



CHAPTER FL1-F2

Too Hot?
By Larry Ross

If it hasn't been hot enough for you lately I can only see two possibilities. Either you lie, or you are practicing for your after life. Let's say it's been hot enough and have a little review of warm weather riding practices.

Now the first thing to evaluate is weather or not to ride at all. I hate to admit it but I have not ridden to work in the last couple of weeks more as a result of the excessive heat than the afternoon showers. So one way to beat the heat then is to stay in the air conditioning... long term though an alternative I personally find unacceptable! It's like I told the orthopedist when he told me that I shouldn't ride for 12 weeks after elbow surgery last winter, "It ain't gonna happen" (I did manage to stay off for seven weeks).

First things first, **STAY HYDRATED**. If you're like me you have to have some coffee in the morning. Try to limit your intake of caffeine and remember you'll have to have extra water to make up for it. Consider "pre-hydrating", drink extra water the day before you spend the day in the heat, and drink as you ride to replenish what's going out. A sports drink sometime through the day can't hurt to replace sodium and other stuff you sweat out and I don't understand.

I guess we could ride naked, but the idea of the typical Goldwinger in the buff brings forth a mental image that I don't want to conjure up. Besides, does exposed skin really make you cooler in high heat? When the temperature or heat index goes above 97 degrees is it even possible to cool a body temperature of 96.8. If you cover as much skin as possible to keep the cooler temperature in, you can generate some perspiration if the sun and 60 mph breeze don't immediately evaporate it and will then provide some evaporative cooling. By covering up I can help eliminate sun burn and make the ride tomorrow tolerable too. (Don't forget the sun block on exposed skin) You might want to consider the type of clothing you choose on a blistering hot day and invest in some micro fiber garments. I am currently using this specialty clothing for socks and underwear as it tends to wick moisture away from your skin and you aren't sitting in a soggy mess and developing jungle rot. There are currently some evaporative vests, some jackets that hold frozen inserts that seem to be pretty effective and always the old stand by of wetting down a sweat shirt and covering it with windbreaker and adjusting the temperature with the zipper. A bandana loaded with ice cube feels pretty darn good in the hot but doesn't last a long time. Finally, stick to the light colors, faded jeans and light colored shirts are the wardrobe of the day in hot, hot weather!

You might want to consider how you manage your day if you are on a trip. The perfect day to me is leaving by six am and riding in the coolest part of the day for a few hours and burn a tank of gas. By 9 or 9:30 I'm ready for a butt break and some breakfast. I try to stay away from all the carbohydrates I can which keeps my blood sugar steady and keeps me alert. From there I'll stop as needed for fuel or a stretch and have between 400 and 500 miles in and be in the pool by mid afternoon.

Always park for the day when you want to go one more mile, not when you don't want to go one more inch.