

## Fluids & Food

Get to the Starting Line ready to go. On the days leading up to the ride, take in plenty of non-alcoholic and non-caffeinated beverages so you're going to the bathroom every few hours. Add a little salt to your food.

On the day of the ride, eat a good breakfast 2-3 hours before the event and drink 16-24 ounces of your favorite beverage. Within 30 minutes of starting, "top-off the tank" by taking in another 16-24 ounces of fluid and maybe a light snack, such as an energy bar or piece of fruit.

Good food choices include oatmeal with fruit and honey, a bagel or slice of toast with peanut or almond butter and preserves, pancakes with a little syrup, or yogurt with fruit. Reach for fruit juice, water, or a single cup of your favorite caffeinated beverage.

During the ride, drink enough to prevent dehydration. This means drinking about 16-32 ounces hourly. The harder you're working, the more fluids your body needs. If your ride time is less than 1 hour, then water's fine; if more than an hour, consider an electrolyte drink.

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**September  
13  
2009**

## How to Enjoy Spokefest!

### **Bathrooms**

There will be portable rest rooms in Riverfront Park, in parking lots near the start, and along the course at each aid station. Facilities will be limited, though, so we urge you to take care of the urge early—come prepared to ride.

### **Aid Stations (Food & Water, Medical & Mechanical)**

Three aid stations sites will be located along the course at the Riverside Park parking entrance, the Bowl & Pitcher campground, and the top of Doomsday Hill. If for any reason you don't believe you can continue, let a volunteer know.

### **Medical**

Medical Aid will be available at the Aid Stations. Additionally, Medical Riders will be on the course wearing Medical Aid t-shirts/jerseys. They'll have basic first aid supplies and a cell phone to call for emergencies. Emergency support will be available if needed.

### **Mechanical**

Mechanical aid will be available at the Start Line and at all Aid Stations. Additionally, roving mechanics will be out on the course in marked cars. If you have any problems, look for them or a Medical Rider who'll be able to contact them.

## Precautions

### **Medical**

For most participants, the major risks include crashes and dehydration from not drinking enough fluids, both before and during the event, riding faster than your usual pace, and warm and humid conditions. Symptoms can include muscle cramps, nausea, dizziness and confusion. If you think you're getting dehydrated, slow down, find some shade, drink some fluids, and let a Medical Rider know you're having problems.

### **Vehicles**

Although much of the course will be closed to traffic, it's still essential you ride safely. Stay right, ride no more than two-across, pass slower riders on the left, and don't cross the yellow lane line. Importantly, stay alert for traffic.

## Pace Yourself – It's a ride, not a race!

Hopefully you've been riding over the past few months. Start off at a comfortable pace and avoid going out too fast. As you warm up, pick up the pace if you can. Remember there are a few climbs along the course, to include Doomsday Hill. It's better to slow down and finish than sprint out and get picked up by the sag vehicle.



## Safety Tips

- Wear a helmet, it's the law! Make sure your helmet is in good condition and fits properly.
- Be Seen. Wear bright-colored clothing. Clothing made of polyester or wicking material will keep you drier and prevent chafing. Consider carrying a backpack for discarding layers. Extra clothing tied to your waist can catch on the chain or wheel.
- Ride right. Riders should stay single file or two across as much as possible to avoid blocking the roadway to cars and other cyclists.
- Pass slower riders on their left. Warning a rider in front of you by using a bicycle bell or simply saying "passing on your left" will prevent them from being startled.
- Make sure your bike has been properly maintained. Check to make sure there are no loose parts, the chain is free of debris and the tires are properly inflated.
- Be Predictable. Follow the same laws of the road as drivers. Stop at all stop signs/signals, ride on the right, and pull over for emergency vehicles.
- DON'T WEAR HEADPHONES! Wearing headphones doesn't allow a rider to hear cars, other riders or emergency vehicles.