

# Extreme Heat Cycling Protocols



**EBC**  
Everglades Bicycle Club

*Know your Limits!*

## When to Ride

**Early Morning**

## What to Take on Your Ride

**Hydration & Nutrition - See Below**

**2 Bicycle Water Bottles: One with Water, One with Electrolyte Beverage**

**Sunscreen**

**Cellphone**

**Driver's License or other Identification**

**Health Insurance Card**

**Medical Alert Info: Medications, Allergies, Blood Type**

**Cash/Credit Card**

**Cycling Computer with Heart Rate Monitor**

**Spare Tube, Tire Levers, Inflation Device**

## What to Wear

Bicycle Helmet  
Breathable Fabrics  
Close-Toed Sneakers or Cycling Footwear  
Sunglasses

## Hydration & Nutrition

*Night BEFORE your ride:*

**DRINK** 32 oz. of water 2 Hours before bedtime

*MORNING OF your ride:*

**DRINK** 16 oz. of water

**EAT** 1 tbs salted peanut butter (Smuckers Natural is a great choice!)

**AVOID** a big breakfast

*DURING your ride:*

**DRINK** one 20-24 oz bottle of water or electrolyte beverage every 30 minutes

**EAT** a salty snack (trail mix, peanut butter/cheese crackers, potato chips, high-sodium energy bar)

*AFTER your ride:*

**EAT/DRINK** carbs & protein (Chocolate Milk is a great choice!)

# **STOP RIDING when you experience one or more:**

**Dizziness or feeling faint**

**Excessive sweating**

**Cool, pale and clammy skin**

**Nausea or vomiting**

**Muscle cramps**

**Poor coordination**

**Weak pulse**

**Headache**