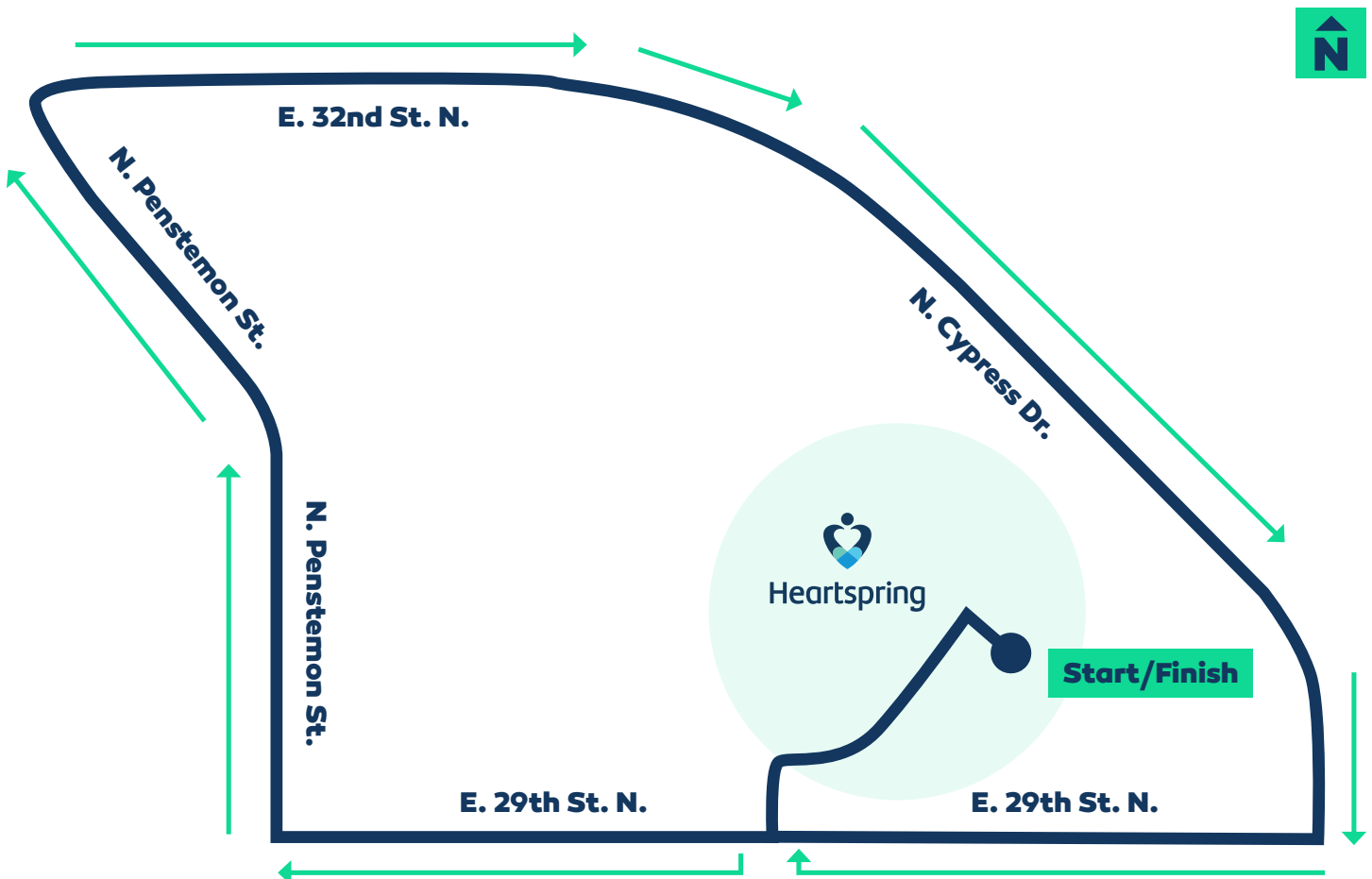
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Route Maps



5K Family Ride

The 5K Family Ride (above) will go two loops around the Heartspring campus.

Leaving Heartspring's Campus:

1. Turn west onto E. 29th St. N.
2. Turn north onto N. Penstemon St.
3. Turn east onto E. 32nd St. N.
4. Continue onto N. Cypress Dr.
5. Turn east onto E. 29th St. N.
6. Repeat 1-5
7. Return to Heartspring's campus

Route Maps

100K: ridewithgps.com/routes/35801792

50K: ridewithgps.com/routes/35433648

25K: ridewithgps.com/routes/26904942

Gravel (short): ridewithgps.com/routes/36974291

Gravel (long): ridewithgps.com/routes/36754970



HeartSpring

PedalFest 50K

8-Week Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Ride 20 minutes	Ride 20 minutes	Rest/Stretch	Ride 20 minutes	Rest/Stretch	5-10 Miles	Rest
2	Ride 20 minutes	Ride 20 minutes	Rest/Stretch	Ride 30 minutes	Rest/Stretch	8-13 Miles	Rest
3	Ride 20 minutes	Ride 20 minutes	Rest/Stretch	Ride 40 minutes	Rest/Stretch	11-16 Miles	Rest
4	Ride 30 minutes	Ride 20 minutes	Rest/Stretch	Ride 50 minutes	Rest/Stretch	14-19 Miles	Rest
5	Ride 30 minutes	Ride 30 minutes	Rest/Stretch	Ride 60 minutes	Rest/Stretch	17-22 Miles	Rest
6	Ride 40 minutes	Ride 30 minutes	Rest/Stretch	Ride 70 minutes	Rest/Stretch	20-25 Miles	Rest
7	Ride 40 minutes	Ride 30 minutes	Rest/Stretch	Ride 80 minutes	Rest/Stretch	23-28 Miles	Rest
8	Ride 35 minutes	Ride 20 minutes	Rest/Stretch	Ride 60 minutes	Rest/Stretch	31 Mile (50K) PedalFest Ride!	Well-deserved rest



HeartSpring

PedalFest 100K

12-Week Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Ride 30 minutes	Ride 30 minutes	Rest/Stretch	Ride 30 minutes	Rest/Stretch	10 Miles	Rest
2	Ride 40 minutes	Ride 40 minutes	Rest/Stretch	Ride 40 minutes	Rest/Stretch	15 Miles	Rest
3	Ride 40 minutes	Ride 40 minutes	Rest/Stretch	Ride 60 minutes	Rest/Stretch	20 Miles	Rest
4	Ride 30 minutes	Ride 30 minutes	Rest/Stretch	Ride 30 minutes	Rest/Stretch	20 Miles	Rest
5	Ride 40 minutes	Ride 40 minutes	Rest/Stretch	Ride 1 hour	Rest/Stretch	25 Miles	Rest
6	Ride 50 minutes	Ride 50 minutes	Rest/Stretch	Ride 1 hour, 30 minutes	Rest/Stretch	30 Miles	Rest
7	Ride 60 minutes	Ride 60 minutes	Rest/Stretch	Ride 1 hour, 45 minutes	Rest/Stretch	35 Miles	Rest
8	Ride 50 minutes	Ride 50 minutes	Rest/Stretch	Ride 1 hour	Rest/Stretch	30 Miles	Rest
9	Ride 1 hour	Ride 1 hour, 15 minutes	Rest/Stretch	Ride 2 hours	Rest/Stretch	37 Miles	Rest
10	Ride 1 hour, 20 minutes	Ride 1 hour, 30 minutes	Rest/Stretch	Ride 2 hours, 30 minutes	Rest/Stretch	46 Miles	Rest
11	Ride 1 hour, 20 minutes	Ride 40 minutes	Rest/Stretch	Ride 1 hour	Rest/Stretch	55 Miles	Rest
12	Ride 60 minutes	Ride 40 minutes	Rest/Stretch	Ride 30 minutes	Rest/Stretch	100K (62 Miles) PedalFest Ride!	Well-deserved rest!