

## NUTRITION

While I'm not a nutrition expert, I have messed up enough times to be able to give at least a practical *don't do this* list:

Don't wait until you're thirsty to drink. You are sweating, even if you don't feel wet, even when it's cold out. The harder you are riding, the more fluids and electrolytes you will lose. The salt stains on your helmet straps will confirm this.

Don't drink a gallon of Powerade to replenish your electrolytes. These drinks contain such a ridiculous quantity of sugar that you should avoid the unnecessary caloric intake unless you plan to spend a good deal of time at maximum effort. Try one of many electrolyte tablets on the market. These supplements will tend to give you a better balance of not only sodium, but also potassium, calcium and magnesium, without the calories.

Don't leave for a long hard day in the saddle on an empty stomach and try to fuel yourself with simple sugars. You will be sucking down gel-packs almost continually and your blood sugar will yo-yo back and forth all day. Eat a substantial and balanced meal the night before and a somewhat lighter breakfast. Think complex carbs, a bit of protein and plenty of water and juice.

Don't leave for an intense, aggressive three-hour ride with a 15-ounce rib-eye in your gut. You will puke. During extreme efforts, your body can really only metabolize the simplest foods. This would be a better time for those gel-packs and sports drink. Your stomach will purge itself of anything it cannot digest.

Don't load up with 100 ounces of water for a casual 1-hour ride, unless you are in Death Valley. Water is heavy. Most routes have water access along the way. You can drink up before you leave. You just spent \$2500 for a really light bike; enjoy it, for goodness' sake.