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Subject: Ready2Roll Cycling: 2018 Very Important Information - Hydration
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Special Topic Note - Hydration



Good afternoon Ready2Roll Cycling Riders!

Today, we have another installment in our ongoing series of special topic notes covering safety and e riders. Today's note is one we usually send sooner but we've had many overcast days and two rainy this year and, with the advent of Spring this week, we are finally getting to Houston Spring weather - Summer weather anywhere else!

The forecast for this week is cloudy with temperature of 67-83 degrees so it will still be fairly mild but temperature gets into the 80's and above, your body warms up and you start to lose a lot of liquid so Hydration...

Before we get to the meat of the matter, what do you think was the #1 medical treatment issue at last 150?

...before you answer, hear's another question - what do you think was the #1 medical treatment issue BP MS 150?

...and before answering those two questions, what do you think has been the #1 medical treatment is BP MS 150?

If you took a wild stab and guessed dehydration, for all three questions, you would have been right o

The good news is that staying hydrated is not rocket science! It's mostly common sense and taking a understand your ballpark sweat rate and use that as a guideline to determine how much and how oft drink.

The information below was provided to us by Molly Wong Vega who is a Sports Dietitian at the IRON Medicine Institute so Molly knows a thing or two about proper eating and drinking for athletic events.

This is VERY important information and, if you have not already been paying attention and working guidelines to ensure you are properly hydrated, it's time to start. At the end of the article, I will share info from Molly and some personal notes. Please read on...

Hydration

Sweat losses of as little as 2-3% of body weight can decrease muscle endurance and strength. In an cycling event it is important to maintain hydration as much as possible to prevent declines in power, s

endurance. A good goal is to attempt to drink enough to limit the body weight loss to less than 1-2 % workout/event value.

Hydration	Pre Workout/Event	During Workout/Event	After Work
Amount	1 ounce/10 pounds of body weight (6-12 ounces)	6-12 ounces	20-24 ounce body wei
Timing	2-4 hours prior	Every 15-20 minutes	Following eve
Notes	<i>Drink additional if thirsty or urine is dark</i>	<i>Calculate sweat rates to individualize your hydration plan</i>	<i>Drink until urin straw in color</i>

*Sweat rate = [Change in body weight lbs (Pre-Post)*16 + Fluid intake oz]/ Hours

Pre-Workout Hydration:

It is best to start a workout or event adequately hydrated. It is more difficult to make up a hydration deficit after actively increasing sweat losses. The best method to monitor is maintaining urine color (clear to straw)

During Workout Hydration:

Practice your event hydration to know what works for you and if anything needs to be adjusted prior to the event. There is no set amount that you can be told to drink as everyone sweats at different rates according to personal and environmental factors. Most cyclists record rates of 13-27 ounces per hour giving a very wide range. The best method for assessing appropriate fluid intake to maintain hydration during long events is to calculate your sweat rate so that you may know how many ounces per hour to drink.

Use a cool beverage that is palatable and provides carbohydrates for events lasting longer than 1 hour. Sports drinks with sodium will also promote fluid retention and help maintain the drive to drink fluids during your event. Drinking throughout an event will help to maintain a higher rate of stomach emptying versus slowed stomach emptying thus possibly causing GI distress or slowed absorption.

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 When I first read this article, I emailed Molly to ask if calculating your sweat rate was an expensive endeavor. There were many labs in town to do this. She wrote back to say that the calculation is a do-it-yourself deal and provided the formula she noted above:

She said that basically, you should weigh yourself before you ride, then again after and keep track of the time passed between the two weight measurements and how much you drank. The easiest way to implement this would be:

$$\text{rate} = \frac{[\text{Pre-weight (pounds)} - \text{Post-weight (pounds)} + \text{fluid intake (ounces)}]}{\text{total hours of exercise}} = \text{rate}$$

rate = goal ounces you should be drinking each hour.

For the benefit of anyone who is interested in calculating your sweat rate, we will bring 1-2 digital scales

Saturday and place them in a discrete location (so you can keep your weight to yourself) near the sign. Bring your smart phone or a good memory along to note your pre and post-ride weight (and you can use a stopwatch app if you have one to keep track of the time). For accuracy purposes, be sure to use the scale before and after in case they are slightly off in the reported weight.

Molly recommended no clothing for the pre and post ride weigh-ins but I'm not sure we have an easy way to support this so I suggest bringing along a second jersey/shorts to slip into right after the ride so you can change your wet clothing but are weighing yourself in very similar dry clothing to what you were wearing pre-ride.

The only other thing you need to do is note the capacity of your water bottles and keep track (in oz.) of the number of bottles (and fractions of a bottle) you drink, plus any liquid you drink out of cups at the rest stops. This is a ballpark but if you do a good estimate of how much you drink and the scale is reasonably accurate, you will have a good idea how much to drink per hour after calculating your sweat rate this week.

Over the years, I have observed that I love riding so much that I will get into my pleasure zone cruising with my riding group and forget to drink enough. The solution I developed was two-fold:

- First, I did an estimate of sweat rate and converted oz./hour to bottles/rest stop interval - in other words, the drinking target is based on the distance between the stops I plan to use. So, on day 1 of the ride (Days 2, 4, 6 & 7 (My usual Day 1 plan), I make a mental note that I need to drink 1.5 or 2 bottles between stops and work to space this out approximately correctly (it is a ballpark estimate).
- Second, to make sure I stay on track (remember, I do forget to drink), any time I see someone else take a drink, I also take one - even if I just took one. I'm a visual person and using this visual reminder process works well for me to drink frequently.

The key to proper hydration is to understand what ballpark you are playing in and find a simple way to stay on track. I should also mention the importance of staying well hydrated during the week. If you are not drinking enough during the week, you can't catch up on the ride when your body needs plenty of water to replace what is evaporated during the ride.

It's a good idea to keep water nearby where it's easy to sip frequently. If you have a favorite insulated water bottle or something similar that makes it easy and pleasant to enjoy a frequent drink, go with it! Like we said, proper hydration is not rocket science - it's a combination of common sense, understanding what your body needs, and making a point to drink regularly.

If you are not already taking proactive action to understand your individual needs and stay hydrated, it's never too late to start.

PS - If you enjoyed this great tip, please thank Jan Cohen who got the ball rolling with Molly and uploaded the original article plus other articles on PreFueling, Fueling During Endurance Events and ReFueling (A Matter of Nutrition...) to the Resources page of the Ready2Roll Cycling website. Click the link below to see all the resources we have put out there for you...

Thanks!

Steve, Marshall, Jan and Robbie

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