

# DRAFTLINES

Monthly  
Newsletter  
of the  
Des  
Moines  
Cycle  
Club

August 2002

[www.DMCycleClub.com](http://www.DMCycleClub.com)

## Avoid heat stress when you ride

By Edmund R. Burke, Ph.D.  
*Active.com*

In summer, cyclists must adjust to heat. Many of us must adjust to all kinds of hot weather - from the scorching, dry heat of the United States' West Coast to the wilting humidity of the South.

Heat stress occurs when high humidity, radiant heat from the sun and elevated air temperature combine to impede your body's ability to dissipate heat.

### How your body copes with heat

Your skeletal muscles can use only about 25 percent of the energy available to them to generate force; the other 75 percent of energy is released as heat. During prolonged cycling, heat production can potentially raise your body temperature nearly 2 degrees every five to eight minutes.

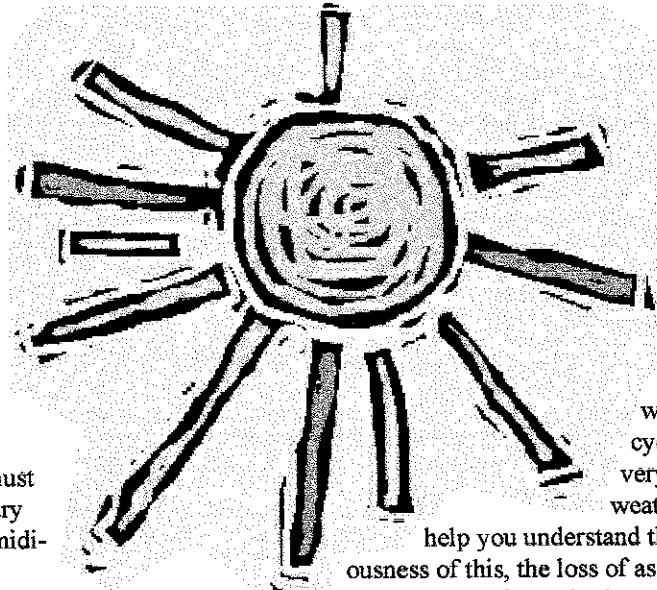
If the body did not adjust to this condition, exercise would be limited to about 20 minutes before elevated body temperature caused fatigue.

Excessive heat strain during exercise usually does not occur unless temperature and humidity are high, the air is stagnant, you do not rehydrate effectively, or you are not adequately acclimatized to the heat - all of which happen during the summer months.

However, when cycling, the wind moving across your body can usually remove the heat produced. This is convective heat lost, and is related directly to wind speed.

Sweating is important to help regulate body temperature during hard training. As sweat evaporates, heat is removed from your body. However, humidity impairs this cooling mechanism, since air is already saturated with water and sweat doesn't evaporate as easily.

While sweating is necessary to help cool the body, the production of sweat comes at the expense of your body fluids. As much as 1 to 2 quarts of fluid per hour may be lost as



sweat while cycling in very hot weather. To

help you understand the seriousness of this, the loss of as little as 2 to 3 percent of your body weight due

to dehydration can impair exercise performance.

Therefore, to help maintain adequate hydration and prevent heat illness during prolonged cycling in the heat, it is vital that you acclimatize and that you replace fluids lost through sweating.

### How to keep your cool

When the first hot spell of summer hits, gradually work your way up to several hours of exercise in the heat during your first few training sessions.

Time of day is crucial. While you may have acclimatized to conditions in the morning, you still need to take steps if you are going to race during the heat of the day. Over the last few days before an event, make a point of riding at that time of day to enhance your adaptive training. If you can only train in the morning, then wear extra clothing to purposely increase the heat stress.

Body weight losses in the 3 to 4 percent range impair the body's ability to efficiently utilize oxygen. When dehydration causes more than 4 to 5 percent weight loss, your power will deteriorate tremendously.

To combat this, begin drinking even before you get on the bike. Drink 8 ounces as you are getting out the door. During your ride, try to drink at least 8 to 12 ounces by sipping fluids every 20 minutes (make sure you sip, not gulp, to avoid stomach discomfort).

If you cannot carry enough fluids in your water bottles,

*HEAT is continued on page 3*

## DMCC weekly rides

### 9 a.m. Saturday

Gather at the Botanical Center for a ride along the trails. Recumbents are particularly encouraged to join up.

### Mountain bike ride

Andre Rethman is leading a weekly Wednesday mountain bike ride. Meet at the Target parking lot on Euclid. For time and other details, call 210-6491 ahead.

### West Side

Meet at Wal-Mart on the west side of the parking lot near B-Bops at 6:00 p.m. Tuesday & Thursday for a moderate/fast paced ride on streets and roads. Ride leader is Russell Seaton; 515-577-9550 or russelseaton@yahoo.com.

### East Side

Meet by the Burger King at E. 26th & Euclid at 6:00 p.m. Tuesday & Thursday for moderate paced 20-30

mile ride on streets and roads. Rider's Choice (No designated ride leader).

**North:** Meet at the Target parking lot on Euclid on the west side of the Des Moines River Monday & Wednesday at 5:00 p.m. for moderate paced ride (16 mph) of about 20 miles ride on paved path. Ride leader is Dean Baker at 229-8260 or Nationalcws@aol.com.

## Ride Leaders Needed!!

Do you have a favorite route/time that you like to ride? If so, consider listing it in the newsletter and inviting other people along. This can be a one time only ride or a regularly scheduled ride. At one time a Sunday afternoon ride was popular with DMCC members; is anyone interested in this? If a few members lead just one ride DMACC can have a full ride schedule!!!

Contact Paul Black, pblackleo@msn.com or 255-6194, for information.

## DRAFTLINES

Draftlines is published monthly by the Des Moines Cycle Club. Cycling-related stories, photos, information and other contributions are welcome. Please submit them by the first of the month. Submissions may be sent to:

Jeanne Abbott  
1825 30th Street  
Des Moines, IA 50310  
abbottj@dmreg.com

DMCC INFORMATION  
Des Moines Cycle Club  
P.O. Box 13258  
Des Moines, IA 50310

e-mail: dmcc@dmccycleclub.com  
Ride and event information available at DMCC hotline: 255-9000, ext. 5056  
Website: www.dmccycleclub.com

### 2002 Board Members

LORI LEPORTE, President  
287-5556 or  
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MIKE RANSOM, Vice President  
961-8478 or  
mykbyk@peoplepc.com

ANDRE RETHMAN, Treasurer  
224-0287 or reth3@mchsi.com

TOM PHILLIPS, Secretary  
277-7041 or Tphil10007@aol.com

JONI SIEBENLIST,  
RAGBRAI coordinator  
dmclub@peoplepc.com

DUANE BAIN, Membership  
964-7322 or bikerduane@att.net

JEANNE ABBOTT,  
Newsletter Editor  
277-8629 or abbottj@dmreg.com

JOHN CISAR, Web Master  
266-5351 or  
john@coppercreekquilting.com

JOE TRAGESSER, Race Team  
255-7579 or tragesser1@mchsi.com

## SPECIAL EVENTS THIS MONTH

### DMCC MOUNTAIN BIKE RIDE AND PICNIC

**When:** 11 a.m. Sept. 29

**Where:** Lake Aquabi

**What:** Come join the fun at Lake Aquabi. Bring your mountain bikes, your kids, dogs and your favorite side dish, ride the trails, or sit in the sun, sipping your favorite beverage, and watch the fun! DMCC will grill burgers, brats and hotdogs to feed the hungry bunch after the trails are ripped to shreds.

## NEW MEMBERS

Marcella Garza, Des Moines  
Dan Soine & family,  
Iron Belt, WI  
Rich Citarella, Urbandale  
Dan Swanson, Johnston  
Bob Jeffrey & family,  
Grinnell  
William Moulder & family,  
Des Moines  
Larry McFarland  
Des Moines

### CLASSIFIED ADS

Classified ads are free to DMCC members and \$10 for non-members with a 50-word maximum. Ads will run for three issues and will be deleted unless Draftlines is notified to continue the ad. To place an ad, e-mail: abbottj@dmreg.com.

### COACHING

Coaching services for recreational and competitive cyclists from Iowa's only licensed expert coach. Contact Randy Cairon at (515) 270-0855 or CoachRandy@IowaCyclingAcademy.Com.

### FOR SALE

Yakama rack with stretch kit. Bike hardware not included. \$100.00. Call Rick @ 278-0541.

"You'll Look Sweet, Upon the Seat, of a Bicycle Built for Two."  
Tandem for sale: Red, Schwinn, 21 speed, excellent condition, \$600. Call 255-2408 or newmandmi@mchsi.com

# UPCOMING RIDES AROUND IOWA

## BLASTER RIDE

**When:** 10 a.m. August 10  
**Where:** Saylorville Marina, Polk City  
**Expected riders:** 100  
**Terrain:** Rolling hills  
**Description:** Annual post-RAGBRAI winddown. Bring stories and pictures from RAGBRAI.  
**Cost:** Free  
**Contact:** loulicker@yahoo.com

## 11th ANNUAL WACKO'S TOUR DE KNOXVILLE

**When:** 10 a.m. August 10  
**Where:** Dan's Village Pump south of Highways 92 and 14 in Knoxville  
**Expected riders:** 50  
**Terrain:** Gentle grades  
**Description:** This party ride is always held on the Saturday of the Sprint Car Nationals in Knoxville. One can ride and still be able to attend the sprint car race that evening. The tour hits eight drinking establishments. Bring ID.  
**Cost:** \$10; includes a shirt  
**Contact:** (641) 842-5436

## WABASH CENTURIES

**When:** August 10-11  
**Where:** Council Bluffs to Bingham or Council Bluffs to Blanchard. Meet at the Council Bluffs trailhead south of Leys Central School on Highway 275.  
**Expected riders:** 50-100  
**Terrain:** Flat  
**Description:** This is a combination of centuries - a metric century to Blanchard or a two-day mile century to Bingham and back. Services include transportation of camping equipment

from Council Bluffs to Bingham, dinner at campground and beverages, breakfast Sunday morning, entertainment and a night ride to watch the meteor display and a T-shirt to commemorate the ride. Check-points will be at each town along the way and riders are encouraged to eat at the restaurants in Mineola, Silver City, Malvern, Imogene and Shenandoah.  
**Contact:** Kathryn Aistrop: (712) 527-3114; aistrop@aol.com or kathryn@jimhughesrealestate.com

## PRE-B.O.P. RIDE IV

**When:** 10 a.m. August 31-September 1  
**Where:** Vinton  
**Distance:** 30 miles  
**Expected riders:** 50-100  
**Description:** This party ride is a little slice of RAGBRAI. Buses will be available for roundtrips from Des Moines to Vinton to Iowa City and back. The route will be from Vinton to Garrison's Hitchin Post to Dysart's Bottom's Up via E66 south of Vinton. There is only light traffic or for those with mountain bikes, there is a "rails to trails" route.  
**Cost:** Free  
**Contact:** Ed Redlinger at (319) 560-4219 or edredlinger1@yahoo.com

## MIDWEST TANDEM RALLY

**When:** August 30-September 2  
**Where:** Lees Summit, Missouri  
**Expected riders:** More than 500  
**Description:** The Midwest Tandem Rally 2002 is titled "Goin' to Kansas City." See www.mtr2002.org for

details.

**Contact:** Kevin Hume (816) 246-5522 or Kevin.Hume@UMB.com

## PELLA CENTURY

**Club:** Lake Country Cyclists, Ankeny  
**Date:** August 31  
**Details:** Ride from Ankeny to Pella and back. Call Kirk Reeder for information: 965-8852.

## SWINE TREK 2002

**Club:** Hawkeye Bicycle Association, Cedar Rapids  
**Date:** September 1  
**Details:** Start at 7 a.m. at Ellis Park, Cedar Rapids. Cyclists may choose 25, 50 or 100-mile routes. Cost is \$20 before Aug. 24 and includes morning bagels and coffee, supported rest stops every 25 miles, spaghetti dinner and famous Swine Trek T-shirt. Call Gerald Falta, (319) 395-7212 or message geraldfalta@msn.com.

## TOUR DE ROCK

**When:** 9 a.m. September 7  
**Where:** Pella  
**Distance:** 30 or 50 miles  
**Expected riders:** 50-100  
**Description:** Ride will take you through Pella, onto the Volksweg Trail, around the Lake Red Rock area, and back to the West Market Park in Pella where lunch will be served starting at 11:30 a.m.  
**Cost:** \$10 before Aug. 23; \$12 thereafter.  
**Contact:** Sherri Vanengelenhoven at (641) 672-0927

## Tips to avoid heat stress

*Continued from page 1*

wear a back or hip-mounted hydration system to ensure you drink enough.

There is evidence that after-exercise carbohydrate-electrolyte beverages replace lost fluid in the blood at a slightly faster rate than pure water.

To make sure that you are properly hydrated, weigh yourself before and after hard training sessions in the heat. If you finish a training session with a weight loss of more than 3 to 4 percent, you should practice drinking more while on the

bike.

Lastly, wear a white or light-colored jersey to reflect radiant heat as much as possible. Wear clothing incorporating new materials that allow for greater transport of air and moisture to flow in, out and over your hot body. Do not use oil-based sunscreens, which impede sweating.

Training, acclimatization and the proper use of sport drinks will help you perform your best in summer heat. The bottom line on all of this is to know your body - and take care of it.

If you use common sense and prepare properly for competition in the heat, nothing should stand between you and an excellent finish. Remember, you can't change the weather, but with a little planning, you can beat the heat.

# On the verge of a cycling BURNOUT?

By Edmund R. Burke, Ph.D.  
Active.com

Remember that it's ultimately about fun. You have been cycling regularly for a long time, maybe even for several years. Once you've cycled long enough to experience the stimulating effects of cycling, it's hard to turn back.

You feel so good, you never want to let this feeling slide. Yet cycling, like many other pursuits, can be carried too far - from habit to obsession.

What can you do to treat and prevent this burnout? Fortunately, there are plenty of ways to add variety and keep cycling lively and challenging.

If you are cycling in a rut or want to prevent burnout, I have put together some techniques to bring back life into your cycling.

**Social cycling:** Miles and time go by quickly when you are talking and cycling. Get together with some friends for a ride, and make sure you stick to the pace of the slowest rider in the group. Don't train too often with cyclists who are too fast for you. If you can't talk with the people in the group, you are doing speedwork.

**Rest:** Schedule easy days, including one or more days off from cycling each week. Many cyclists believe they will lose fitness if they miss a day or two of cycling. But that's simply not true. In fact, studies show that scheduling a few easy days (called tapering) before a race or tour will help you perform better.

**Reset your goals:** Burnout may mean it is time to set some new goals. Think about what you have already accomplished in cycling and what you want to achieve over the next year or so.

**Cross-train:** How about alternating your cycling program

with a completely different form of exercise? If you are really tired and burned out, try another physical exercise that is fun - or learn a new one.

**Listen to your body:** At some point, your body will tell you to slow down. If you feel tired or sluggish, take it easy. You may be overtraining. Or you may need to skip a morning ride in order to get more rest. You may have to look at your diet to ensure that you are getting enough carbohydrates.

**Add variety:** An effective way to treat burnout is to add variety to your cycling program. You don't wear the same shirt everyday, do you? So why ride the same course every day?

**Reward yourself:** Look back to where you started, when you could not ride for one hour. Give yourself credit for what you have accomplished. Negative thoughts can sap positive energy.

**Train, don't strain:** Don't listen to the pros when they say, "No pain, no gain." Cycle as you feel. As you increase your distance, you also will want to get a feeling for speed and sprinting for a short distance, as appropriate. Don't kill yourself; rather accelerate and begin to feel out your entire range of cycling potential.

**Have fun:** Don't lose sight of the best reason to cycle - it is fun! Try to keep things in balance and in harmony, and let cycling enhance, not rule, your life.

**Finally, ask yourself:** Is the earth going to open up and swallow you if you only ride for 30 minutes today instead of one hour?

The only thing that will be important then is that you are still cycling, are still healthy, and having fun. Maintaining a flexible routine now is the best assurance that this will happen. **Make cycling** a healthy habit, a commitment you make to yourself for a healthy lifetime.

## DOGHOUSE BIKES

403 E. Euclid Ave. Indianola, IA 515-961-5859



403 E. EUCLID AVE. INDIANOLA, IA  
WWW.DOGHOUSEBIKES.COM  
515 961 5859

# DES MOINES CYCLE CLUB MEMBERSHIP APPLICATION

1. Memberships run from January through the following January and include a monthly issue of Draftlines, the club newsletter. (New applications received after October 1 run for one full year after the coming January.)
2. Annual membership fees are: Family: \$20 and Individual: \$15
3. Mail appropriate amount and the completed application to: Membership, Des Moines Cycle Club, P.O. Box 13258, Des Moines, IA 50310-0258

Check one:  Family  Individual      Check one:  New membership  Renewal

_____	_____	
family member name(s) - please print	address	
_____	_____	
	city	
_____	_____	_____
	state	zip
_____	_____	_____
	phone	email

**RIDING INTERESTS: CHECK ALL THAT APPLY**

Touring  Racing  Trail  Mountain  Recumbent  Tandem  RAGBRAI  Commuting  Volunteering

**THE FOLLOWING WAIVER MUST BE COMPLETED AND SIGNED FOR ALL FAMILY MEMBERS**

**LEAGUE OF AMERICAN WHEELMAN ("LAW") RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT**

IN CONSIDERATION of being permitted to participate in any way in the Des Moines Cycle Club ("Club") sponsored Bicycling Activities ("Activities") I, for myself, my personal representatives, assigns, heirs and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of bicycling activities and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the Activity and upon which hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

2. FULLY understand that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMES BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMICAL LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NO TO SUE the Club, the LAW, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may occur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PRINTED NAME OF PARTICIPANT(S): \_\_\_\_\_

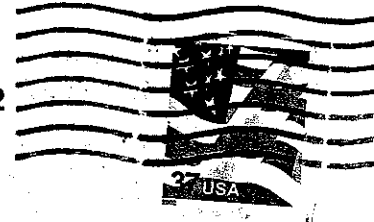
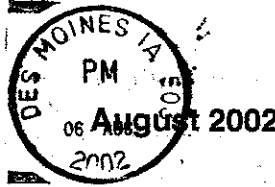
ADDRESS: \_\_\_\_\_ DATE: \_\_\_\_\_

PARTICIPANT'S SIGNATURE(S): \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE (only if participant is under age 18): \_\_\_\_\_

# DRAFTLINES

Monthly Newsletter of the Des Moines Cycle Club  
P.O. Box 13258, Des Moines, Iowa 50310-0258



Mark Garner & Family

2003/01/

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