



# Summer Riding Wisdom

Summer riding always poses special challenges and every year some of our members don't overcome them. This is a list of what you should know to enhance your summer riding fun and maybe prevent a down right unpleasant experience.

## **Stay Hydrated**

1. If you wait until you are thirsty to drink, you waited too long.
2. If you are not urinating often, you are not drinking enough.
3. If your urine isn't close to clear, you are not drinking enough.
4. Sports drinks have value, but are not a substitute for water.
5. Use a camelback. If you have to stop to drink you probably won't.
6. Avoid alcohol and caffeine in advance of a ride to promote hydration.
7. Freeze water bottles before a big or long ride.

## **Keep Your Body Temperature Down**

1. Never ride with bare skin. Never
2. Wear Coolmax type clothing next to your skin. Avoid cotton next to your skin.
3. Wear light colored (reflective), high air-flow-through outer clothing.

## **Dress For Safety**

1. Wear a quality helmet. A full-face helmet or face shield will protect you from hot 65 mph air.
2. Wear abrasive resistant, non-melting, outer clothing with quality armor.

## **Respect The Risks**

1. If you don't feel good stop, drink, and rest, until you do.
2. Find a cool place to recover.
3. Carry a cell phone with emergency contact information.
4. If you ride up north come back down in the valley either in the morning or evening.
5. Never refuse, or fall to ask for, help.

# HYDRATE, HYDRATE, HYDRATE, HYDRATE