



ROSE PEDALS

Hydration

Drinking plenty of fluids will help you to ride faster and farther.

The Importance of Hydration

Hydration comes from the Greek word for water. It refers to restoring and maintaining fluid balance in your body through the consumption of liquids. Staying properly hydrated while riding is very important. Dehydration is a very common occurrence during and after long rides, especially in hot weather. Over-hydration, on the other hand, rarely occurs. Drinking enough fluids is important for two reasons:

1. To maintain blood volume (blood is 50% water)
2. To keep cells healthy (cells are primarily made of water)



***Importance of Hydration:
Maintains blood volume
and keeps cells healthy.***

*If you become dehydrated, you risk decreasing your blood volume and dehydrating your cells, both of which will result in a decrease in performance.

Am I Hydrated?

The body's defense mechanism against dehydration is thirst. However, once you begin to



crave water, your body has already become dehydrated. Clear urine is a good sign that your blood volume is ideal, but it does not indicate whether your cells are hydrated. A good gauge to ensure that you are consuming enough liquids, especially water, is to produce clear urine several days in a row. After a long, hot ride, it may take up to a couple of days to completely restore all fluid levels in your body.

Measures of Hydration: If you feel thirsty, you have already become dehydrated. Your urine should remain clear for several days.

How Much Should I Drink?

In order to consume enough fluids, you need to consciously drink throughout each and every day. If you do not like consuming water, try drinking diluted fruit juice or a sports drink. To determine whether you are ingesting enough liquids during long rides, weigh yourself before and after your workout. A decrease in body weight is a result of a loss of fluids. For rides that last more than one hour, a sports drink containing electrolytes (important salts your body needs to function properly) and carbohydrates (a source of food energy) will be beneficial.