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 Subject: Ready2Roll Cycling - Special Topic, Hydration
 Date: February 9, 2017 at 1:44 PM
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Special Topic Note - Hydration

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Today, I want to share a special topic note with everyone regarding hydration - how to drink properly. This may seem like a dull topic and many of you may be inclined to skip this note. PLEASE don't because every year, dehydration is the #1 medical treatment issue on the BP MS-150 - by a large margin.

Before I get to the main topic, I do want to correct one important typo in yesterday's ride note on the time cut-offs. The time cut-off for riders who wanted to do the 51 mile route was noted as 11:30 am but then, in the details, the note said you had to be at the cut-off point at 10:30. "10:30" was the typo. If you have been riding enough to try the 51 mile ride this Saturday, you need to be past the right turn at the light at FM-1093 and Bois D'arc before 11:30 am. After 11:30, all riders coming up Bois D'arc will be directed to continue on Bois D'arc back to Fulshear High School.

OK, let's get to the special topic. I am sending this note earlier than usual in the season because we're already looking at 80+ degree temperature forecasts and we're offering longer ride options early in the season for riders who can make the distance under the time cut-off.

The enclosed short article was contributed by Sports Dietician Molly Wong Vega with the IRONMAN Sports Medicine Institute. Molly knows a thing or two about sports medicine so please take the time to read this note, save it to refer back to (or add our page to your favorites since I archive all these notes) and, as Molly writes: "Practice your event hydration" during the training series to learn what works for you...

Hydration

Sweat losses of as little as 2-3% of body weight can decrease muscle endurance and strength. In an endurance cycling event it is important to maintain hydration as much as possible to prevent declines in power, strength and endurance. A good goal is to attempt to drink enough to limit the body weight loss to less than 1-2 % of its pre workout/event value.

Hydration	Pre Workout/Event	During Workout/Event	After Workout/Event
Amount	1 ounce/10 pounds of body weight (6-12 ounces)	6-12 ounces	20-24 ounces/pound of body weight lost
Timing	2-4 hours prior	Every 15-20 minutes	Following event/workout
Notes	<i>Drink additional if thirsty or urine is dark</i>	<i>Calculate sweat rates to individualize your hydration plan</i>	<i>Drink until urine is clear to straw in color</i>
*Sweat rate = [Change in body weight lbs (Pre-Post)*16 + Fluid intake oz]/ Hours			

Pre-Workout Hydration:
 It is best to start a workout or event adequately hydrated. It is more difficult to make up a hydration deficit while actively increasing sweat losses. The best method to monitor is maintaining urine color (clear to straw in color).

During Workout Hydration:
 Practice your event hydration to know what works for you and if anything needs to be adjusted prior to the day of. There is no set amount that you can be told to drink as everyone sweats at different rates according to a variety of personal and environmental factors. Most cyclists record rates of 13-27 ounces per hour giving a very wide range. The best method for assessing appropriate fluid intake to maintain hydration during long events is to calculate your sweat rate so that you may know how many ounces per hour to drink.

Use a cool beverage that is palatable and provides carbohydrates for events lasting longer than 1 hour. Sports drinks with sodium will also promote fluid retention and help maintain the drive to drink fluids during your event. Drinking throughout an event will help to maintain a higher rate of stomach emptying versus slowed stomach emptying thus possibly causing GI distress or slowed absorption.

 That's it for today. I need to get the note out to our volunteer team with their duties and timeline for this Saturday. Watch your inbox tomorrow for any late updates and I look forward to seeing many of you in Fulshear this weekend.

Thanks!

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