



ROAD DOGS

MONTHLY NEWS-LETTER



May 08

MS170

...or should I call it the Tour d' Wind. We had so much friggin wind we had to pedal hard even on the down hills. But, I met some really cool people and only one or two, well, lets say, people I could do with out on the average day. And I adopted a little sister and future Road Dog known now as Socks, she'll be on the website soon enough. In all, good ride, well organized and I found out that the North and Central Jersey MS chapters are merging, so I am curious to see what they do with the 2 rides.



The 2 bridges near A.C. we had before lunch on day 2, imagine 20 plus mile an hour winds in your face going up these. Several more bridges to come after these.

Nutrition News (and info)

Gatorade vs. HydroBoom vs. Accelerade.

Well, part of this comes down to personal preference and needs. Gatorade has the least calories at 50 per serving and Hydroboom at 70 calories and my favorite, Accelerade at a whopping 80 calories per serving. Gatorade has 14g of carbs, Accelerade has 14g as well, but Hydroboom has 17g of carbs. *What does this mean*, well, your body burns calories and carbs as it works, when the calorie and carb count get low, it moves onto other things, calories and carbs first, then muscle glycogen, which is a smaller 'gas tank' of fuel, so the longer you can go before you need muscle glycogen, the better.

Low calorie diets are great to loose a small amount of weight, but you need calories to move, so if you are working out, you need them. Accelerade is the only one of the three that has **protein**, which is good for endurance-(relatively new concept), but it only really is needed if you are at a medium to high intensity for several hours. If you are only going out for a half hour, water might be all you need. But the important factor is: *taste!!!* Well, sorta, taste is actually a big issue, if you hate the taste, as I do Hydroboom, you wont drink as much, and wont get the benefits of any of them. So for me, Gatorade tastes the best, then Accelorade, and a very very distant third is Hydroboom. But 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)

Whats up next?

Well, now that the MS170 is in the bag, next up is the Ride 4 Autism and the Tour d Cure in Breille, down the shore, new location. Check the website for links to register or check out any of the several different Tour d Cures in June.

Web Site Updates.

Coming soon, a page on proper stretching, if you have any thoughts on this, please e-mail me.

Training Rides.

June 7th and June 8th. **Please e-mail me if you have some interest in either date!!!**

Basement forum.

I will be hosting 2-3 different demos in my very own basement at the End of June and end of July. Topics, how the change and/or patcha bike tire, basic bike maitainence, and good positioning on your bike. I'll have a little more info in a bit.

Tip one, don't do this!!!



Links:

Ours of coarse: www.njroaddogs.com

Cycling Performance Tips at www.cptips.com

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