

Hydration and Nutrition

Hydration

- Be sure to drink enough fluids. Your body loses water while you breathe and perspire, but you won't necessarily feel "sweaty," because the constant airflow quickly evaporates the moisture.
- Dehydration can sneak up on you, sapping your energy and mental alertness. Take a sip from your bottle every 10 to 15 minutes, and use stop signs and lights as a chance to hydrate.
- If you are uncomfortable reaching for a bottle while riding, you can get a hydration backpack, like a CamelBak which allows you to sip on the fly, while keeping your hands on the bars.

Nutrition

- Just as you wouldn't pull out of the driveway without gas in your car, you shouldn't hop on your bike with no food in your belly, unless you have a very short commute.
- Since your body diverts blood from your stomach and into your legs during exercise, it's important to keep your early meal light and easily digestible.
- Carbohydrate-centered breakfasts like toast or cereal with juice is ideal pre-ride fuel.