

## MAY NEWSLETTER ARTICLE

Yes April showers will bring May flowers and along with it comes the warmer and hotter riding weather. So now it's time to think about carrying some cool riding gear. If you want to ride cooler consider putting a cool wrap around your neck, this helps to keep your carotid arteries cool thus sending a message to your brain that you are cool and it then tells your body that you are cool and believe it or not it works. You can also wear a cool vest that you soak in water for a few minutes then you put it on. The best cool vest that I've seen is one that has a lot of pockets on it that you stick frozen liquid paraffin packs in and that will give you three to four hours of cool riding. You can then soak it in cold water for about fifteen minutes and your good to go for another two to three hours. What I find that works real well is to take a denim shirt and soak it in cold water wring it lightly and put it on, you can also take an old sweat shirt and soak it either one will give you about two hours of comfortable riding and the best thing about this is I know that you already have one or the other of these so you have no out of pocket expenses. We don't dare to forget about keeping ourselves and your co-rider hydrated. Whether you know it or not your body will lose about a pint of water an hour out of your system under these conditions so you really need to carry some water with you so that you can drink it as you ride. Judy and I will drink a bottle at each stop and we always stop every hundred miles to walk around and drink water. When you take your comfort stops if you're not going to the potty you are starting to dehydrate and need water in your system. Now is the ideal time to start watching your friends and co-rider for those telltale signs of dehydration, things like having a dry sticky mouth or the loss of elasticity in your skin, headache, dizziness, or if you stop sweating. You may have a rapid heartbeat or become delirious to name just a few signs. You can help avoid dehydration by staying away from sodas, tea, coffee, and all other caffeine type drinks. This is when you really want to be a team rider where everyone watches each other for these problems. So ride cool and safe out there and till next we meet.

Keep the Shiny Side Up  
And The Rubber On The Road

Don & Judy Danbury  
Senior Master Tour Riders  
Senior Florida District Ride Educator