

JULY 2010

Waterloo County Wanderers

***Wow, has the weather ever changed in a hurry.
It seems like we went overnight from cool and far too often
wet to really, really hot and humid.***

Hot Weather Riding Tips

Hydration is extremely important when we have the type of hot, humid weather we have been experiencing.

A rule of thumb is that a rider should consume at least one water bottle per hour when riding. For longer rides, a bottle of an energy drink mix, such as Gatorade, can be a big help by replacing lost electrolytes and other essential nutrients.

Hydration packs are a great way to drink easily and safely, and have the capacity for longer rides. A mouthful of water every two km helps to keep up with the body's needs.

Adopt a Week – This is really Important

We really appreciate those members who have taken on map distribution to help us out. We still need volunteers to adopt the following rides:

Baden: September 7 & 9 + 14 & 16
St. Jacobs: September 21 & 23 + 28 & 30

If you can help us out please contact one of your organizers.

Congratulations!!

Bob Weber and Judy Geraghty were quietly married a couple of week ago at their home in Winterbourne. They are currently touring western Canada by car and bicycle. Please join us in wishing them a happy future together.

Store Discounts

Don't forget to show your WCW Membership card at the following stores in order to receive discounts. If you want to know the exact amount of discount please check the website.

***Ziggy's - Kitchener
McPhail's – Waterloo
Braun's - Kitchener***

Road Survival (Yours)

Even with a proper cycling helmet, bright clothing, and flashing tail lights at dusk, any cyclist is very vulnerable in mixed traffic.

Please remember the rules of the road, including riding single file when there is other traffic on the road and using proper signals to communicate your intentions clearly to motorists and other cyclists. We also ask you fight off the urge to chat and catch up when riding on some of the busier roads and instead defer riding double until you are on quieter roads and have sufficiently long sight lines to be able to move over in the event of motor vehicles catching up from behind.

Because bicycles are so quiet, it is always a good idea to give a verbal warning when planning on passing a cyclist or pedestrian by saying something like "passing on your left".

Remember also to leave enough room when passing and pulling back in so that you don't unintentionally cut off the cyclist you've just passed.

Please ride safely so you can join us for fellowship after the rides.

Happy Cycling

Your Organizers

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.....and don't forget that web site

www.intown.net/wcw

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