



ROAD DOGS

MONTHLY NEWS-LETTER



August

Eddie's' down!!! Some of you have heard, a few weeks ago I was in a “spectacular downhill crash” (Geoff Clarks’ blog) with fellow rider Raf Banas in the Watchung Reservation. Riding out of Jay’s Cyclery for some hill training with the Saturday crew, we were both attacking a downhill at about 42mph, when Rafs’ tire blew out and he lost control. Me being too close, I ended up locking the breaks, the bike turned and launched me into a few trees. I took one of them down (literally), but his friend got me. 2 cracked ribs, sprained thumb and some damage to my shoulder, hip and back, the bike was fine though. Raf, on the other hand, reminded me why I ride with gloves. He lost just about all of his finger prints on one hand, and some skin on his leg and arm to the asphalt, with considerable damage to the bike. The lesson: don’t make attack down a hill you don’t know and at high speeds, keep your distance. But, still in a splint and sore ribs, I joined Erin at the Silvermine Time Trial as a 2 person team, (NJRD). For Erins’ first race and my condition, I think we did pretty well.

Anyone Got A Bike for Jordan?

As a few of you know, Jordans’ bike got stolen a while back, if any one has a bike they are not using or know someone who does, please let me know. He needs one for at least the summer and the MS100, if you can help, contact me or Jordan directly at : JordanMSU@yahoo.com. It would be much appreciated!!! Also, I know a young women, stands at about 5’5” might be interested in the temp usage of a bike to join us at the ride.

Nutrition News (and info)

A warning about Lances’ FRH: I don’t know how many offers you guys get online these days, but there is an energy system with Lance Armstrongs’ face all over the add called FHR. It looks at first glance like an energy shot and the company offers a free trial. The thing is, it’s a system to be used daily, I think twice, whether or not your tired or not. And as for the ‘free trial’, they ask for your cc # to cover shipping, but if you read the fine

print, you have 14 days to contact them after receiving your 'free sample' before you are looked into a continuing \$30 per month fee for this stuff you have to take regularly. Does it even work you ask, don't know. But as your captain I have put my self at risk and signed up to try it. Since I am often tired, especially by the end of the day, we'll see buy the next newsletter if it works.

And remember the golden rule: *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 your on a trainer)*

Training Rides.

summer is half over, lets get those wheels-a-spinnin'
August 24th, please e-mail me whether you can or can't.

Ramapo Raily

This is a good ride to get you goin. There are several different distances and there are usually, the 'easy' version and the 'hard' versions of many of them. I believe there is a 15, 25, 45, 62 100 and a 125, I think I am registering for the 62 or the 100 (pending on my hand and ribs). Registration fee is \$35 and it includes rest stop goodies and some food at the end. There is usually a bike store or 2 with booths, slightly discounted stuff.
Here's the link:

http://www.active.com/page/Event_Details.htm?event_id=1568218&assetId=de9826df-80a3-48f5-bfc2-7edf5a33960e

Basement forum.

So far, no one has even commented on wanting to attend, so I'll just put it like this; if anyone wants to learn how to change a tire and or wheel, let me know, I have spare wheels and tires you can practice on.

Bike MS Update

So far its just Dan and me, sign up soon and remember to ask all your friends about joining us this year, either day or both, bring in new blood!!!
The link to our team page is:

http://main.nationalmssociety.org/site/TR/Events/NJBBikeEvents?team_id=102523&pg=team&fr_id=8775

RIDE SAFE!!!

Tip 3, Drink,



PEE...



& no I.V.

Links:

Ours of course: www.njroaddogs.com

Cycling Performance Tips at www.cptips.com

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