



ROAD DOGS MONTHLY NEWS-LETTER



Weather is getting nice...

Be prepared...

Ok, so even though the weather troll has been messing with the weather the last few weeks, in all, its getting nicer, so its time to get those bikes dusted off and those tires filled. Last year, I had 2 crashes and got clipped by a car this year, and through out this I learned a few things about what you should have on you and with you when riding. First, I have changed my mind about wearing a helmet, I often used to leave it at home when I was going for a quick and local ride. All three incidents could have been worse had I not been wearing mine, the last one even took enough hits I had to replace it, but a helmet is easier to replace than a skull. A few weeks back, a woman decided since she had 2 more tires then me, she should turn and knock me into her car then the curb. All the other stuff aside, the Creskill Police officer that took my information told me that the Road I.D I was sporting wasn't considered identification. He say a state issued I.D. was required, and although I didn't have one on me at the time, he figured the pinball impersonation I just did was enough punishment. I looked into this, and I can't find anything that supports his statement, BUT, it is a good idea to have your licence or at least a copy of your licence with you when you ride, and even though he didn't care about it, a Road I.D. is always a good thing to have, mostly for the medical side of it. (*more on Road I.D's below*) Another thing to have on you is a few bucks. You never know when you are going to have to buy an inner tube or an air shot off of someone or even have to refill a water bottle from a store, \$10-\$15 is usually good enough to get you through the day.

Road I.Ds' The Interactive ID has a phone number and website a doctor, nurse or whatever can check out with a pin number on the back that allows them access to a file that has as much info as you want, insurance info, personal health stuff, family contacts, and so on. The Enhanced ID runs

about \$19.99 and \$9.99 a year after the first year and the original wrist i.d. is \$19.99 and no renewal or anything like that. www.RoadID.com

Nutrition News

(and info)

Acia Berry, what is the deal with this stuff, I mean really? If you haven't noticed, Acia Berry (ah-cy-e) is the latest 'natural miracle cure' to get forced on us and our wallets. Is it any good, yes, is it worth the huge price tag, don't think so. It is filled with antioxidants which are substances that are needed to neutralize the harmful effects of the free radicals that are produced due to exposure to pollution, UV rays and other harmful factors, yada yada yada. Wild salmon, walnuts, tomatoes, sweet potatoes, spinach, soy, oats, broccoli, blueberries, strawberries and beans are debatably the best foods to get them in. Products like Mona Vie, a juice made primarily of the Acai Berry is the purest way to get the berry in a juice form, but at \$45 per 25oz bottle, so buy a fruit salad and you'll be fine.

What's Eddie got in his bottles and bike bag? Good question, glad I asked for you. On long rides I fill one water bottle with Accelerade and the other with Amino Vital. In my bib short pocket; either a Hammer Gel or Accel Gel. And in my bag, for long rides, maybe a Quaker Simple Harvest bar, Odwalla Bar and or some homemade trail mix, (good source of salt).

10 Tips For Riding in the Rain

In this part of the riding season, rain is a given. It is very important to know how to handle it, so here are 10 tips to get you through the rain.

- 1. Dress to stay dry...**wet equals cold which equals getting sick, so keep your core warm, a waterproof jacket with a dropped 'skirt' or lower back so it covers farther down, and wool or polypropylene wicks moisture away from you and keeps it out, very important in your socks.
- 2. Clear lenses for seeing...**clear and yellow lenses will help you see better on a rainy day and protect your eyes from debris flying up and down at your eyes.
- 3. Keep and eye out for rainbow patches and puddles...**this means slick road, so be careful.

4. **Watch your brake pads...**road grit and moisture kicking up from the road erodes rubber pads quickly, that plus wet ground will add a level of excitement to your ride you might not need.
5. **Fenders, not just for the old and dorky...** fenders will help keep road debris from kicking up at you and your gear, a cheap pair of easily removable fenders is a good idea.
6. **Light it up...**bike lights are becoming unbelievably cheap and easy to install, see and be seen.
7. **Keep it all dry...** a small digital camera bag can fit the average cell phone, an i.d, some money and keys, you might even be able to put a tissue in there, never know when you need one.
8. **Lube it...** in wetter weather use a heavier lube and apply when dry, lube wont penetrate your links if they are wet.
9. **If you can, get a rain bike...** if you can afford a second bike, even a cheap one, that will make it sooooo much easier, but most of use will have to skip this one.
10. **Watch out for those corners...** taking a corner at 20.6 mph in the rain wont make you fast, it will make you hurt, so slow down before the turn.

And remember the golden rules:

--Under normal conditions, you should be drinking a minimum of 4 to 5 ounces of fluid every 15 minutes and should aim for 1 to 2 standard water bottles per hour.(more if you're on a trainer)

--Slow, steady rides builds endurance and speed.

--CLEAN YOUR WATER BOTTLES EVERYTIME YOU USE IT!

--AND START DRINKING BEFORE YOU START RIDING!!!

Anyone Got A Bike for Jordan?

As a few of you know, Jordan's bike got stolen a while back, if anyone has a bike they are not using or know someone who does, please let me know. If

you can help, contact me or Jordan directly at: JordanMSU@yahoo.com. It would be much appreciated!!!

Website Update

Recently I move the website over to the server from my job so I don't have to pay for, but in moving it, I got a few kinks. I am working them out as we speak. A little while ago I posted a how to for fixing tires, please take a look and tell me if you have any comments or if something isn't clear, I am working on a 'stretching on the bike' article now and should have that up soon. Also, this newsletter will be posted on the site this week, so if you loose/delete it or it doesn't open for you, check out the website. Oh, one more thing, I can put as may pics as I want on the site, so if you have any RD pics, send them over and I'll get them up.

RIDE SAFE!!!

Dang it!



Watch out for the bike devil, he attacks when you least expect it.

Links:

Road I.D www.RoadID.com

Ours, of course: www.njroaddogs.com

Cycling Performance Tips at www.cptips.com

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