

Subject: 2021 Ride Feedback & Safety/Courtesy Tips #4

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From: Ready2Roll Cycling

To: Steve Moskowitz

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This week, we got a lot of great feedback on safety, etiquette, courtesy, and good old common sense. In the coming week, we are going to concentrate on the #1 Safety Issue. Tonight, we'll cover several more tips to help make us all safer, more courteous, more effective, and more respected riders.

#1 Safety Issue

If you have participated in the MS 150 before, you probably know the answer to this question...
...What issue is, year after year after year, the #1 cause of medical treatment?

The answer, every year, is the same - DEHYDRATION!

If you are wondering why we are mentioning this, consider these points:

- Dehydration is, for the most part, a self-inflicted condition - we forget to drink or think we won't when we get thirsty (by then, it's too late).
- This past Saturday, we had over 350 riders participating in the ride.
- This past Saturday, our 350 riders consumed a total of about four 10-gallon coolers of water.
- This works out to only 14.6 oz. of water per rider over a 30-57-mile ride!

OK, we know most of you started with a full bottle, maybe 2 but we are definitely not drinking enough. I am going to share more info on this subject below but here is a very useful rule of thumb I use to help me avoid the issue. (When I was younger, I experienced the muscle cramps which frequently occurred when I was dehydrated and SAGging in near the end of our final ride of the series was not much fun.)

My rule of thumb is to look at the mileage to the next rest stop and pace my drinking to consume

between each rest stop. You may need a bit more, or less but the important thing is to find a sip that makes you remember to drink frequently and not wait until you are thirsty or cramping. Also pay attention to how much you drink and experiment with plain water and sport drinks to determine what works best for you.

Here is a related tip, now that the weather is getting warmer...

The night before my rides, I prepare a full bottle of sport drink and half bottle of plain water and freeze them in the freezer. In the morning, I top off the water bottle with tap water and head to the ride. The first rest stop, I drink the water - it is cold with a little ice by then and stays cool all the way to the stop. I switch bottles so I drink the sport drink on the way to the second rest stop. Depending on the temperature and the luck, that 2nd bottle (the one totally frozen) is slushy - really cold and wet. At RS2, the sport drink is melted. Depending on the day, and my mood, I continue to alternate drink types at each stop, or I go all water at the stops. The key is I drink a mix of the two all day until the ride is over. The 50/50 split seems to work for me; you may find you prefer and/or do better with more of one, or the other.

For more detailed information about determining the optimal hydration for you, please read the article below.

Hydration - The Details

The information below was provided to us by Molly Wong Vega who was a Sports Dietitian at the University of 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 following these guidelines to ensure you are properly hydrated, it's time to start.

Sweat losses of as little as 2-3% of body weight can decrease muscle endurance and strength. During a long cycling event it is important to maintain hydration as much as possible to prevent declines in performance and endurance. A good goal is to attempt to drink enough to limit the body weight loss to less than 2% of your workout/event value.

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

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

$$\text{Sweat rate} = (\text{change in body weight (lb)} (\text{pre-post}) \div \text{lb} + \text{fluid intake (oz)}) / \text{hours}$$

Pre-Workout Hydration:

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

During Workout Hydration:

Practice your event hydration to know what works for you and if anything needs to be adjusted. 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 goal range of 16-24 ounces per hour. The best method for assessing appropriate fluid intake to maintain hydration during long events is to measure 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 90 minutes. Drinks with sodium will also promote fluid retention and help maintain the drive to drink fluids during an event. Drinking throughout an event will help to maintain a higher rate of stomach emptying versus sipping and emptying thus possibly causing GI distress or slowed absorption.

When I first read this article, I emailed Molly to ask if calculating your sweat rate was an expensive process. There were many labs in town to do this. She wrote back to say that the calculation is a do-it-yourself 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 easier to use formula would be:

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

We should also mention the importance of staying well hydrated during the week. If you are not hydrated during the week, you can't catch up on the ride when your body needs plenty of water to replace what is lost during the ride.

It's a good idea to keep water nearby where it's easy to sip frequently. If you have a favorite indoor bike trainer, something similar that makes it easy and pleasant to enjoy a frequent drink, go with it! Like we mentioned, 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 time to start.

PS - If you enjoyed this great tip, please thank Jan Cohen, who got the ball rolling with Mo's original article ,plus other articles on PreFueling, Fueling During Endurance Events and ReFuel Nutrition...) to the **Resources** page of the Ready2Roll Cycling website.

OK, that's plenty of info to get you started on hydration. Please don't try to memorize all this information. DO take the time to understand the importance of working on hydration as a full-time job that starts before the ride and continues during, and after the ride. And please also take a little time to figure out (on your own) what works well for you.

Remember to watch your inbox tonight for several more great items about safety, courtesy, etc.

Thank You for your support,
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