

C2C bike ride email – a reply is needed and here's some tips on eating and drinking

Hello riders

Lovely weather for a bike ride (if a bit windy!) I'm busy with [Christian Aid Week](#) for the next few days and so my bike stays in the garage ☹️.

I need a reply to this email please and I'll keep pestering you until I get one, so thanks for your early reply.

Last month I wrote and told you about the practice rides (see the file "riding as a group" at the bottom of [this page](#) on my website).

I need you to tell me which of the practice rides you're going to book in on (if you replied already feel free to repeat but I will check my inbox).

Saturday June 6th to Rutland & Saturday July 11th to Derbyshire.

KidsUK ask you do join at least one of these rides as a condition of doing the C2C (for all the good reasons in my last email) and do feel free to book both.

Please reply this week to say which ride you'll come on or to opt for both.

Then I can book the right transport for the numbers going.

What to eat & drink on a bike ride? Ask four regular cyclists this question and you'll get at least six different answers!

Important pointers from my experience:

1) You need to put energy in if you're expending energy all day on a bike.

Obvious really but important to remember. There are so many options for energy bars, gels, and advice but remember these:

- You can eat the wrong things which will slow you down – fried food is terrible.
- Good things are bananananas, oaty flapjack, malt loaf, fruity cereal bar.
- Eat small amounts more often. As you're bent over on a bike and pedalling, your digestive system probably won't cope with a full English breakfast or fish and chips part way through a ride.
- Energy gels are good as an added extra but not to replace 'proper' food. I always carry a few on a long ride as a gel can give me a 20min burst of energy to help when I'm flagging.
- Each day we will have a lunch stop and café stops. Our support vehicle can carry extra water, packed lunches and any other food you want to put in it.

2) You need to drink more than you think you will, so have at least one large drink bottle and refill it at stops (large = 750ml).

- You should be needing to stop and pee during the day. If you're not, then you're not drinking enough. Even at a steady pace you will be sweating and panting and both actions lose water from your body. Crudely, if your pee is getting darker in colour you're already getting dehydrated!

3) What to add to the water in your drink bottle? Well, you don't have to add anything. But the tablets and powders you can buy do add energy and, importantly,

salts to replace what you sweat out. Keeping up vital salts with enough liquid can stop you getting cramp during and after the ride.

- Caffeine is another consideration. If, like me, you drink (too much) coffee during a normal day, then, on a bike ride, you can get headaches from caffeine withdrawal (seriously). Options are to drop something like Proplus into your drink bottle or use a drink additive that contains caffeine.
- There's a whole load of drink additives to choose from. I use High 5 Zero Xtreme. They're tablets in a waterproof tube and are therefore convenient to carry. They taste OK and they have caffeine. Then there are ready-made sports drinks as well. All I'd say is try different ones out but get used to one and be sure that it suits you, well before the C2C ride.

4) What we eat the evening before and after riding is important. Plenty of pasta, potatoes and rice will fuel you up. Lean protein will help muscles repair. My advice is to avoid alcohol the night before a long ride. The evening before the first ride, we'll cook a big pasta meal together at Mains Farm. At the end of day 1 we'll shower and change back at Mains Farm and then go to the local pub which does excellent pub food. At the end of day 2 we'll eat in Rookhope pub, again good pub food. At the end of day 3 we'll do a BBQ back at Mains Farm and get some drinks in too.

Lastly, don't get bogged down too much in websites with advice about carb loading and calorie burn rate and how to drink and eat on the move. It's useful enough as far as it goes but we're not in a race, we're leisure riders not competitive riders.

Hope you're enjoying the preparation and that fund raising is progressing

We've still got a place left on the ride. Someone did get in touch but I've not had any reply to the emails I sent back so the place remains.

Keep them wheels turning.

Pete