



# ROAD DOGS

## MONTHLY NEWS-LETTER



### September (or August part-2)

**Eddie Lives!!!** As most of you now know, I was in a “spectacular downhill crash” (Geoff Clarks’ blog) with fellow rider Raf Banas in the Watchung Reservation a few weeks ago and still have the dents and dings to prove it. But, I am back in the saddle, 2 races and several rides down, I am looking forward to the end of this season, (2 more races, the Ramapo Rally and the MS Ride), this one was rough for me, but as you read this letter, my application to upgrade to a Cat4 racer is being reviewed, wish me luck.

**Road I.Ds’** After my crash, I realized the more info you carry on you the better. I was brought to a ‘care center’ to be treated, but since I didn’t have my insurance ID #, they wouldn’t admit me, so I had to go to the ER. I have a Road ID with Emergency Contacts and allergies but that’s it. And although this would be helpful in most situations, for this one, it wasn’t enough. The Interactive ID has a phone number and website a doctor, nurse or whatever can check out with a pin number on the back that allows them access to a file that has as much info as you want, insurance info, personal health stuff, family contacts, and so on. I recommend some kind of i.d. when riding, remember, you can crash at 42mph or even 12mph, you never know. The Enhanced ID runs about \$19.99 and \$9.99 a year after the first year and the original wrist i.d. is \$19.99 and no renewal or anything like that.

### Ramapo Rally.

Didn’t get to go. The night before I went to load my bike into the car and found a flat, no problem, fixed that, when I went to spray some lube and noticed the front derailleur was grinding the chain. There are several things to check for that, and none helped me, so I had to wait until after the ride was just about over before any of the bike shops around here opened. Checking out your bike is very important before any ride. Rand found this out Sunday morning aswell, his bike had a busted spoke, but atleast he had a back-up bike.

## **Nutrition News (and info)**

**5 Hour energy???** Uh, I think 'hour' is French for '15 minutes'. I tried the stuff half way through a work day that would have ended in a bike work out. I didn't make it that far. First, the taste, **yuck!!!** One part fruit flavor, 28 parts clam juice and shower trap mung. It took just as long for the after taste to fade as the 'energy boost' lasted. A few minutes of a nervous energy feeling and that was it. For the massive amount of B6 and B12, I was less than impressed, (I'd rather a sliced mango.) If you want something to help recover from tired legs or arms, don't bother with this stuff. My arms and legs still felt like they did before I drank the shot. I think a small cup of coffee would have worked much better. Now I don't know if it's a coincidence, but the following day, I was trashed, no energy at all, so caution!

**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 loonnngg rides, maybe a Lara Bar, Odwalla Bar and or some homemade trail mix, (good source of salt).

### **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 you're on a trainer)**

## **Training tips**

**"Cyclists and Sore Butts Are Like Runners And Blisters"**-*Bicycling Magazine*. We all have our own built in padding back there, some more than others, but most of us don't pay enough attention to making that padding work as padding and not jean filling. The two boney lumps back there are you sitz bones, (not a spelling mistake) and those are what get tender when you start racking the miles on your bike in the beginning of the season. Solution, toughen up that tush!!! How, the easy way to prevent this, is to buy a real good, and most likely expensive seat, my Specialized Alias ran me about \$125 'but' you certainly can get a good seat for less than that. The second way, or the harder better way is to strengthen your glutes, hamstrings, and thighs. Squats, lunges and stretches are a great way to start getting those legs in shape.

**-tip:** if you are having issues back there on longer rides, try shifting your weight forward to let your front thigh muscles (quadriceps) do more of the work, which is the more efficient way to peddle anyway. Roll forward on the seat to take pressure off of those sitz bones and don't arch you back, lean a bit.

Proper fuel for your body equals efficiency and endurance. The right types of food before any ride is crucial. I love pancakes with syrup and a pile of bacon in the morning, but that isn't fuel as much as that stuff that clogs up your filters, are you getting the car analogy yet? Good, 'cause your body is a machine and needs to burn the right type of 'gas' for the type of driving you're doing. Bananas are a great snack for before, during, or after a ride. Spaghetti and garlic toast is great to carb up the night before. Oatmeal and raisins are good the morning of a ride. Turkey is a good sandwich meat for lunch. And chocolate milk is a great recovery drink right after, later that night, or the next morning.

**-tip:** Stick with what you know when it's crunch time, if you can get a good start with a bowl of Coco Puffs and a cup of coffee before a ride, don't change that unless you can afford to sacrifice a ride for experimentation. The right food is the right food, but you might be so used to the wrong stuff it might take time to get used to the good stuff.

**-tip:** All of us experience aches and pains on the longer rides. Luckily, the more you ride, the more some of those aches fade. Shifting position on the bike is a great way to help get through that long ride to Princeton or LBI, or Port Murrey.

**-tip:** from time to time, shift your hands around. Road bikes have multiple positions for your hands, use them, but keep the brake levers in reach, remember, the rear brake supplies approx 70% of your braking power.

**-tip:** to help with neck and shoulder pains and stiffness, shrug your shoulders for 5 to 10 seconds, relax, then repeat.

**-tip:** when on a clear stretch or an area you're not surrounded, reach one hand behind your back, hold, then switch to the other hand, this helps arch the back for a light stretch for the shoulders.

**-tip:** get off the saddle and let one peddle drop to the 6 o'clock position, point the toes up and the heel down, hold for 20-30 seconds and then switch to the other side.

### **Anyone Got A Bike for Jordan?**

As a few of you know, Jordan's bike got stolen a while back, if anyone has a bike they are not using or know someone who does, please let me know. He needs one for at least the summer and the MS100. If you can help, contact me or Jordan directly at: [JordanMSU@yahoo.com](mailto:JordanMSU@yahoo.com). It would be much appreciated!!! Also, I know a young woman, stands at about 5'3" might be interested in the temp usage of a bike to join us at the ride.

### **Training Rides.**

summer is half over, lets get those wheels-a-spinnin'

**August 31<sup>st</sup> and September 7th**  
please e-mail me whether you can or can't.!!!

### **Bike MS Update**

So far it's 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!!!

The link to our team page is:

[http://main.nationalmssociety.org/site/TR/Events/NJBBikeEvents?team\\_id=102523&pg=team&fr\\_id=8775](http://main.nationalmssociety.org/site/TR/Events/NJBBikeEvents?team_id=102523&pg=team&fr_id=8775)

### **Bike MS Incentive of The Year.**

*The first 3 riders to sign up for the ride on this team will get a gift card for Road I.D for half the price of an i.d. (this includes Dan but not me).*

*Deadline is Sept. 1<sup>st</sup>!*

*Also, our new Canari Jerseys are being printed.*

### **RIDE SAFE!!!**

*stay the hell away from this road!!!  
...just funny (especially to a racer)*



When not racing, most elite cyclists walk around in a peloton to cut down on wind resistance.

**Links:**

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

**Bicycling Magazine** [www.Bicycling.com](http://www.Bicycling.com)

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

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

**Contact**

(Capt.) Eddie McKeon

[eddie@njroaddogs.com](mailto:eddie@njroaddogs.com)

[www.njroaddogs.com](http://www.njroaddogs.com)

FaceBook name: Eddie McKeon