



ROAD DOGS

MONTHLY NEWS-LETTER



Buy this, not that.

O.k, we all look at our bikes from time to time and think, 'damn, this is an expensive sport', and it is, but it doesn't have to be that bad if you know where to spend and where to save. So here are a few things that will help you decide what to spend your money on and what to save on.

Spend- bike shoes, if you don't have comfortable quality shoes, it will directly affect your riding and your enjoyment of riding.

Don't spend- socks, if you want to spend your money on socks with a cool logo and or design, go for it, but it won't help you in any way shape or form.

Spend-bike shorts/bib short, this is the biggest point of contact between your bike and you, your crotch will thank you.

Don't spend- jersey, a nice team logo is great and so is the newest in fabric technology but unless you are riding the Tour all you need is comfort, (and a dog on the back).

Spend- bike tires, a good pair of tires is like free speed, (no, not that type of speed).

Don't Spend-

Spend- nutrition, don't just drink Gatorade and eat just power bars, although they are not bad, the more you ride the more you'll find you need better things, i.e. Accelerade and Gel shots

Don't spend- water bottles

Spend- helmet, this is your head we're talking about, literally a no brainer

Don't spend- riding glasses, our friend Rand picked up a pair of tinted safety glasses at Loews and loves them

Tour de France (and Lance) Update

The tour is mostly over and if you haven't been watching, start, this one will go down in the books. Although Lance is in fourth (as of stage 17) he has had some amazing days and his teammate Alberto Contador looks like he will be in the Maillot Jaune (the yellow jersey). Lance can within a quarter of a second behind the leader for several days and is now working to help Alberto win, a true teammate. And yes, there have been plenty of bone breaking flesh ripping crashes, ask Levi Leipheimer, the cyclist from the California commercials and another of Lance's teammates who recently while in fourth place had to leave the tour with a broken wrist. The next few days should be really interesting, even if you don't like watching sports on T.V.

Nutrition News (and info)

Currently I am not testing anything out, I am sticking with Accelerade and Nuun for liquids and Accel Gel and Hammer Gel for nutrition. A good tip: within 30 minutes of a hard and or long workout, try to consume at least 20 or more grams of protein via protein shake, Muscle Milk or protein bar. This will help with muscle recover and growth.

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 a Nuun tab. 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).

MS Ride, a plea, again.

O.k. This year I am really trying to get things going. I COMPLETELY understand the state of the economy can be rough for some, well actually probably all of us, but an early jump always makes things easier. For those of you that are going to join this year, the earlier you register, the cheaper it is, it also will give you more time to ask more people for money, making those \$5 donation add up, and those people you kinda know can become targets after you have asked everyone else, have no shame, you are fundraising, ask anyone and everyone you can. For those of you not riding, well, you just became targets for those who are. And everyone should be on the look out for new riders, anyone with a bike, if they are not sure about coming up with the minimums or any other concern, send them my way. I would really like a big crew this year, the more of us, the less we need to come up with individually, makes sense, right? And If anyone has any fundraising ideas, share the idea, even if you aren't going to do it but think it could work, share.

Its Dan, Jordan and me so far, com'on lets get a few more!

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 'EM!**
- AND START DRINKING BEFORE YOU START RIDING!!!**

Website Update

The website is completely back up with a slight face lift, lemme know if you guys like it!

RIDE SAFE!!!

Dang it!



Mark Cavendish and Bradley Wiggins, I think they are saying "hahaha, we are faster then everyone, hahaha".



What can I can that isn't a crack about hairy French bike groupies? (and yes, that's Lance on the right)

Links:

Road I.D www.RoadID.com

Ours, of course: www.njroaddogs.com

Cycling Performance Tips at www.cptips.com

www.performancebike.com (decently priced entry level stuff)

www.nashbar.com (very similar to performance bike)

www.coloradocyclist.com (slightly higher end stuff)

www.competitivecyclist.com (even higher end stuff)

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