

Subject: Ready2Roll Cycling - Safety/Courtesy Feedback & Tips
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From: Ready2Roll Cycling
To: Stephen Moskowitz

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It's Monday which means it's time to share some timely feedback and tips to help us all ride safely and courteously.

We got a lot of great feedback during and after that beautiful, and challenging route Saturday so let's dive in. Please read all of these - each is very concise and packed with information useful to all our riders...

Reminder - Ready2Roll Cycling Depends on Our Volunteers

Most of you know this but, as we get into the final weeks of the series, we always find it useful to remind everyone of the importance our volunteers are to the success of the series. We cannot offer such well supported rides without the 700+ volunteer roles we fill each year by asking each of you to help share the load.

We thank everyone who has already helped and remind those scheduled to help over the final three weeks that we really need you! We ask volunteers to please watch for a reminder note on the Friday 8 days before your volunteer date. Please read the note and reply ASAP to confirm you are still available to volunteer. Then, please show up to fulfill your volunteer duty as everyone is counting on you. Keep in mind that we will send you specific volunteer details on the Thursday before your assigned date. If everyone does a little bit, we can continue to deliver a flawless training series.

Reminder - Sun & Ski is with us to provide quick, minor repairs/adjustments

A big THANK YOU to Sun & Ski Sports for providing our tech support each week! We wanted to remind riders that they are there to make quick adjustments and minor repairs. Major adjustments, shoe/pedal fitting, and other significant, and predictable service work should be handled at your local bike shop, during the week.

Reminder - Music Volume

We do permit riders to use a small speaker to listen to music, as long as the volume is low enough to easily hear riders and vehicles approaching and riders communicating with you. If the volume is too loud, it makes you less aware of your surroundings and less safe on the road. Please keep the volume down to a level that you can easily hear. If a Ride Marshal asks you to lower the volume, please comply - it's your safety, and the safety of the entire group, they are looking after.

Looking for the Ride of a Lifetime?

If you are looking for a ride that could be life-changing (in a positive way), check out this brief item a rider shared...

Be a part of TEAM TEXAS in the 5 day ride or hike Wheels of Love, benefitting Alyn Pediatric Hospital, in Israel's mountainous south, October 24 - 28, 2021 with optional tour of Israel after ride, <https://www.alynactive.org/event/ride/>. Zoom info session Tuesday, May 4th, 12pm CST. For more info contact [Elise Sheppard](#).

Nutrition/Hydration

As our mileage and temperature are rising, we are seeing the annual increase in email asking about nutrition and hydration. We have two items to share to help you.

First, here is a very brief set of key points from Marshall Cohen, Co-Founder of Ready2Roll Cycling and an avid cyclist for 35+ years:

As we all know, cycling is a true endurance activity whereby we ride our bikes often for hours. As much fun as that can be, if you don't take the time to hydrate and eat frequently, the enjoyment can quickly disappear as your blood

sugar level can drop dramatically causing you to have a bad experience. Aside from food, frequent hydration is a must. So, to help you avoid “bonking” and feeling really awful and sluggish in the middle of a ride, a couple of simple tips from my 30+ years of riding experience are:

1. The day(s) before the ride are very important. You definitely should hydrate well leading up to the ride (Saturday). That means Thursday and Friday are very important. Drink plenty of water in advance of the ride so your body is fully hydrated on ride morning. If you aren't sure if you are hydrated, simply look at your urine and if it is a dark in color, likely means you have more work to do.
2. Also worth mentioning is that nutrition, leading up to your ride, will play a key role on how you feel. The old expression “you are what you eat” might be applicable as if you have a greasy meal or fried, fatty foods the night before the ride might hamper your performance. Try mixing some protein and carbohydrates the night before such as pasta and grilled salmon. Definitely stay away from the chicken-fried steak, cream gravy and mashed potatoes the night before the ride!
3. While in route to the ride, continue to hydrate. Many of us enjoy coffee in the morning and that is great. Drink coffee in moderation as excess might cause frequent rest room stops.
4. Once on the ride, ensure you drink one full water bottle by the time you reach each rest stop. This means drinking frequently from your bottle every 5+ minutes. Drink water, Powerade, Skratch, etc., but hydration is essential to avoid dehydration. Don't wait until you get thirsty!
5. Eat, eat and eat. This doesn't mean to wait until you get to the rest stop to eat as that may be too long to wait. Place food into your pack cycling jersey pocket and reach into your pocket every 10+ minutes to snack. Remember, this isn't a meal but just a snack. The purpose of frequently eating is it avoid letting your blood sugar drop too low and have you feel miserable.
6. Stay away from the snacks with sugar as they might make you feel really good immediately after you eat them but they will also make you feel miserable once the sugar is absorbed. Eat pretzels, crackers, banana's, energy bars, dates, etc.
7. Many fellow rides have found that taking a potassium or salt-type pill during the ride really helps them on the ride as well as recovery. I like a product called “S-CAPS” and they replace the minerals that you deplete when sweating and fortunately, the pill has no after taste or cause me any

issues. When the days are hot and humid, which is quite often and I have been exerting myself for hours on a ride, an S-CAP really helps any leg cramping and “bonking” feeling go away. Of course, I drink lots of water with my S-CAP pill.

As you will find, seems that every rider has their ideas of what works for them. Listen to everyone, experiment and find what works best for you. Hope you find these brief tips useful. Please feel free to visit with me if you have any specific questions.

Marshall

In addition to the wisdom and personal experience Marshall shares, we have some great tips on specific aspects of nutrition and hydration from Molly Wong Vega, a sports nutritionist, on our [Ready2Roll Cycling website](#). Click on the [Resources](#) link on the right end of the links at the top of the home page.

OK, we're going to stop here as there is plenty of useful information to make you a better rider.

Please take some time to read, and more important, put these tips into practice every time you ride.

Have a great week away from ready2Roll Cycling and we will see you in New Ulm on Saturday, April 10th.

Thanks for your support!

Steve, Marshall, Jan & Robbie

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