



With the summer months ahead of us please remember to drink plenty of water when you ride. Even if you are not thirsty drink water and add a non caffeine sports type drink that has electrolytes. Be a good group rider and remind the group, as a public service reminder to drink. If you have no container for fluids on the bike within easy reach, you should stop more often to take in fluids. When you do stop, look at each rider in face to see they show any symptoms of dehydration!

Wind Ding is just around the corner and so are summer trips on the bikes. Remember to incorporate stopping for breaks to get out of heat in your ride plan! Wear long sleeves at least to keep the sun off you.

Ride Safe, Ride Smart