

RIDER HYDRATION TIPS IN EXTREME HEAT CONDITIONS

by David Romaine

When riding under extreme heat conditions, always start hydrating the day BEFORE you show up to ride. Even once you start riding, you will never really fully replace fluid loss under these conditions. You have to limit loss.

The morning of your ride you should drink a sport drink mix before the ride and try and eat something. Also, coffee is OK to drink in the AM. It's not true that it dehydrates you. Coffee is 99% water.

I am amazed on many of these rides to find riders not taking in fluids early on in the ride. I'll see water bottles not being touched until late in the ride! If you don't drink early and often, you will find yourself under more duress late in the ride. Drink and eat small portions and OFTEN. Especially on these long rides.

We had a 100-miler a couple of years ago in extreme heat and a couple of riders had to stop. Don't feel bad about knowing your limits or recognizing heat stress related problems.

TAKE BREAKS. Use them to ice and utilize cold towels. Use the shade and cool off when you can.

Leave on your ride as early in the morning as possible. You won't escape the heat completely, but you can delay some of the effects.

Do not wear black colored clothing.

If possible, have a couple of doctors in your group.

Now go hydrate!

David