



ROAD DOGS MONTHLY NEWS-LETTER



July

Hey guys, sorry about the lack of letters lately, I've been pretty busy. Just got home from a week stay in Oregon, and I am a hair away from being able to move up to Cat 4 racing. But a quick wrap up of June, *Ride 4 Autism* was fun and the new option in Brielle NJ for the *Tour de Cure* was great. But what is next you say? The MS100 or Bike MS (now known as) ofcourse. Dan and I are already signed up, remember, the longer you wait, the more it cost and the less likely are going to get a split of those 2 check we get every year

Nutrition News (and info)

Tiger Gatorade, nothing special, I recommend trying it for new flavors but now *real* difference, Gatorade wont stop till they have 100 flavors. As for Amino Vital, its good to aid you in your muscle growth and help aid in power but if you are just going out for a few hours a week and hill slaying and sprinting isn't your goal, leave it at home. I personally have been using about 1 water bottle worth for the longer and aggressive rides with Accelerade in the other, water and Gatorade for the lighter efforts. The taste, actually not too bad. 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.

July 27th!!! (summer is half over, lets get those wheel spinnin)

Basement forum.

I will be hosting 2 different demos in my very own basement at the end July and August. Topics: how the change and/or patch a bike tire and basic positioning on your bike. The tire demo will be **July 27th** as will be a training ride, come for one or

both. This demo is to show you how to change and or patch a tire, I have “test” tires and tubes for hands on learning.

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!!!

Tip 2, don't do this either!!!



next month: Tip3-drink,pee,no I.V.

Links:

Ours of coarse: www.njroaddogs.com

Cycling Performance Tips at www.cptips.com

Contact

(Capt.) Eddie McKeon

eddie@njroaddogs.com

www.njroaddogs.com

FaceBook name: Eddie McKeon