

BE PREPARED

- Ride with at least two 750ml water bottles and / or hydration pack.
- Stop at each refreshment station, drink and fill your water bottles (it is better to stop, drink and cool down more often than to dehydrate).
- Protect yourself from sun exposure with SPF30+ sunblock.
- Wear jerseys made of material that 'wicks' away moisture from the body. Avoid cotton, which can become water logged and cause a chill when wind causes evaporation.
- Carry a pump, spare tube and puncture repair kit.
- Carry your mobile and / or change to make a phone call. There are significant stretches along the route without mobile phone coverage (depending on your network).
- Carry identification and details of an emergency contact.
- If you experience mechanical problems please rest your bike on its saddle on the roadside so support personnel can easily recognise you need help.
- In the event of an accident or breakdown we can transport you and your bike to the next refreshment station or finish. The SAG WAGON follows the last rider and can be contacted on **0438 438 846**. Other roaming support vehicles will travel along the route and will stop for you if you have your bike rested on its saddle by the roadside. Check the list of phone numbers on the back cover.
- To avoid the Sag Wagon driving past while you are away from the road (toilet stop, sightseeing, etc) please place your bike clearly visible on the side of the road.
- Look out for each other. If you find someone in distress, stop and offer help; just being there can provide all the support that is needed.
- Bicycle SA reserves the right to stop an individual's ride for health and safety reasons.
- Bicycle SA recommends that all riders insure themselves for Personal Accident and Ambulance Cover. Third Party and Personal Accident insurance covers current Bicycle SA members.
- You are strongly advised to watch the weather forecast prior to the event and carry/wear appropriate clothing and sun protection. The latest weather information can be found on www.bom.gov.au
- Bicycle SA does not record any ride times.

KEEPING HYDRATED

Heat exhaustion can be avoided by following these simple tips:

- Drink enough fluid to replace your sweat;
- Refill your water bottle at every opportunity;
- Remind your friends and team members to drink;
- Don't ignore the signs of heat exhaustion;
- Call for assistance if you or your friend is suffering from any one of the heat exhaustion symptoms, which include **dizziness, nausea, fatigue, unsteadiness, weakness, rapid pulse, headache and shortness of breath.**

How much fluid does your body need during exercise?

Before: Always start every exercise session well hydrated. Drink 300-500ml of fluid in the 15 minutes before your workout.

During: Aim to drink 150-250ml every 15 minutes to offset fluid losses – drinking smaller volumes more frequently minimizes stomach discomfort. Remember, the more you sweat, the more you need to drink.

After: How much fluid you need depends on how much you lost. Try to drink 1 litre of water for every hour of exercise.

What should you drink?

Don't overlook water as a great fluid choice. Water is easy and kilojoule-free. Sports drinks are suitable during and after longer, higher intensity exercise sessions as they contain carbohydrates (4-8%) and electrolytes to aid fluid absorption. Carbohydrates provide an added energy source and electrolytes replace salts lost in sweat.

Check out www.bikesa.asn.au for important information about keeping your body hydrated.

Additional information about keeping fit and healthy can also be found at www.beactive.com.au

AFTER THE RIDE

Stretching: Stretching may not be at the forefront of your thinking having completed the ride. Preferring to perhaps peel yourself from your saddle, eat and chill out exhausted, but happy, following your achievement. However, it cannot be stressed enough the importance of stretching at this point to allow muscles to return to a natural state, and to aid the body in its repair.

There will inevitably be an amount of muscle soreness and stiffness approximately 24-36 hours following the ride, but a few minutes spent stretching and cooling down slowly following the ride, will go some way to keep this to a minimum.

Quad Stretch: Standing tall, bend your knee and aim heel to buttock (holding your raised heel with your opposite hand), keeping your knees close together. Hold for approximately 20-30 seconds. Repeat on opposite side.

Calf Stretch: Standing tall, place one leg in front the other in a long stance. The front knee is bent and the back leg straight press the heel firmly to the floor . Hold for approximately 20-30 seconds. Repeat on opposite side.

Hamstring Stretch: Standing tall, shift your weight onto the back leg from the calf stretch, so now the back knee is bent and the front leg is straight. Point your toes away, and lean the body forward until you feel a slight pulling on the back of the straightened leg. Hold for approximately 20-30 seconds. Repeat on opposite side.

Shoulder & back release: Adopt an all fours position. Think like a cat! Drop your chin to your chest, round up your back and tuck your pelvis underneath, sit back onto your heels and lengthen your arms forward along the ground. Repeat 4-5 times.

Neck release: From an upright, neutral position.

1. Relax your shoulders and tilt your head to the right, aiming to touch your ear to your shoulder (DO NOT FORCE YOUR HEAD INTO THE POSITION), hold for 4-5 seconds and repeat. Repeat on left side.
2. Relax the shoulders and lower your chin toward your chest, bring back up to a neutral position, then look upward, return to the neutral position. Repeat 3 or 4 times.

Eating: This may well be your only thought, and it is pretty hard to ignore the rumblings coming from your stomach, but, sometimes the exhilaration of successfully completing your challenge may make you forget to eat. Ideally, you need to make sure you eat within a 30 minute period of stopping cycling. This gives your body all the necessary nutrients it needs to re-fuel and repair any deficit that may have occurred during the ride. Don't be surprised if you are constantly ravenous for the next 24 hours. Following any endurance activity the body is using vital energy stores, and these do need to be replaced. Do eat if you feel hungry, but try to eat things that are nutritionally advantageous and slow burning. Proteins are an excellent post race food grouping to consume. These include nuts, seeds, cereals, and poultry or fish.

Drinking: You may fancy consuming a few beers in celebration, but this may have the detrimental effect of dehydrating you!! In fact, following an endurance activity the effects of alcohol can be heightened, and you may not be able to tolerate as many alcoholic drinks as you might ordinarily consume. Following the ride it is best to keep drinking water and fruit juices to replace fluids that may have been lost throughout the day. That is not to say you should avoid alcohol altogether, but do keep it in moderation and ensure that for every alcoholic drink, you follow up with a glass of water.

Lastly..... Exercise probably will not be high on the agenda the next day, however, a light, gentle recovery spin for a couple of miles and following up with a few stretches, will go a long way to alleviating any stiffness and returning the body to its natural state....all ready to begin training for the next Bicycle SA ride!!

IS YOUR BIKE AS FIT AS YOU ARE?

You have been training for the ride, but what about your bike? Can it keep up with you? Not sure? Then you should give your bike a thorough tune-up, or get your friendly bike shop to help you. If your bike is as well prepared as you, there will be less likelihood of mechanical problems occurring, so you can relax and enjoy the ride!

Here is a list of items that you need to check on your bike:

- All the bearings
 - Wheel bearings, front and rear
 - Headset
 - Bottom bracket
 - Pedals
- Drive train
 - Chain (has it stretched - i.e., worn – beyond its limit?)
 - Chain rings
 - Cogs
 - If any one of the drive train components is suspect the other components need to be carefully assessed also. Worn drive train components can lead to poor gear shifting, or the chain slipping.
 - Cranks and chain ring bolts should be tight
- Gears
 - Derailleurs
 - Cables
 - Replace any frayed cables, or any cracked or broken cable outers
 - Shifters
 - Gripshift style (twist) shifters need to be cleaned and lubricated from time to time
- Brakes
 - Pads
 - Not too worn, properly aligned (disc brake pads wear too)
 - Pads (rim type or disc) not dragging
 - Cables – as for gears above
 - Hydraulic discs – should not be spongy
- Wheels
 - Check for buckles, large or small
 - Buckled wheels will also affect braking performance
 - Check for broken or loose spokes
- Suspension
 - Performing correctly, without leaks, rattles, or backwards and forwards play
- Accessories (racks, lights, drink bottle cages, etc.) should be tight, not broken, and with all the correct fixings.

Spares and tools that you should bring with you include:

- Spare tubes of the correct size for your wheels and tyres
- Patch kit and tyre levers
- Bicycle pump
- Basic tools (Philips and flat screwdrivers, Allen keys or spanners) or a multi-tool

Talk to your bike shop about the need to take any special tools specific to your bike.

With a well-prepared bike you should be able to enjoy a trouble free ride.