



A PEDALER'S LIFE

West Georgia Flyers

Volume 1, Issue 5, JULY 2010

4TH ANNUAL BLAZING SADDLES CENTURY UPDATE

The committee has been hard at work on the 4th annual Blazing Saddles Century just around the corner on July 31st.

Some of you may or may not know that this year a portion of the proceeds will be given back to the Heard County Middle School in way of school supplies. Staples has already graciously donated a few school supplies. This is a great way to give back to our community and to say thank you to the middle school for allowing us to return and use their venue once again this year.

In order to keep our costs down, the committee has been working hard to get as much as possible donated so we can give more of a donation to the school. Visit the website to view all of the generous 2010 sponsors that are making that possible this year.

There will still be a drawing for paid riders this year sponsored by ProGold Lubricants and Road ID gift certificates to name a few but we also have a few new donations from VeloPress, HaloII and DZNuts.

In addition to our drawing, this year we are adding a silent auction. Thomson has donated 4 gift certificates for a stem or seat post, a value up to \$149.95. Any and all people can bid, you don't have to be a paid rider to

receive one of these certificates.

What's so great about the Blazing Saddles Century? Here's just a few things...

- Awesome volunteers!
- A running track for those of you that want to do a brick workout, a run before or after your ride.
- Free night's stay in the school's gym although you must bring your mattress.
- 5 wonderful rest stops
- SAG supported
- Showers are available
- \$1 from every paid rider is donated to Georgia Bikes.
- A Chick-fil-A sandwich waiting for you at the finish line.
- A chance to win something awesome in our drawing.
- A very generous Swag Bag (while supplies last) valued at \$34!
- 4 great routes and beautiful scenery.

Visit our website for details and how to register:

www.westgeorgiaflyers.org/blazingsaddlescentury.html

Contact Vicki Shaddix to volunteer at bluedolphins@charter.net.

WEST GEORGIA FLYERS RIDES

All Club Rides and details about that ride can be found on our website on the calendar at:
www.westgeorgiaflyers.org

Want to host a ride? Send in your details and we'll get you on the calendar.

Tuesday Night Loyd Presbyterian
Roll out at 6:15PM

Wednesday Night "Old" Florentino's Ride
Roll out at 6PM

Beginner's Social at the West Point Dam -
Roll out at 4:30PM (every other Friday)

Ron Cole Rides Saturdays & Sundays, check website calendar for details.

Monthly Club Ride

- Always follows the Saturday after our Club Meeting. You can always find details on our website's *Rides & Events* or the *Ride Maps* page.

Special Events/Announcements

2010 MEMBERS

Becky Stanley, Ben Cole, Bob Evans, Bonnie Vowell, Bret Burleson, Craig DeLoach, Curt Snider, Dan Evans, David Johnson, Forrest Strickland, Frank Willingham, Janel DiVirgilio, Jennifer Wiggins, Joey Latulippe, Joy Burnham, Ken Hacka, Laurie Johnson, Nancy Mallory, Patrick Wilson, Penny Willingham, Rick Smathers, Ron Cole, Ronald Bolton, Shane Shaddix, Steve Alford, Vicki Shaddix

- 2010 Blazing Saddles - July 31, 2010

July

Hospitality Highway Century	11th
Club Meeting	12th
Club Ride	17th
Pedal with a Purpose Century Ride	25th
Blazing Saddles Century	31st

August

Club Meeting	14th
Club Ride	19th
Blue Ridge Breakaway	21st
Pedal with a Purpose Century Ride	29th

July Club Ride

Ride & Cook Out After

July 17 - 8AM

Details coming soon

Maps and directions will be available at:
www.westgeorgiaflyers.org/ridemaps.html

HAVE A STORY TO SHARE? WANT TO CONTRIBUTE?

Email your written article to Vicki Shaddix.
Just copy and paste it into an email.

bluedolphins@charter.net

HYDRATION AND NUTRITION

HYDRATION

"How much do I really need?"... you may ask yourself. Well we could get really scientific in this but let's break it down easily. Not enough fluids can lead to dehydration, cramps being the most common, and real heat exhaustion can follow. Dehydration can impair concentration or judgment, which could be life-threatening on a bike trail or if you're riding among traffic. Low-level dehydration may have no obvious symptoms, but still makes riding less comfortable, less efficient and less pleasurable. If you tend to gulp down several glasses of water or soft drinks at the end of a ride, you've probably reached this point.

Without exercise, you already need about 4% of your body weight. Let's take a 150 lb. man, typically if his diet is well balanced, about 4 cups will come from fruits, vegetables, and other foods. Another 1 cup will be from the metabolism of carbohydrates, and the balance, about 7 cups, should be from actual fluid he drinks.

Exercising for an hour or two you will need to add in replacement for losses from sweat and respiration. Under normal environmental circumstances, you will lose 1 - 2 liters of sweat per hour, and in the heat this can be as high as 4 - 6 liters per hour. A little statistic to know: up to 60% of overall fluid loss can be via the lungs - which means that even swimmers can get dehydrated. So if you're one of those people that say "I don't sweat", this does not mean you can not get dehydrated.

In normal weather 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. When extreme conditions of heat and humidity are anticipated, the following strategy may be of additional benefit: drink 20 oz of cool water 2 hours before exercise; 8 to 16 oz 30 minutes before and

then 4 to 8 oz every 15 minutes on the bike.

A great tip on how to measure if you are drinking enough... weigh yourself before and after a long ride. Lost weight? Not exactly, you lost hydration. In the hour following your ride, you should consume another 10-20 ounces of water. Remember to strive for urine that is clear and odorless.

NUTRITION

This can be an overwhelming word for some people. CPTIPS.com has a wonderful E-book of cycling information. One of them includes NUTRITION PLANS FOR 6 COMMON TYPES OF RIDES. Here are a few to help point you in the right direction.

THE COMMUTE or SOCIAL RIDE
This ride is done at a comfortable pace of 50-60% VO2 max. for 1 to 2 hours daily. The goal is to have a comfortable ride with energy left for the remainder of the day.

- 4 days prior - balanced diet with 60-70% Calories from carbohydrates
- 4 hours prior - eat a high carbohydrate breakfast 30 to 45 minutes before the ride
- during the ride - eating is optional for a ride of 2 hours or less
- post ride - a mid morning snack might be a good idea but is not essential; a good balanced diet will replace the glycogen used during the ride

BASIC TRAINING RIDE

This ride is just a bit longer than the 2 hour limit that can lead to the bonk, so snacking on the bike is important. As intensity increases above 60%, it is more important to avoid eating in the 4 hour pre-ride interval to avoid GI distress.

- 4 days prior - balanced diet with 60-70% Calories from carbohydrates; at least 600 grams of carbohydrate the day prior to the ride
- 4 hours prior - if the intensity is moderate, eating during this interval is OK; avoid exces-

- sively fatty foods and try to eat 2 hours before the ride
- during the ride - start eating regular snacks, energy gels, or sports drinks at the beginning of the ride to replace the estimated Calories burned per hour
- post ride - a post ride carbohydrate snack, particularly in the 10 to 15 minutes immediately afterwards, will take advantage of the window of maximum glycogen resynthesis and may cut down on muscle soreness

LONG DISTANCE

This ride will definitely cause you to bonk if you don't replace carbohydrates, so snacking on the bike is essential. As intensity increases above 60% VO2 max., it becomes more important to avoid eating in the 4 hour pre-ride interval to avoid GI distress. If this is really planned as a slow, long training ride, that is not as important. A 300 gram carbohydrate meal 3 to 4 hours before this ride helps "top off the tank" so to speak in terms of muscle glycogen stores.

- 4 days prior - balanced diet with 70-80 % Calories from carbohydrates; at least 600 grams per day of carbohydrates in the 2 to 3 days prior to the ride
- 4 hours prior - if the intensity is moderate, eating during this interval is OK, but avoid fatty foods and eat at least 2 hours before the ride. A 300 gram carbohydrate meal 3 to 4 hour pre-ride is recommended if possible
- during the ride - regular snacks, energy gels, or sports drinks to replace the estimated Calories burned per hour
- post ride - a post ride carbohydrate snack, particularly in the 10 to 15 minutes immediately afterwards, will take advantage of the window for maximum glycogen resynthesis and may cut down on muscle soreness. Eat a high carbohydrate meal that night after the ride.

But remember: every person is different, experiment and find out what works for you and for your level.