



SAFETY TOPIC:

TUNE INTO YOUR BODY...IT HAS A LOT TO SAY!

- **LEG CRAMPS?** You are showing signs of dehydration. Make sure you are drinking a balance of water and an electrolyte supplement (Gatorade, PowerAde, or add-in powders).
 - Did you know you need to hydrate a few days before you plan to go on a long-distance ride?
 - Caffeine dehydrates you - for every cup of coffee or soda you drink you will need 2 glasses of water.
- **KNEE ACHES?** Yikes - generally this means you need to get your bike fit for you body. Your seat can be either to low or high.
 - Could be you've lost weight with all the biking you've been doing and now your rear end is smaller 😊
 - Might be that the seat post is slipping.
 - Take it to your local bike shop...friends don't let friends adjust their own seats.
- **LEG or HAMSTRING ACHES?** Your shoe cleat might not be centered correctly OR again it could go back to the seat adjustment. Go to the bike shop!
- **ARMS or WRISTS BURN OR ACHE?** Especially on windy rides we tend to subconsciously "death grip" our handlebars. Check your arms:
 - Keep your elbows slightly bent
 - Rotate hand position on the handlebars
 - While riding you can stretch your arms by holding one arm behind your back and bending the wrist. You can also hold one arm straight down to allow the blood to flow to the fingertips.
- **HUNGER PAINS WHILE RIDING?** You didn't eat enough before you ride or during the ride - you are out of fuel! You need proteins and carbs. Some of my favorites are:
 - Before the ride a cinnamon raisen bagle with peanut butter. Peanut butter is a slow burning protein
 - During the ride...beef jerky (or turkey jerky). Lots of protein and salt.
 - After the ride - some form of protein (chicken, fish, etc.) Protein feeds the muscles.

