



CYCLEMANIA

Mandurah Over 55 Cycle Club Newsletter ***February 2009***

From the President's Desk – Bill Clare

It was nice to be back to the Yacht Club last week even though the rides away were good, it is nice to have a permanent base. Also great was to see Bernie Schonemann back on his bike and Brian Fairless back at the ride. Some of our members have been asking why we need to have the clubs bank balance so high. The simple answer is we don't and we will be reducing it soon to complete some work on the bike trailer (hard top over the luggage area) and replace the tyres on the chuck wagon. Some other minor maintenance will also be done on the bike trailer and this should be done before the Busselton tour. It is prudent to keep a reasonable bank balance because the cost of replacing a trailer - should anything happen - heaven forbid would be costly. The committee has a responsibility to manage the clubs funds wisely and we will be keeping in mind the requirements laid down in the constitution.

A good response was had to the request for riders on the tandem with Billie Gibson and a roster has been done for the next 12 months.

Dinner at the Dogs on 19th February should be a great night. Cut off date for numbers is 10th (see notice board).

Our Anniversary dinner is Wednesday 15th April, (keep the date free, more information later).

From the Ride Captain's Desk – Wayne Wright

During this hotter time of the year, each Tuesday before we set off, I make mention of hydrating properly during your ride.

Why do we need to keep up our fluids? As individuals we have differing fluid requirements. This largely depends on our own sweat rates and internal body cooling mechanisms. Dehydration has significant effects on the body. Most cyclists are familiar with developing a headache or feeling nauseous after a hot ride. This is mainly due to dehydration.

Dehydration can also impair the body's ability to regulate heat. On a long hot ride - sometimes does not need to be a long ride - without sufficient fluid intake, a rider's body temperature will rise along with the heart rate and the feeling of fatigue will start to set in. Additionally, skill levels will fall as will concentration and decision making abilities.

How much do we need to drink? This will depend on whether the rider sweats a lot or only a little. Body size, genetics, fitness levels and the environment are also part of the equation. Cyclists typically only replace 30% to 70% of sweat losses during exercise. However, the best way to determine your own rate of fluid loss is to weigh yourself before and after a ride. A kilogram of weight loss represents a litre of fluid loss. In order to rehydrate effectively, you need to replace one-and-a-half times the amount of fluid loss. For example, if you have lost 1 kilo of fluid, you need to drink 1.5 litres of water.

During a ride, replace fluid regularly, generally if you drink when you have become thirsty it is too late. Aim to drink 600-1000mls for every hour you are out cycling. Upon returning home weigh yourself and apply the above formula.

Water is always a good choice of fluid but sports drinks such as Gatorade, Powerade or Staminade are also handy alternatives. However if not riding or training at a higher level of intensity water will usually suffice.

Sports drinks have been designed for training levels at a higher intensity, they not only keep you hydrated but are also a source of fuel during exercise. They have been designed to contain just the right amount of carbohydrate to top up your fuel supply. They are also flavoured to encourage a greater intake and contain a small amount of sodium to assist your body to absorb the fluid better and stimulate our thirst receptors to encourage more fluid intake.

Take on board these tips to keep you hydrated during the ride.

- Start hydrated
- Consume 200-600ml of fluid before the ride
- If you choose a sports drink; the more you like the flavor, the more you will drink
- Keep your drink bottles handy
- Carry two drink bottles
- Keep your drinks cool (but not too cold)
- Aim to drink 150-200ml every 15-20 minutes during the ride
- Use every opportunity to drink
- Don't get tricked by the environment, even when its cold you can still get dehydrated

Some H₂O information

- Our bodies are approximately 55-65% fluid by weight
- Moderate exercise can produce 0.5 and 1.5 litres of sweat per hour
- Thirst is not a good indicator of fluid requirements
- Dehydration can occur in as little as 20 minutes
- Drinking when dehydrated may cause gastrointestinal distress
- Alcohol and caffeine based drinks such as tea, coffee and Coke are diuretics and may contribute to dehydration.

“Contents sourced from ‘Australian Cyclist’”

Gossip

I hope everyone has had a Happy Christmas and New Year and are now ready for a new year of cycling.

Sorry to hear of Yvonne's cycling accident before Christmas. We do hope your collar bone heals soon so that you can return to your riding.

There was a good turn out for the BBQ and ride at Riverside on 30th December. Nearly ran out of sausages before everyone was served.

Also a good turn out for the ride from Singleton on 6th January.

Another good turn out for our ride from Dawesville on 13th January.

Lots of people turned up for the ride from Murray Bend on 20th January. Helen C. found she had a puncture before leaving the coffee stop, but it was quickly fixed.

The BBQ and ride at Dawesville apparently went well with some only arriving for the BBQ.

On 27th January Bernie rode for the first time since his operation. Well done and I hope you continue to find improvement.

Dinner at the Greyhounds is planned for 19th February. See the notice board for details and put your name on the list if wishing to attend. Don't forget your Senior's Card if you have one as this will give you 10% discount.

FINALLY!! Please Oh! please send me some articles for the newsletters. I would love to have someone else have an input into your newsletter. Doesn't necessarily have to be what happens at club events, happenings/articles of a general nature can be included. Makes it more interesting, photos can be included too, but understand they can only be printed in black and white.

Send information to me either by email: alanap@tpg.com.au or by telephone on 95358197, or alternatively hand me a written article at the club meetings.

HAPPY CYCLING

Ann Platt – Publicity Officer