



# BIKE HYDRATION

EDITORIAL BY JEREMY CRONIN IMAGES COURTESY RED BULL

So you've got the bike, the lycra, the matching drink bottles; now it's time to fill those drink bottles with the fluid that will help you make the most of that bike and get that lycra flexing and moving to the best of your ability. You don't have to spend an arm and a leg on electrolytes for every single training ride - you can stay hydrated just fine on plain water from a hygienic source.



## PACK FEATURES:

- + Womens Specific - Mens Version is Viper
- + Blinker Light Attachment
- + Helmet Attachment
- + Bungee Lacing System
- + Sternum Strap and Hipbelt
- + Panel Load Access and Slash Pocket
- + Dedicated Compartments for Bike Tools
- + RRP \$89 - \$129

For more information... go to [www.southernapproach.co.nz](http://www.southernapproach.co.nz) or call 0800 335 000

It all starts before you ride or before the race starts. Be sure to sip away on your water consistently and at regular intervals well before you set off. Without calculating body weight and water, a rough guide to being hydrated is when your urine turns from yellow to clear. Get used to this level of consumption as being hydrated has benefits beyond just starting out great on your bike ride. This is personal and it differs for each individual - keep at it so you learn how long before the ride you need to start sipping in order to avoid feeling bloated or sick when you start peddling.

Now that you are hydrated and feeling fresh as a result, you are on your bike and away you go. Whether you have bottles, a hydration pack or both be sure to know how long you are out for and how much water you will need. This amount will vary during the distances of your ride and how long this takes you. Also the time of day you ride and what the temperature is when you are riding will come into play. Your consumption of water does not change much between long or short rides, but it does change when the temperatures rise and you start heating up. Before you over-heat you want to be hydrated so that your body can cope with this change. Every 15min take two or three gulps of water - if it's hot you may sip more often than this, which is why carrying the right amount of water with you is important. If you are racing, you want to know you will be provided water on the course and how far into the course that will be, or that you can get water along the way at a tap, or if you are training you can stop into a dairy before you run out. 800ml - 1ltr will last you 1hour if the temperature is comfortable or cool, you will go through more on hotter days. Again this is different for each individual but can be used as a rough guide while starting out. Just because training is over or you

have completed the race, do not move on and forget about hydrating after your cycle. This is an important time to look after your body that has just carried you through battle, so carry on sipping on your water bottle. Just because you've finished and sculled a glass of water does not mean you have put in enough, so carry one or two bottles and slowly sip away over a period of time that your body can handle. Do not over sip and feel you are swimming around like a fish in the sea, there is a fine line, so be aware of how your body is reacting - with practice you will get it right.

Adding supplements or powders to your training and or racing is great but do your research; there are a lot of poor products out there in the market, so talk with your local or favourite bike store and get their professional advice about the range they have in stock. The directions will be on the container/packet so be sure to check it all out. If the supplement does not suit you, gives you stomach pains, makes you sick, or feel no effect at all, go and try another brand. This is why you must train on your supplement as you cannot afford to face these challenges on race day. Buy four or five sachets at a time so you can see if you like them before you spend up large and buy bulk. If you are training for a race, find out in advance about the supplement the race co-ordinators are giving out on the day (if they are at all) and you can train on that - again, this ensures there are no surprises.

For further information or more specific calculations around your individual hydration, contact me through my web page [jeremycronin.com](http://jeremycronin.com), or call into your local bike shop and ask them. Alternatively, cover all bases and get it sorted with your food and hydration and talk to a sports nutritionist to see the changes in your riding. Enjoy !!!

Tried and tested editors pick : The Verve, by Osprey



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