



ROAD DOGS

MONTHLY NEWS-LETTER



Start Now and Start Smart

Get those bike ready for the road. Its mid-May and time to to out to the shed and check your bike and gear out. For those that haven't even seen there bike since last year, this is the time to get re-aquainted with those wheels. It's still early enough to get in on those spring sales for all the gear and parts for your bike, by the end of the month, most of those sales will have dried up and so will some supplies. Check your tires out, look at them in the light and look for damage to the rubber, make sure they hold air properly, remember, the average tire looses about a pound of pressure per day. If you have a flat, check out our website (www.njroaddogs.com) for a full write up on tire repair. Look at the chain and gears, make sure they don't have too much crud or rust, if so, try first wiping it of with a light degreaser and spraying a little Finish Line lube or if you wanna spend the money, I recommend Boeshield T-9, a bit expensive, but top shelf stuff. Spin the wheels and hit the breaks, make sure the pads are good and the cables are responsive. You can always take it into your local shop for a once over but its good to get to know your bike first hand, even if you check it out in person then bring it in.

Online shops to check out for sales, gear and parts:

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)

Nutrition News

(and info)

Not then & not that, so, now & that.

There have been great articles from Active.com on nutrition lately, I'll try to give you a quick summery. To start, basically remember, sports drinks and bars are meant for when you are being active, a bottle of Gatorade at lunch

will not only put extra calories in you but it will put in extra sodium your body doesn't need. That stuff is good when you are being active because your body can use it right there and then, storing it up for later doesn't work so well. The same goes for Power Bars as a mid-day snack, eating an energy bar at noon won't help your after work ride in the least, so save it for when you need it.

While exercising, your body burns many types of fuel, pending on your intensity and fitness level. When you are riding and you feel thirsty, you are already low on fluids, same goes for feeling hungry, so start of right. And to keep it simple, cheap and efficient, here are a few suggestions; instead of a Power Bar and Gatorade before a ride, try a banana, yogurt and water, same basic calorie and carbohydrate input. Try a few combos, look for stuff that YOU digest easily and quickly. Red Bull, if you aren't planning on getting over a hang over, I would say, are a waste. Red Bull is an inefficient energy burst that *will* make you crash, and as for drinking it to sober up, as Nancy Clark wrote in an article on this topic, drinking Red Bull results in: "wide-awake drunks who think they can drive themselves home—but then get into accidents."

Juices based on actual fruit, like strawberries, blue berries, acai berries, ect. will give you more energy and less of a crash later, with plenty of anti-oxygens, fruit juice, although, is NOT recommended for 'while riding' hydration.

To start a day of riding, a good start will help you get those extra miles in at the end. Oatmeal, yogurt, a banana and some juice will get you a heck of a lot farther than fried eggs, bacon and some butter pancakes with a cup of Earl Grey. For lunch, aim for a good carb and protein combo, turkey on a multi-grain bread sandwich with a piece of fruit and some chips will help you stay on the bike.

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 Amino Vital. 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). Currently I am trying Nuun water additives, I've heard good things about these tables, I'll let you know next time.

MS Ride, a plea.

Ok. 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 I move the website over to the server from my job so I don't have to pay for, but in moving it, I got a few kinks, its currently down, hopefully it will be fixed in the next few days, this letter will be posted as soon as the

problem is fixed. Oh, one more thing, I can put as many 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!



Always ride with a spare inner tube!!!

Ahhh, sportsmanship.

Links:

Road I.D www.RoadID.com

Ours, of course: www.njroaddogs.com

Cycling Performance Tips at www.cptips.com

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