

Level 1 Training Ride: Pacific Design Center to the Marina and back (25 miles)

Mile		
0.0	L	San Vicente
0.6	R	Beverly
1.2	L	Doheny (all the way to the end) SINGLE FILE!!!!
2.9	R	Cashio
	L	Cardiff
	R	Airdrome
	L	Rexford
	R	Monte Mar
3.4	L	Beverwil Dr. (Sawyer on R side)
3.8	L	Castle Heights (turns into Harlow)
5.2	R	Bagley Ave
5.4	R	Regent
5.7	L	Hughes (turns into Duquesne)
6.5	R	Balona Creek Bike Path Lift Bike over railing Always follow the bike path left
12.0	L	Bridge at end of Bike Path Bridge Turns into Pacific Do not follow bike path after bridge
12.5	L	Culver
PIT STOP @ TANNERS COFFEE SHOP Corner of Culver & Vista Del Mar		
	L	Culver
	R	Pacific to end of bridge back to bike path Go back up Balona Creek Bike Path Do not turn left @ South Bay Bike Path Sign (this is the longer ride)
13.9		
19.0	L	Duquesne (turns into Hughes) The Duquesne exit is where there is a large sculpture of a pitcher with a drop of water (on the other side of the creek)
19.8	R	Regent
20.1	L	Bagley Ave
20.3	L	Harlow (turns into Castle Heights)
21.7	R	Beverwil Drive
	R	Monte Mar
	L	Rexford
	R	Airdrome
	R	Cardiff
22.1	R	Cashio
24.7	L	Doheny Drive
25.4	R	Melrose
25.6	L	San Vicente Blvd
		FINISH @ Pacific Design Center

For more info check out

www.caree.org

Sports Drinks

What is in a sports drink:

Water + Carbohydrates + Electrolytes

What is an electrolyte?

Electrolytes are dissolved minerals such as sodium, potassium, calcium and magnesium that form a salty soup in and around cells. Electrolytes carry electrical charges that let them react with other minerals to relay nerve impulses, make muscles contract or relax, and regulate the fluid balance inside and outside cells. During a bike ride lasting an hour or longer, electrolytes can be lost through sweat.

What does a Sport drink do?

- Replaces water and electrolytes lost through sweat
- Supplies a small amount of carbohydrate to the working muscles.

Most drinks are formulated with about six to eight percent of carbohydrate. The carb is either glucose, a simple sugar; fructose, a fruit sugar; sucrose, ordinary table sugar (a blend of glucose and fructose); maltodextrin, a complex carbohydrate derived from corn, or a combination of these. The carbs in these drinks decrease the use of muscle and liver glycogen stores. When we consume these drinks we can bike for longer because the supplemental carbs have spared us from utilizing all our stored glycogen.

Why do I get a tummy ache when I drink certain sports drinks?

Check to see the carbohydrate source in your sports drink. Many people have stomach troubles if the main source of carbs is from fructose rather than glucose, maltodextrins and sucrose. Fructose is absorbed more slowly in the small intestine than other carbs and does not stimulate as much fluid absorption.

You can also be getting a tummy ache because you are drinking too strong a concentration of sports drink. We recommend that you drink 1 bottle of water for each bottle of sports drink. If you don't like drinking water alone, try adding a little powdered sports drink to your water so it has the taste you like.

Why shouldn't I drink just water?

While water is nature's perfect fluid replacement, your needs when riding include more than just water. You need to ensure an ideal balance of fluid, nutrients, and electrolytes in every cell of your body. Water does not contain electrolytes which need to be replaced during long rides. We lose electrolytes through sweat and if we don't replace them we can suffer low blood sodium (hyponatremia). This can cause headaches, cramping, loss of strength and nausea

How much should I be drinking?

We recommend that you drink at least 1 large water bottle's worth for every 15 miles ridden. Of course this is also dependent upon the terrain. If you are doing 15 miles of hills you should be drinking even more – and maybe seeing a shrink to deal with your superhero complex!

An easy way to make sure you drink enough is to set the alarm on your sports watch to go off every 10 minutes to remind you to take some good gulps.

And the most important advice...

DRINK BEFORE YOUR THIRSTY!!!!!!

If you feel thirsty you are already dehydrated.