

Hydrate or Die

During the heat of the summer many riders find that a water bottle just isn't enough to stay hydrated. Experts say that you should consume 20-30 oz of water for every hour of intense exercise. Riders Cycles has some clever solutions that will help you carry enough water to keep riding and stay properly hydrated. A hydration pack or Camelback is a great way to carry the most water possible. Hydration packs have bladders that allow you to carry 2 or 3 litres of water and many models offer extra storage for tools, clothing, and food. On hot days try filling your bladder with ice to keep the water cool for longer. Some people prefer water bottles over a hydration pack. Bottles can be mounted on the frame, behind your seat, on your handlebar, and even on your aerobars. Put a bottle in the freezer the night before a hot ride and by the time you are finished your first bottle the second one will be melted and nice and cool.

During exercise our bodies sweat out important electrolytes. One key to staying hydrated is to replace these electrolytes with a supplement. Riders carries Gu-2-O electrolyte replacement with all natural flavours and low sugar content. GU-2-O helps to reduce fatigue, muscle cramps, and lactic acid without artificial coloring, excess sugar, grit and sweet additives that make sports drinks difficult to stomach.

Before your next ride make sure that you have enough water, and maybe try some GU-2-O to kick your water up a notch. If you need any solutions to help carry more water feel free to stop by the shop so we can help you out.