



## **Tips For Going The Distance**

This is a reprint of an article from "Miami Wings" Rider Educator Rodney Cullen. Hope he doesn't mind as it is a really good one.

Few things feel as good as setting out on a long planned trip with friends who enjoy riding as much as you do. Here are a few things that will help you keep that positive and good feeling.

a. Be realistic. Don't plan on rides of 800 miles in a day. Riding should be fun. Set goals you'll enjoy, not endure. On good twisty roads 250 miles a day can be a lot.

b. Be aware of dehydration. Wind, sun and hours on the road - it's easy to dehydrate. Don't wait till you're thirsty and have a headache to drink. Chug down water or fruit drinks whenever you get the chance. Avoid caffeinated soft drinks, tea or coffee- they are diuretics that can actually contribute to dehydration. You may even want to consider a "camel pack" to keep you in fluids as you ride.

c. Rest stops? Don't just sit there. Use your stop to walk around and get your blood flowing and to stay limber. You've just spent several hours sitting on the bike and you need to move around to get and stay alert.

d. Pack a light lunch. Double cheeseburger, fries, milkshake and apple pie? Aside from the caloric intake, eating all that lunch will make you feel sluggish and sleepy all afternoon. Eat a light healthy breakfast and lunch and save the big meal for when you have stopped for the night.

e. Listen. Listen to the others in your group and stop when they need to. Chances are if someone needs a break, others will too.

In the end, it's just using common sense to ensure that everyone has a good time and wants to go on the next ride.

**John Tenerowicz**