

# BENICIA BIKE CLUB

www.beniciabikeclub.org

P.O. Box, Benicia, CA 94510

707-644-0074

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## The Pace Line: Message from the President

It's the beginning of July and we are amidst the OOHS and AAHs from the kids (and adults) watching the fireworks, enjoying a good Bar B Q, and of course enjoying our great weather. It is also the beginning of the 101st edition of the Tour de France which goes for three weeks and ends on the Champs Elysees on July 24th. All eyes are on Lance and the rest of the Post...er...um ..Discovery Team. Already we have seen Dave Zabriskie grab yellow on

the Fourth of July and Lance destroy Ulrich in the time trial. He (Lance) is on his way to his seventh yellow Jersey. Good luck to Lance and the rest of the U.S. riders. By now we are all in good shape and getting ready for some great rides, races, and camaraderie. We have seen the old club TT record smashed several times and a new record set that might stay awhile. We have quite a contingent



heading up to Markleeville to do the Death Ride and I'm looking forward to showing up in force (BBC style) for the Napa Century. Welcome to the new members and have a safe and fun July. I'll see y'all on the road.  
Bill Schmidt

### Welcome New Members !!!

- Lee Klare
- Craig & Lee Snider
- Brian Martinelli
- Marci & Steve King
- Mark Hunt
- Alex & Nick Beers

Benicia Bike Club **Time Trial** is July 20. Time your fitness ride. Riva Flexor and Bill Schmidt set a new course record during the last time trial. (see page 8)

#### Farewell Todd Doherty

Todd moved to Washington State and emailed a farewell note to the club. Good luck Todd and we will miss you during the Saturday sprint! (page 7)

## The Fork in the Road: News and Notes

- **Jerseys** are still available (L, XL). Contact Ed Brennan.
- **BBC Diva Fitness Ride** Wednesday evening at 6:00 (promptly) meet the girls and burn some fat and ride a moderate pace (15-18mph) Winter's loop. This is a 32 mile loop with rollers. (See page 4) **Men are Welcome**
- **RAAM** Race Across America officially ended with many endurance racers crossing the finish line. (Page 8)

### Thanks Tall Joe

Joe P. organizes the monthly time trials (page 8) and occasional trips to Hellyer Park for velodrome track mentoring. The time trials are an excellent way for members to test their fitness and we appreciate Joe taking the time for us to try and set a course record and personal record. The track mentoring is an excellent opportunity for members to learn track skills, strategies and group safety. **Thanks for your time Joe.**

### Tour de France

Page 3

- Climbing tips from Roberto Heras.
- Tour Jerseys
- Tour de France History
- Distinctive aspects of the Race
- Stage profiles

**In The Draft: Nutrition News****Eat Healthy/Stay Fit****Hydration**

Proper hydration is extremely important during exercise. Adequate fluid intake for athletes, even the recreational kind, is essential to comfort, performance, and safety. The longer and more intensely you exercise, the more important it is to drink plenty of fluids. Inadequate water consumption can be physically harmful. Consider that a loss of as little as 2% of one's body weight due to sweating can lead to a drop in blood volume. When this occurs, the heart works harder in order to move blood through the bloodstream. Pre-hydration and re-hydration are vital to maintaining cardiovascular health, proper body temperature, and muscle function.

Dehydration is a major cause of fatigue, poor performance, decreased coordination and muscle cramping. To avoid the above, the American College Of Sports Medicine suggests the following:

1. Eat a high carbohydrate, low fat diet & drink plenty of fluids between exercise sessions.  
(Plain water or fluids WITHOUT sugar, caffeine or alcohol are the best).
2. Drink 17 oz (2+ Cups) of fluid 2 hours before exercise.
3. Drink every 15 minutes during exercise.
4. Keep drinks cooler than air temperature & close at hand (a water bottle is ideal).
5. If you exercise for more than 60 minutes, you may benefit from a sports drink containing carbohydrate (not greater than 8% concentration, though).
6. Take 30-60 grams of carbohydrate per hour to delay fatigue & fuel muscle contractions.
7. Inclusion of sodium (0.5-0.7 g.1(-1) of water) ingested during exercise lasting longer than an hour may enhance palatability, and therefore encourage athletes to drink enough.

By, Elizabeth Quinn, Sports Medicine

**Road Hazards** While cycling in our area and if you encounter road hazards such as pot holes, debris or tree limbs contact these agencies and report status. Vallejo-Department of public Works, Traffic Engineering and Maintenance Dept at 648-4300. In Benicia-Public Works maintenance Division, streets at 746-4296. In Solano County-Steve Hilas 421-6055.

**Help keep our Roads Safe**

**The Break Away: Training****By Peter Van Slyke****PERIODIZATION TRAINING—PART 1**

If you want to improve your performance, you can't train the same way all the time. If you did, your fitness would settle in at a fixed level and you would make little improvement. It's like expecting to be a math wizard while working on the same type of problems over and over. To progress you could simply increase your intensity, volume and frequency as long as you did not exceed your body's limits; too much stress would actually begin to break your body down rather than build it up. This simplistic pattern does produce performance gains. But, it ignores the fact that your training must also be goal oriented. There is a method to optimize performance past just cranking up the 'work-load knob'. Periodization. All elite athletes utilize this strategy.

If you are an endurance athlete there are seven things you must do to perform your very best.

(Continued on page 10)

## Le Tour: Tour de France

### Tour de France History

In 1903, the first Tour—a 2,428-kilometer affair split into six stages seemed far fetched at best, little more than a marketing coup for their sports newspaper L'Auto. The 1903 event saw 60 riders traveling 2,500 kilometers during 19 days on the basic cycle machinery of the day, with no convenient breaks for sleep. Competitors were expected to ride through the night. The 1904 Tour was almost the last one with the cheating that went on. In 1905, the stages were shortened in an effort to cut down on the long night stages. The Ballon d'Alsace was added, becoming the first major climb of the event. In 1910 the tour goes through the Pyrenees for the first time. The Tour is not held from 1915-18 because of the First World War. With the return of the Tour in 1919, the yellow jersey is used to identify the overall leader. The color yellow is chosen because it's the same color as the newspaper L'Auto, the race sponsor. Eugene Christophe of France is the first rider to ever wear the yellow jersey on July 18, 1919. In 1930 the race is reformatted with competitors organized into national teams and the Tour is opened to other advertisers. It's also the year of the first live radio broadcasts. In 1937 the use of three-speed derailleur is allowed. No Tour during the war years of 1940-46. In 1952 and 1953, two of the most famous climbs of the tour, the Ventoux and the Alpe-d'Huez at 1,912 meters (6,272.89 feet) and 1,860 meters (6,102.288 feet) respectively, are added to the tour. In 1953, France's Louison Bobet's marks the tour's 50th anniversary with the first of three consecutive wins. In 1961 the Tour returns to sponsored teams. In 1975 the Tour de France finishes along the Champs Elysees for the first time. In 1986 Greg LeMond becomes the first American to win the tour. In 1997 Uzbekistan's Dshamolidin Abdushparov becomes the first rider to be disqualified from the tour for taking banned substances.

### Distinctive aspects of the race

- \* 3 mountain finishes,
- \* 2 rest days,
- \* 74 kilometres of individual time-trials,
- \* 66 kilometres of team time-trials,
- \* 1 transfer by plane and one by train,
- \* 20 Category 1, Category 2 and highest level passes will be climbed,
- \* 9 new stop-over towns: Fromentine, Noirmoutier-en-l'Île, Les Essarts, La Châtaigneraie, Chambord, Gérardmer, Miramas, Agde et Lézat-sur-Lèze.

### The route

Running from Saturday July 2nd to Sunday July 24th 2005, the 92nd Tour de France will be made up of 21 stages and will cover a total distance of 3607 kilometers.

### These 21 stages have the following profiles:

- \* 9 flat stages,
- \* 3 medium mountain stages,
- \* 6 mountain stages,
- \* 2 individual time-trial stages,
- \* 1 team time-trial stage.

### Tour de France Jerseys

- **Yellow Jersey** for the General Time Classification.
- **Green Jersey** for the General Points Classification.
- **White and Red Polka-Dotted Jersey** for the Best Climber Classification.
- **White Jersey** for the Best Young Rider, for riders no more than 25 years old in the year of the race.

### Hill Climbing Advice

#### Roberto Heras

Spanish mountain specialist tips:

**1. Training:** Almost more important than the climb itself, is the preparation you put in place to crack a mountain. In the build-up to the Vuelta you have to ensure you know these climbs well and also carry out training at altitude to increase your lung capacity and your ability to challenge.

**2. Team-mates:** Climbing may be one of the most selfish disciplines. If you want to do well, you often have to go it alone. But before you do that, your team-mates are so crucial to helping you get in that position. Without them your energy is already spent before you have that chance to put in the final heave.

**3. Determination:** Cracking the likes of L'Alpe d'Huez or the steep climbs of the Pyrenees is about as hard as it gets. And as a result there are some moments where your body is telling you it cannot go on anymore.

But that's where the determination comes in.

You just have to grit your teeth and focus on getting yourself to the finish.

**4. Rhythm:** You only need to look at the pedaling of Lance Armstrong in the Tour de France and Miguel Indurain before him to realize how important this is. Lance keeps a steady pace throughout the mountains, which does as little damage to his body as possible.

Then he is able to unleash that final push towards the end as the others all fall apart.

**5. Enjoyment:** It may seem hard to believe to people who watch us as we grimace all the way up to a mountain. But there are few things more satisfying than cracking a good climb. If you manage to avoid it beating you, you feel on top of the world.

*Newsbbc.CO.UK*

**This is my guide to getting the better of the Tour de France mountains. Follow these tips to become the next big climber.**

### Watch the Tour

<http://www.olntv.com/>

## The Stage Race: Club Rides

### **Tuesdays and Thursdays @ 9:30 AM**

Meet at Raggs Coffee shop, corner of 2nd St. and Military East. Tuesday rides go to Martinez via the Zampa Bridge, and Thursday rides go to the Valley Café in Fairfield. Both have optional distance rides. These are no drop rides.

### **Saturday @ 8:00 AM**

Meet at Benicia St. Park, at the end of Military East. The ride goes through Benicia to Lake Herman Rd and then to Fairfield ending at the Valley Café. There are alternate longer routes and routes for the recreational rider as well. This is a no drop ride.

### **Sunday @ 8:00 AM**

Meet at Benicia St. Park, at the end of Military East. This is a 40 mile ride to Martinez with 2,000 ft. of climbing, stopping at Starbuck's to refuel before returning. This is a no drop ride.

## Upcoming Centuries

### **July**

Northwest Tandem Rally 7/1  
 Kings Mountain 200K brevet  
 Seattle to Portland  
 California Alps (Death Ride)  
 Bike for Breath, Peninsula  
 Healdsburg Harvest Century  
 Fall River Century  
 Windmill Century  
[www.bbcnet.com](http://www.bbcnet.com)

### **Aug**

Marin Century  
 Mt Tam Double  
 Santa Cruz Challenge  
 Mt Shasta Summit  
 Holstein Hundred  
 Tour D' Organics  
 Let us Ride  
 Tour of Napa  
[www.bbcnet.com](http://www.bbcnet.com)

## Upcoming Races

### **July**

Coyote Creek Criterium 9th  
 Lafayette Criterium 10th  
 Livermore Hills Road Race 16th  
 Watsonville Criterium 16th  
 Albany Criterium 24th  
 Minden Criterium 30th  
 Diamond Valley Road Race 31st

<http://www.ncnca.org/>

### **Mt Diablo Ride: Wednesday**

Meet at Heather Farms Park (Ygnacio & San Carlos Dr.) @ 2:30 ride at 3:00. We park in the first parking lot on your left past the swimming pool alongside the lake. Back 6:30-7:00PM. Bring something warm to wear for the descent. Up Southgate and down Northgate and back is 38+ miles, ~4,000 ft of climbing.

### **Diva Fitness Ride on Wednesday**

Attention BBC female riders: Wednesday night at 6 PM we ride the Winter's Loop. This is a fat burning ride (average 15-18 mph), some rollers. This ride will emphasize fitness, pace line technique, bicycle safety and having fun. Meet at Laurie F. house at 6:PM prompt for this training ride. Bring Swimming suit. Contact Laurie F.

[nachurelover@sbcglobal.net](mailto:nachurelover@sbcglobal.net).

**Men are welcome!**

## The Pedal: Members Riding Centuries and Racing

Congratulations to our club members and their family and friends who braved the strong winds and Spring showers to ride races and centuries this season. Sharing your experience will provide opportunities that will benefit "new" and "veteran" riders. Ride Smart, Ride Safe and Have Fun!

- 🚲 **Summer Solstice—Arctic Bill, Phatbar Bob**
- 🚲 **Giro Di Peninsula—Mike Schubert**
- 🚲 **Pescadero Road Race—Russ Hands**

**The Napa Century is Sunday, August 21st. Register now to ensure a wristband entrance to all rest stops and to the final BBQ dinner. This century will fill quickly, limited to 2,000 riders!**

## Campagnolo: Ride Premier California

### California Alps/Death Ride      129 miles      July 9, 2005

Beginning and ending at Turtle Rock Park north of Markleeville, California, the five pass ride includes 129 miles and 15,000 feet of lung busting climbing. You also have the option of riding one, two, three or four passes. For your safety, the first four passes will be closed to vehicular traffic for the ride. Start at Turtle Rock Park-5,501ft., then start climbing the passes, begin with Monitor Pass-8,314 ft., Ebbetts Pass-8,730 ft., Carson Pass 8,580 ft. Recognized throughout the cycling world as one of the best produced events in the West, the Alpine County Chamber of Commerce and the Alta Alpina Cycle Club invite you to participate in the 25th Anniversary of the "Death Ride", while enjoying the magnificent scenery, and warm hospitality of Alpine County!

### Fall River      100 mile or 200K      July 16, 2005

Fall River Mills is nestled in a pristine northeastern California valley. The area offers many opportunities to ride in solitude with commanding views of two of California's famous volcanoes: Mt Shasta to the northwest and Lassen Peak to the south. This tour is a spectacular ride for you with a great route that capitalizes on scenic wonders of the area.

### Santa Cruz Mountain Challenge      August 6, 2005

The [Santa Cruz County Cycling Club](#) invites you to the most challenging century ride on the California central coast. For those who love to push themselves to the edge of exhaustion, there's a 100 mile loop that will challenge the most advanced riders. Our metric century will astound you with beautiful climbs and stunning scenery. All routes will be supported with highly trained personnel. Whether you are a seasoned veteran of century rides or a new long distance rider you can be sure this will be a wonderful riding experience worthy of telling your friends about. You will earn real bragging rights after completing this challenging ride.

### Tour of Napa      Napa      August 21, 2005

**100 Mile:** This ride is the classic. It starts with a challenging climb over the front side of Mt. Veeder, rolls north through the Valley, around Lake Hennesey and on to Pope Valley, climbs over Ink Grade, goes around the Crystal Springs loop and then back down the Valley to Yountville. Approximately 5,000 ft. of climbing.

### Let us Ride      Salinas      August 20, 2005

**A good ride has great rest stops.** Great food and drink, you will be riding through "Steinbeck Country". Strawberry Fields Forever. Pass through acre upon acre of this sweet smelling treat. Maybe you will get some at the rest stop. The Salinas Valley is the richest agricultural area in the world. Grapes, lettuce, cauliflower... you name it. Experience nature's bounty and enjoy beautiful vistas along the Salinas River. The golden rolling hills of California. There is music in the waters rolling by and you can hear a song as the breeze blow in the trees. This is classic coastal California. Acres of vineyards, climbs through the oak studded Savannah land and adrenaline pumping downhill. 5800 feet of climbing.

**Mountain Bike North Tahoe** From Tahoe City (Dollar Point) to Alpine Meadows via Tahoe Rim Trail a must with teenagers. This grueling ride is technical with awesome vistas and climbing. You have a choice of a variety of trails once at Alpine Meadows. The main trail loop is approx. 14 miles which ends on the paved Truckee River trail to Tahoe City. This is moderate to hard. Any questions, ask Laurie F. She rides this trail with her sons.

### Clip On: Web Sites

team discovery channel -<http://team.discovery.com/>  
 tour de france-<http://www.letour.fr/>  
[www.velopromo.com](http://www.velopromo.com)  
[www.cyclecalifornia.com](http://www.cyclecalifornia.com)  
<http://www.usacycling.org/>  
[www.ncnca.org](http://www.ncnca.org)  
<http://hlhap.com/azroadclimbs.html> (hill Climbs)

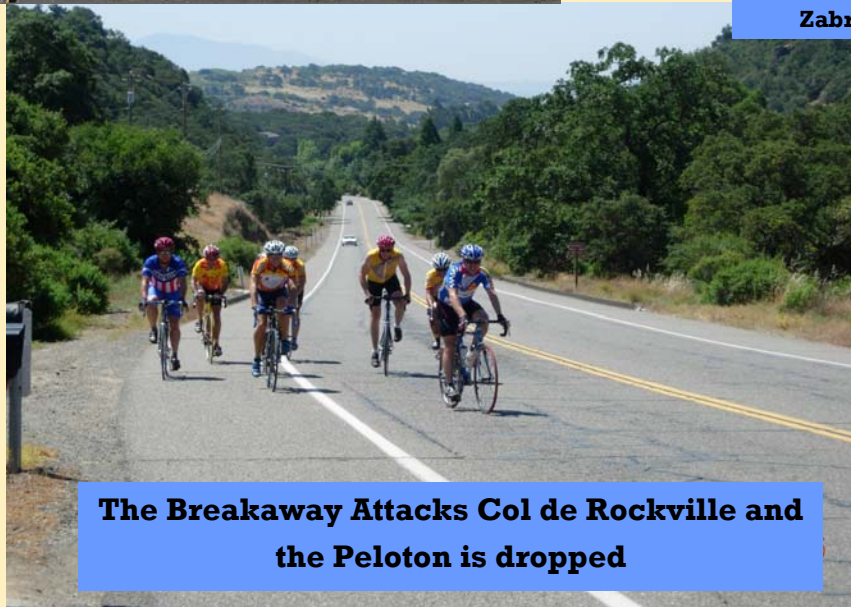
# The Carbon Crankset: Benicia Bike Club Athletes on the Go! The 2005 Tour de France...so far.



**THE MAN**



**Zabriske in Yellow**



**The Breakaway Attacks Col de Rockville and the Peloton is dropped**



**In a Cuddling Mood**



**Where's Boonen?:**

### Who's in the Peloton: Farewell Todd Doherty

Benicia Bicycle Club,

I was very disappointed when it occurred to me that my last Saturday ride with the club was my "last ride" with the club and I hadn't had a chance to say goodbye and thank you. I had forgotten that I would be out of town the week-end before my move back to Washington State and would miss the Saturday ride.

I thoroughly enjoyed riding with the club and participating in some friendly competition. You are, by far, the best group of people I have ridden with in my long cycling career. I was constantly amazed that, in a group of this size, there was not a single person that I didn't enjoy riding with and talking to. I always looked forward to the rides as a rare escape from thinking about work, etc. and enjoying the company of the club - thank you!

I am planning to go back to racing full time next season so I'm sure I'll look back on our "friendly" competition with fondness while I am suffering like a dog to be there for the sprint. I'll certainly stop in some Saturday if I am ever in the area for a race.

I wish you all the best,

Todd Doherty

### Leaky Valve: Club Minutes

Meeting held at Ed Brennan's bike shop, Farnsworth Cycles, July 5, 2005...Gourmet delight tonight...Carbing-up for the Death ride...Chocolate cake, brownies, chocolate chip-chocolate cookies, pink bubble gum-it's a girl cigars, (Tom Smith's wife had a baby girl!) locally grown fruit, with a touch of chips and salsa, oh and yes heavy on the beverages (prehydrating)...Good size group of members attended and busy with conversation about the Tour de France, the past stages and the team time trial today...Bill S. called the meeting to order at 7:07...No Treasurer tonight, yet Bill estimated our BBC bank balance is \$3,312.00... Conversation quieted down for Ed B. to share the news about the jerseys, a few are left sized large and extra large...The plan is to order long sleeve jerseys for Fall/Winter and save 10% on the order... Conversation about Death Ride began...Many male members will be enjoying the mountain air on Monitor Pass, Ebbets Pass and Carson Pass this weekend...They have been training and they are ready to climb...BBQ Ride 8AM at State Park on July 16 about 70 miles and 4,000 ft of climbing...BBQ Dinner 4PM at Laurie and Bob VW House...Bring a dish/salad, contact Laurie... Bob is looking for a SAG for the ride to contain refreshments, first aid and bike equipment, he has a plan...Call Bob if interested in helping with the SAG...Some conversation about mountain biking at Tahoe and Bob shares about a trail from Spooner heading towards South shore...Much conversation and interest about doing a BBC Lake Tahoe Loop ride...Some interested in staying a couple of days and including an additional ride in a different area but close to Tahoe. Who is interested in organizing this one!!! Good energy on this idea...Joe P organized the June 29 ITT...Bill S and Riva F. set a new course record...Bill S. wants to remind club about the Napa Ride coming up in August...If doing the Napa Ride, register now...Meeting Adjourned at 7:50... Next meeting August 2, 2005... Respectfully, Laurie F.

### Road Rash:First Aid

#### When to Send a Friend for Medical Attention

Some injuries require prompt emergency room care because the window of opportunity for proper treatment is narrow.

Go to the emergency room if...

- ☺ You can see torn abraded skin to structures underneath.
- ☺ You have skin hanging that needs trimming
- ☺ Cuts need stitches
- ☺ You do not have full range motion in joints, or can not walk with full weight on your hips
- ☺ Can't take the pain its making you sick
- ☺ You were knocked out and have mental confusion you may be bleeding in or around your brain

<http://www.arniebakercycling.com>

#### For Sale

Brand New **Sierra Century -30th Anniversary Jersey.**

This size large jersey is a great gift to a cycling peer who loves to share Slug Gulch stories. Still in the plastic, Mike D. will sell to you for a deal of \$50.00.

Contact Mike D at [MDJRDRD3@aol.com](mailto:MDJRDRD3@aol.com)

**BBQ Ride July 16 70 miles/4,000ft climbing Meet at Park at 8AM**  
**BBQ at 4PM Laurie & Bob VW**

#### Wheel Alignment:Local Bike Shops to Support

The Peddler ([www.theped.com](http://www.theped.com))

Rockville Bike Shop ([www.rockvillebike.com](http://www.rockvillebike.com))

Authorized Bike ([www.authorizedbicycle.com](http://www.authorizedbicycle.com))

Ray's Cycles (707-448-1911)

# Heart Rate:Velo News

## Benicia Bike Club Time Trials

5 riders showed up for the June 1 time trial: Reva Flexor, Bill Schmidt, Laurie Fenech, Joe Pritchard & Mark Hunt. New age group record set:

Male 65-69: Bill Schmidt 36:02

Female 50-54: Reva Flexor 38:36

Mark Hunt was 58 seconds off Todd Doherty's course record.

The next TT is **July 20**. Time your fitness ride. Distance is 10.2 miles. Start/finish is Lopes Road; turn around is at the Fairfield City sign. Time trial dates coming up; Aug 10, & the first Wed. of Sept and Oct. Contact Joe Pritchard at

[jlpritchard@comcast.net](mailto:jlpritchard@comcast.net)

### Course Record

#### Women

(45-49) Laurie Fenech 29:32

(50-54) Riva Flexor 38:36

(60-69) Barbara Wood 41:10

#### Men

(30-34) Bob Gades 27:10

(35-39) Bob Van Wert 26:33

**(40-44) Todd Doherty 25:30**

(45-49) Peter Van Slyke 29:23

(50-54) Russ Hands 28:28

(55-59) Glen Milard 31:40

(60-64) Joe Pritchard 29:15

(65-69) Bill Schmidt 38:36



## Newsletter Contributors

Thanks to Bill S., Mick W., Joe S., Bob K. Mike D, Joe P, Roland T. Thank you for sharing information for our newsletter.

## L'Etape du Tour Vélo Magazine 2005

11th July 2005: MOURENX – PAU

**On the 11th of July**, just a week before the Tour de France champions, the roads of the Pyrénées-Atlantiques and Hautes-Pyrénées areas will welcome over 8 500 cyclo-sportmen.

The Etape du Tour Vélo Magazine will be held on the same itinerary as the 16th stage of the Tour de France, between Mourenx and Pau: a 179 kilometre course in the magnificent landscape of the Pyrénées, including the climb up the famous Col de l'Aubisque.

## Save Mt Diablo

Save Mt Diablo is a 501 (c)(3) Non-profit organization, dedicated to preserving land on and around Mount Diablo and educating the public about threats to the mountain.

[www.savemountdiablo.org](http://www.savemountdiablo.org)

## Mountain Bike Safety

- Ride only on trails designated for mountain biking.
- Yield to other bikers and hikers, and always call out to let them know you're coming.
- Get off bike when passing horses.
- Keep off private or posted land.
- Ride within your ability.

## RAAM

[www.raceacrossamerica.org](http://www.raceacrossamerica.org)

On June 19, 2005 in San Diego, California racers from all over the world began the Race Across America. They began the race with a 6,000 foot climb of the coastal range and then powering into the 104F temperature of the Sonoran Desert, a blend of expected and surprising performances started to unfold while these cyclist endure the elements while racing towards Atlantic City. This 3,052 mile race is made up of several categories, from women's solo, men's solo, two person team, four person team and corporate challenge. Some of the front running teams averaged 22 mph while solo riders average 13 mph. The racers checked in at 57 time stations during this event. The race officially ended July 1<sup>st</sup>, 2005 at the Atlantic City Boardwalk.

## July 9: 12 Hours of Humboldt

Mountain bike relay for teams of 4,3,2 or solo, 8am to 8pm. Race #2 of the Bigfoot Solo Cup. TINKER JUAREZ is coming back to the course he calls "one of the best I've ridden." The 8-mile course has 1600' of climbing per lap, under the giant redwoods of the Arcata Community Forest, right next to Humboldt State U. Pits are in Redwood Park. It's all right in town with stores, restaurants, bike shops etc., all just minutes away. To register on-line click on the photo of Tinker above. Or to get a paper registration form, e-mail us at [vic@teambigfoot.net](mailto:vic@teambigfoot.net) or call (707) 845-3095, be sure to leave your name and postal mailing address. Limited to 225 riders. Don't miss out! The first 20 solos to register will get preferred pits/parking. This event is a qualifier for the 24 Hours of Adrenalin World Championships.

## The Century: Benicia Bike Club Featured Author

### HEAT ILLNESS AND THE DANGERS OF HYPER HYDRATION

By Steve Kaminski, M.D.

Our cycling trip from the San Francisco Bay Area to Yosemite National Park last May was spectacular and a great learning experience for us all. It highlighted some sports-medicine issues we all need to reflect upon, especially in regard to hyper hydration (i.e., drinking too much water) and the dangers of dilutional hyponatremia (LOW SODIUM).

Dilutional hyponatremia is being recognized as one of the most common event-limiting illnesses in endurance athletes. In one survey of ultramarathoners, 27% were found to have clinically significant hyponatremia.

During our ride, most of us had some heat illness, as evidenced by symptoms we were experiencing: headaches, muscle cramps, nausea, unusual fatigue or weakness, unsteadiness, mental status changes (i.e., not acting or thinking right, or emotional lability).

We were suffering from minor or compensated form of heat illness and still able to ride, but we were all at some risk of succumbing to more dangerous forms of heat illness. Our total body water and sodium were lowered, and at the end of long hot hills, our core temperatures were elevated.

None of this should be news to endurance athletes, but another problem caused by prolonged exercise in the heat bears examination.

Prolonged sweating causes salt loss, and when we hydrate with salt-poor fluids, we risk diluting our sodium and becoming hyponatremic (i.e., having low sodium).

Our kidneys are marvelous monitors of our fluid and electrolyte states, and when the body detects lower sodium, the kidneys will hold on to sodium, but they can only do so much, and when you're sweating heavily and drinking plain water they become overwhelmed. Your sodium level falls; the kidneys become less efficient; they can't compensate, and now you're headed for trouble.

The symptoms of low sodium depend upon the level and how fast you drop.

They are largely neurologic, such as:

Lethargy, Confusion, Stupor, Coma

YIKES!!

Muscle Twitches, Irritability, Seizures

HELP!!

Lions, and Tigers, and Bears.

OH MY!!

OK. So lets get back to Yosemite. One of us got ill climbing steep hills in the heat, was treated for hyponatremia, and was found to have a sodium of 120. What did that mean? Your sodium is normal between 135 and 150 milliequivalents. A sodium of 120 represents a total body salt deficit of 50 grams or three TABLESPOONS of table salt. (JUST TRUST ME.)

At the end of a long hot day, look at your salt-encrusted skin and clothing. A teaspoon here, a teaspoon there -- it all adds up!

Here are a few ideas about how to keep out of trouble:

#### **PREVENTION:**

1. Hydration: Keep your urine clear and copious.
2. Salt replacement: Sweat losses can be as much as a teaspoon of table salt an hour. Over 10 hours you can have lost a lot of salt. It's hard to replace while exercising.

Indulge in some salty food the day before you decide to abuse yourself. Salt-rich replacements, such as Hammergel tablets, concentrated salt solutions, etc., all have recommendations by their manufacturers that attempt to correct for sweat losses. They can offset a large part of the losses. Gatorade and other popular "sport drinks" have too much sugar and too little salt to be ideal salt-replacement fluids. They taste good, however, so I like to use them half-strength with supplements.

3. Acclimatization: Regular exposure to heat results in the ability to sweat more, and your sweat has much less salt in it. This can be as little exposure as a couple of hours a day for a few weeks. You can even spend an hour a day in a sauna to get some acclimatization.

**TREATMENT:** This requires the buddy system and/or alert SAG wagon drivers. You're probably not going to recognize symptoms in yourself, and you may be too stubborn to take action, even if you do. So, if your fellow riders don't look right or act odd, they may be in need of rescue. (Some of us act strange all the time, making this even more challenging.)

*(Continue page 10)*

**(Kaminski Article)**

So, get them off the bike, get them cool, get them drinking something with salt supplementation. If in an hour they are completely normal, they can continue to ride, otherwise THEY ARE DONE!

We owe special thanks to our SAG wagon drivers on the Yosemite trip. They saved our butts!!

**[Dr. Steve Kaminski is a friend of Joe Shami and an emergency-room physician at Alta Bates Summit Medical Center, Oakland, and cycles on his recumbent with a group from Montclair Village.]**

(Continued from page 2) **PERIODIZATION**

- Expand your VO<sub>2</sub>max (max aerobic capacity). As your body becomes a huge energy-creating machine your capacity to process oxygen swells and your fatigue diminishes. You can cycle further and faster.
- Increase the strength of your muscles and connective tissues. Becoming stronger is the first step on the road to improvement.
- Raise your lactate threshold (LT). This increases your race pace and you will move at faster than ever speeds.
- Maximally increase your power - not only developing greater force, but also learning to exert that same force more quickly.
- Become as economical as possible. This is like having Honda efficiency even though you have a Ferrari motor. You are moving at decent speed while your heart is still beating moderately and you are at a fraction of your VO<sub>2</sub>max.
- Restore yourself regularly. Give your self time to heal. This would include one prolonged period each year where you body refurbishes itself beyond the days off between work outs.

Develop specific endurance. It's not enough to have good VO<sub>2</sub>max, LT, economy, strength, power. You must be able to function optimally at your goal speed. Believe it or not, a cyclist who is economical at 25 mph, may not be economical at 22 mph. Or an efficient climber may not be an economical time trialist.

That is a lot to do and you can't accomplish all these goals at once nor with the same kind of training. You can't increase your VO<sub>2</sub>max at the same time you are attempting to recover. Or, make gains in LT at the same time you are developing power. The former depends on continuous movement for 20-30 minutes at difficult paces while the latter requires shorter blasts at higher speeds. Periodization is simply a strategy that recognizes that you can't do everything at once and must divide your training time into blocks and tackle your goals one or two at a time.

Next Month—Part 2 (Micro, Meso and Meta cycles)

## Bike Pump: Humor

### You Know You're Addicted To Cycling When...

10. Your surgeon tells you need a heart valve replacement and you ask if you have a choice between presta and schrader.
9. A measurement of 44-36-40 doesn't refer to the latest Playboy centerfold, but that new gear ratio you were considering for your bike.
8. A Power Bar starts tasting better than a Snickers.
7. The bra your significant other finds in your glove compartment belongs to your Trek and not the cute waitress at Denny's.
6. You wear your heart monitor to bed to make sure you stay within your target zone during any extracurricular activities.
5. The funeral director tells you "NO!" you can't ride your Cannondale in the funeral procession, even if you keep your headlight on.
4. You experience an unreasonable envy over someone who has bar end extenders longer than yours.
3. You're too tired for hanky-panky on a Friday night but pump out a five-hour century on Saturday.
2. Your wife tells you the only way she'll let you ride across the country is over her dead body and you tell her, "If that's the case, you'll be my first speed bump!"

AND the number-one reason you know you're addicted to bicycling...

### **1. You no longer use a hankie to blow your nose**



**FROM:**  
***Benicia Bicycle Club***  
***P. O. Box 141***

**TO:**

***President/Bill Schmidt***  
***Treasurer***  
***Bob Klosterman***  
***Editors***  
***Laurie Fenech, Peter Van Slyke***  
***Publisher***  
***Mick Weninger***  
***Web Master***  
***George Villarreal***

ANYBODY WANNA RIDE?

**The Road**

## JOIN THE BENICIA BICYCLE CLUB!

**BENICIA BICYCLE CLUB  
MEMBERSHIP APPLICATION**

Membership Dues - \$15.00 for individuals,  
\$18.00 for families. Membership runs for 12 months.  
Please Complete and Mail to:

**Benicia Bicycle Club**  
**P. O. Box 141, Benicia, Ca. 94510**

Please accept my application for membership in the  
**BENICIA BICYCLE CLUB**

Enclosed is: \$15.00 for individual membership, or  
\$18.00 for family membership.

Make your check payable to: **BENICIA BICYCLE CLUB.**

In consideration of the acceptance of my application I, for myself, my heirs, executors, administrators, successors and assigns, wave, release and discharge all claims for damages resulting from death, personal injury or property damage which I may have, or which may hereafter accrue to me as a result of my participation with this organization. I understand this release is intended to discharge and release in advance, the BENICIA BICYCLE CLUB, its members and their respective agents, officers, officials, servants and representatives, and any involved municipalities and their respective agents and employees from and against any and all liability arising out of or connected in any way with my participation with this organization even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above.

I further understand that serious accidents occasionally occur during bicycle rides and that participants in such events occasionally sustain serious personal injury, death and/or property damage as a consequence of that participation. Nevertheless, knowing the risks of bicycling, I, for myself, my heirs executors, administrators, successors and assigns hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who, through their negligence or carelessness, might otherwise be liable for damages.

If this application is for family membership, please indicate names and ages of all minors

NAME:	SIGNATURE:	AGE:
_____	_____	_____