



# ROAD DOGS

## MONTHLY NEWS-LETTER



### *Basically, the Basics.*

O.k, the basics of riding are, well, basic, but often taken for granted. Sometimes we forget them and start forming bad habits, and bad habits can lead to at the least, a bad ride, and can lead to injury. So lets go back over a few important ones.

#### *Get bike ready to ride*

- tires**, make sure that they are filled to the proper pressure, if it's wet outside, you can take out 5-7 lbs to increase road gripping, also, check the tire surface for gauges and missing chunks.
- chain**, wipe gunk off and make sure its lightly lubed.
- brakes**, make sure they are closed so they are the right distance from the wheel for easy braking.

#### *What to have with you*

- bike bag**, CO2 ctg and pump, if you use CO2, tire spoons, folding Alan wrench set, spare tube, patch kit
- Road I.D.** - I HIGHLY RECOMMEND IT.
- cell phone**, I carry mine in a mini camera bag with my money and license
- money**, you should have at least \$7 for an inner tube in case you use the one you have, and I would try to carry another \$8 in case you need to refuel.
- 2 water bottles**, cleaned and filled.

#### *Hydration*

1 to 2 water bottles per hour, pending on individual and outside temperatures and conditions.

#### *Nutrition*

- bananas for slow release of energy
- carbs and protein, Accelerade has a great ratio of 4 to 1 for endurance, turkey sandwiches are another good combo, and of course, energy bars often carry enough of each.

#### *Pedal stroke*



As you might remember, I mentioned about a year ago to imagine scraping dog pooh off of your shoe while pedaling, well, not so much. This is the method some cyclists use, or I should say, *used* and I *used* to use. Notice in the orange section the foot is close to level and for the rest, the toes point down a bit and the heel is up, this will maximize the power output from your stroke.

### Proper Position

1. **The back** should be arched, like a bridge, not drooping forward between the hips and the shoulders. If the back is properly arched, bumps will cause it to flex slightly in the direction of a bit more arch; this is harmless. If you ride swaybacked, bumps will cause the back to bow even farther in the forward direction, which can lead to severe lumbar pain, or even serious injury.
2. **The elbows** should be slightly bent, not straight and locked. This allows the arm muscles to act as shock absorbers.
3. **The shoulders** should be pushed forward so that the muscles in the front of the chest help carry the weight of the upper body. Many cyclists make the error of letting their upper spine dangle forward, held up by the collar bones.
4. **The hands** can be placed in multiple positions on the handle bars, and that is one of the great things about road handle bars, you can change the position to fight fatigue and numbness, also to help fight numbness, make sure you are not leaning on your hands, your weight should be on your sitz bones, weight on your hands WILL lead to numbness and mis-directed energy.

Rolling the shoulders forward counteracts the bending of the arms, resulting in the same general angle of the upper body as a relaxed, bone-supported posture provides, but with the resiliency of muscles providing shock absorption.

### Pace

-This is up to you and only you, long steady rides build endurance, and endurance is the foundation to build speed and power on.

If you aren't using a heart rate monitor then go with your perceived level of exertion. Is the current pace something you can hold for a half hour, what about an hour, or two? Adjust to your ride and goal for the ride. Changing your cadence and gears can help you find what is right for you, you might want to spin fast but easy, or you might want to spin slow and grind some gears, but always try to keep your cadence above 85-90.

### Nutrition News (and info)

Currently, I have added Nuun Active Hydration. I like this stuff so far, it's a sugar free electrolyte tablet that comes in a little plastic container that looks like the Airborn cold stuff, so you can put it in your bike bag. I have also tested the PowerIce Enhanced Frozen Hydrator, my opinion, eh. It's like a Gatorade ice pop. Good amount of carbs, only 25mg of sodium and 8g of carbs, but it's a good post ride or run cool down treat, by that point, you should be well enough hydrated anyway, so it's kinda a reward for your efforts more than a dietary supplement that will increase your endurance or speed.

**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.

### **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!!!***

### **Website Update**

Recently, the web site was hacked into and Google found malwar in it, the problem has been fixed but I need to reload one or two things, its safe to go back and check it out. 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!



why I don't Mt Bike



ummm...

## **Links:**

Road I.D [www.RoadID.com](http://www.RoadID.com)

Ours, of course: [www.njroaddogs.com](http://www.njroaddogs.com)

Cycling Performance Tips at [www.cptips.com](http://www.cptips.com)

[www.performancebike.com](http://www.performancebike.com) (decently priced entry level stuff)

[www.nashbar.com](http://www.nashbar.com) (very similar to performance bike)

[www.coloradocyclist.com](http://www.coloradocyclist.com) (slightly higher end stuff)

[www.competitivecyclist.com](http://www.competitivecyclist.com) (even higher end stuff)

## **Contact**

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