



OUT SPOKIN'

BONNEVILLE CYCLING CLUB

LEAGUE OF AMERICAN BICYCLISTS MEMBER CLUB

A Few Words From BCC President Jackie McGill

Just in case you haven't noticed, it's hot outside! When summer temps hit their highest, we tend to ride earlier in the morning or in higher elevations to avoid the heat. But often times, it's impossible to get your ride in without riding in the heat. When we ride in the heat, it's important to do our best to stay as cool and as safe as possible.

Some steps to remember during hot weather:

- Wear loose fitting jerseys. Wearing clothing that fits tightly won't allow your body to cool properly.
- Protect against sunburn. Sunburn affects your body's ability to cool itself, so protect yourself outdoors. Use a broad-spectrum sunscreen with an SPF of at least 15. Apply sunscreen generously, and reapply at least every two hours — when you sweat, it wears off quicker.
- Drink plenty of fluids. Staying hydrated will help your body sweat and maintain a normal body temperature. If you read my note in last month's newsletter, you know I'm doing my part.
- Take it slow when riding during the hottest parts of the day. If you ride in hot weather, drink fluids, don't push yourself too hard and more stops than usual, preferably in the shade or other cool spot. Your body will thank you.
- Get acclimated. Limit time spent working or exercising in heat until you're conditioned to it. People who are not used to hot weather are especially susceptible to heat-related illness. It can take several weeks for your body to adjust to hot weather.
- Be cautious if you're at increased risk. If you take medications or have a condition that increases your risk of heat-related problems, avoid the heat and act quickly if you notice symptoms of overheating.

Welcome New Members!

Linda Lecain
Stephanie Willis
Patrick McNulty
Ryan Johanson
Richard Smith
Sue Raymond
Tracy Dustin
John McEldowney
David Brake
Leslie Cooper

BCC Board of Directors 2018-2019

Jackie McGill, President
Desmond Jensen, Road Captain
Iris Buder Jensen, Treasurer
Liesa Sandall, Secretary
Stacy Walker, Membership
Kate Sturgeon, Webmaster
Debi Clark, Newsletter
Victor Crookston, Member at Large
Rexanne Pond, Member at Large

Volunteer Hours

To all of you wonderful BCC members who volunteer for bike related activities, don't forget to record your hours. To record your hours, go to the BCC website and click on your profile page. On the left hand corner you will see several boxes. Click on the one that says volunteer. It will take you to a page where you can record your hours and write a description of the volunteer activity. If you volunteered for Little Red, make sure you write that in the description.

Keep up the good work.



Out Spokin' will be published monthly May - October. Please send your submissions to newsletter@bccutah.org
Deadline August 15th

Tour de France Trivia

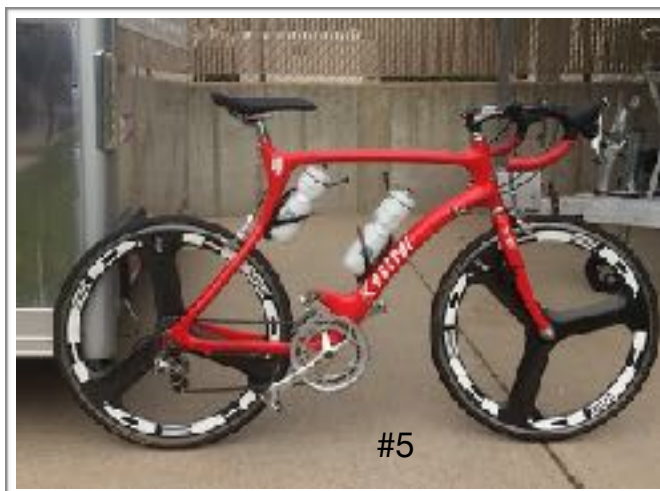
How much protein do riders consume in the Tour de France?

"As soon as the stage ends, it is essential that recovery begins. After crossing the finish line, riders are handed recovery drinks with carbohydrate and 25g of protein. On Average, riders are consuming approximately 200g per day.

Riders can burn north of 7000 calories in grueling mountain stages and the risk for weight and muscle loss is a major concern. To reduce lean tissue loss, riders need to proactively consume high quality protein sources in the right amounts, at the right time. "

The Feed LLC











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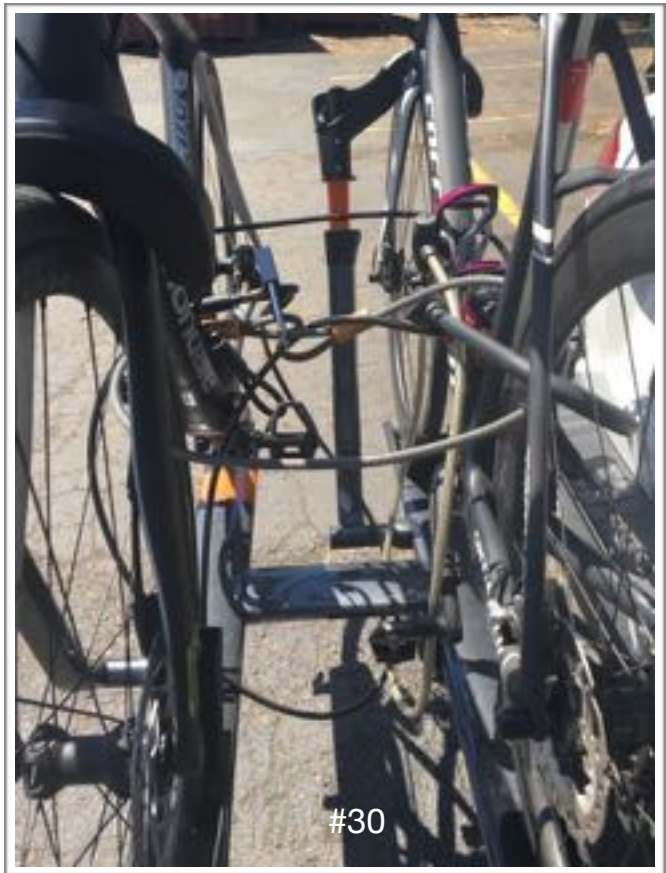


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Heat Exhaustion via Web MD and Lori Schoenwald

Heat exhaustion is a heat-related illness that can occur after you've been exposed to high temperatures, and it often is accompanied by dehydration.

There are two types of heat exhaustion:

- Water depletion. Signs include excessive thirst, weakness, headache and loss of consciousness.
- Salt depletion. Signs include nausea and vomiting, muscle cramps, and dizziness.

Although heat exhaustion isn't as serious as heat stroke, it isn't something to be taken lightly. Without proper intervention, heat exhaustion can progress to heat stroke, which can damage to the brain and other vital organs, and even cause death.

Symptoms of Heat Exhaustion

The most common signs and symptoms of heat exhaustion include:

- Confusion
- Dark-colored urine (a sign of dehydration)
- Dizziness
- Fainting
- Fatigue
- Headache
- Muscle or abdominal cramps
- Nausea & vomiting, or diarrhea
- Pale skin
- Profuse sweating
- Rapid heartbeat

Treatment for Heat Exhaustion

If you, or anyone else, has symptoms of heat exhaustion, it's essential to immediately get out of the heat and rest, preferably in an air-conditioned room. If you can't get inside, try to find the nearest cool and shady place.

Other recommended strategies include:

Drink plenty of fluids, especially sports drinks to replace lost salt (avoid [caffeine](#) and alcohol).

- Remove any tight or unnecessary clothing.
- Take a cool shower, bath, or sponge bath.
- Apply other cooling measures such as fans or ice towels.

If such measures fail to provide relief within 15 minutes, seek emergency medical help, because untreated heat exhaustion can progress to heat stroke. After you've recovered from heat exhaustion, you'll probably be more sensitive to high temperatures during the following week. So it's best to avoid hot weather and heavy [exercise](#) until your doctor tells you that it's safe to resume your normal activities.

Risk Factors for Heat Exhaustion

Heat exhaustion is strongly related to the heat index, which is a measurement of how hot you feel when the effects of relative humidity and air temperature are combined. A relative humidity of 60% or more hampers sweat evaporation, which hinders your body's ability to cool itself.

The risk of heat-related illness dramatically increases when the heat index climbs to 90 degrees or more. So it's important, especially during heat waves, to pay attention to the reported heat index, and also to remember that the heat index is even higher when you are standing in full sunshine.





EBIKE Brigade on 7/14 on the 'Have Your Cake and Eat It Too' Social Ride submitted by Kate Sturgeon



MS Ride at the top of Hardware Ranch submitted by Liesa Burdett



Morgan Metric



John McCall's new friend



Mountain Biking Photos submitted by Dave Tucker





Bike Photo Rider ID Challenge

You won't win a jersey, but the person who correctly identifies which bike belongs with which rider will win bragging rights and a prize. Send your answers to newsletter@bccutah.org

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|----------------------|--|
| 1. Joy Peterson | 16. Peter Westbrook |
| 2. Rhonda Devereaux | 17. Jeff Short |
| 3. Wylie Gerrard | 18. Maria Fruin |
| 4. Enrique Topete | 19. Miguel Guerra |
| 5. Debi Clark | 20. Tim Sandall |
| 6. Ron Cole | 21. Donna King |
| 7. Katie Slack | 22. Ryan Johanson |
| 8. John McCall | 23. Kate Sturgeon |
| 9. Dave Moore | 24. John Schwed |
| 10. Lori Schoenwald | 25. Jeremiah Palmer |
| 11. Bill Mosby | 26. Greg Loft |
| 12. David Prado | 27. Peter Westbrook |
| 13. Bee Lufkin | 28. Jeff deMik |
| 14. Annette Rowberry | 29. The two bikes belong to ???? |
| 15. Janice Mosby | 30. Mystery Bike aka Editor did not
write down the rider's name |