

This is your club....This is your newsletter....Feel free to contribute....

2007 Club Officers

President Jay Brosnan
 Vice President Bill Murphy
 Ride Coordinator John Talani
 Newsletter Editor Susanna Sisk
 & Sec./Treas.

jbrosnan@earthlink.net
wam_murp@bellsouth.net
jtalani@carolina.rr.com
ssisk@carolina.rr.com

704 545-9774
 n/a
 704-504-1875
 704-504-1875



INCOME (12/21/06)	\$689.10
Membership 07 - Jay/Mary Brosnan	20.00
Membership 07 - Roy/Nancy	20.00
Membership 07 - Charlie/Resa Blackmon	20.00
Membership 07 - Ed/Bentha Johnson	20.00
Jingle Bell Rock n- Roll (\$1 per rider)	12.00
TOTAL INCOME	\$781.10
Expenses	\$0
INCOME FORWARD	\$781.10



Wishing the TailWind Tandem members a Safe and Prosperous 2007 Riding Season.

For the full breakout of income/expenses go to:
<http://www.tailwindtandemclub.com/Income2005.htm>

2007 Members in good standing as of 12/21/06

Membership 07 - Jay/Mary Brosnan
 Membership 07 - Roy Peche/Nancy Dartnall
 Membership 07 - Charlie/Resa Blackmon
 Membership 07 - Ed/Bentha Johnson

For another great Jan. ride....



A big thank you to members that contributed to the Holiday families with a non-perishable staple or a wrapped gift. You all made someone's Holiday Season a little more joyful.



Jan. Birthday/Anniversary wishes:

John Huston Jan. 7
 Keith Liscinsky Jan. 17
 Walter Ambrosius Jan. 23
 Bill Green Jan. 24
 Ann Baumgartner Jan. 29
 Charlie Blackmon Jan. 31
 Ed Larimer Jan. 31

Anniversary:

Laura/Duncan McCabe Jan. 5



Rocky River Road Club 8th Annual Polar Bear Metric Century

Saturday, January 13
 Registration: 8:30 am

Ride Time: 10:00AM - 62 mls
 10:15AM - 31 mls
 Registration starts at 8:30AM

Location: Liburdi Dimetrics
 Armor St, Davidson

Cost: \$15pre/\$20 day

Directions can be found on the web

www.rockyriverroadclub.org



Hi! I'm Mr. Fixit, and this month we'll be talking about one of the greatest pit falls of despair involved in the sport of Cycling:

Sport By Sport Diet Guide: Whatever your sport, nutrition should be an integral part of your training and competition strategy.

The carbohydrate connection: Carbohydrate is a crucial fuel for exercise. The body makes its own carbohydrate store, known as glycogen, which is stashed away in the liver and muscles. Glycogen is the body's fuel of choice for any exercise more intense than a gentle jog. This is because it can be broken down to provide energy more quickly than fat (the body's other major energy store). However, the snag with glycogen is that only limited amounts of it can be stored. This means that regular training, as well as competition where activity is at least an hour long, carries the risk of glycogen depletion. Low glycogen stores will mean a more sluggish performance and an increased risk of injury.

Strategies to minimize this problem include carbohydrate loading (see box, and the following article), ensuring that a high-carbohydrate diet is eaten the whole time during training to avoid burnout; also, consuming carbohydrates during exercise (eg, a cycle ride) or between rounds (eg, a tennis tournament) can cut down on glycogen loss and keep performance boosted.

If you're in regular training, eating lots of carbohydrate-rich foods will encourage your body to store glycogen (see Table I for carbo contents of various foods). A guideline to aim for is 8-10g carbohydrate per kg of body weight per day. For an average man (70kg), this would mean aiming for a daily intake of 560-700g; for an average woman (55kg), between 440-550g. Tips for boosting your carbo intake The twin strategies are to cut back on fat and to increase carbohydrates:

- 1 Base meals around carbohydrate foods - potatoes, pasta, rice, bread.
- 2 Eat smaller portions of fat-rich foods (eg meat, pies, cheese) and fill up with extra potatoes or bread.
- 3 Porridge made with water makes a high-carbohydrate start to the day.
- 4 Drink fruit juice with meals, and a milky drink at bedtime.
- 5 Cut bread extra-thick for sandwiches.
- 6 Try carbohydrate-rich snacks that are also low in fat: eg fresh or dried fruit, water biscuits spread with jam.
- 7 Choose pasta sauces based on tomatoes or vegetables rather than meat or cheese.

Timing your carbo intake: If you need to replenish your glycogen stores quickly (eg you're training every one or two days) it's best to take advantage of the fact that the body is more likely to make glycogen immediately AFTER exercising - the sooner, the better. Some foods are better than others for this - the best are those with a high 'glycaemic index' (a term which means they will bring about a large surge in blood sugar). Examples of such foods are: bread (white or whole meal), rice, potatoes, raisins, bananas, glucose, sucrose and honey. If you can't face eating straight after exercising, try a carbo-rich drink instead.

Fluid, the second key ingredient: For many athletes, dehydration is something to watch out for. Even moderate fluid losses can mean operating at less than 80% of your potential, and more significant losses could be dangerous to your health.

To prevent this unhappy state of affairs, the answer is to drink. Water is perfectly adequate for most purposes. However, if you're exercising under particularly hot conditions, and/or you know that you are a champion sweater, you may want to consider one of the commercially formulated sports drinks.

Iron, the third key ingredient: Many athletes run the risk of low iron, partly because the stresses of their sport lead to increased losses of iron from the body (runners seem particularly susceptible). A number of studies have found that people in regular training and/or sports activity have low levels of ferritin, a body store of iron. People with low iron stores complain of tiredness and poor recovery from training. If the situation becomes worse, and haemoglobin (the form in which iron is transported around in the blood) levels fall, anemia could result, with symptoms of severe fatigue, cramps, headaches and shortness of breath.

So what can you do if you suspect you're iron deficient? Iron supplements are available, and taking some for a few days to see if you notice any improvement could help identify if you really are deficient. However, supplements are commonly associated with side-effects such as nausea and heartburn, so your best bet is to try and boost your iron intake by dietary means. Even if you don't suffer immediate side-effects, you should seek medical advice before taking an iron supplement regularly, because it's also possible to suffer health problems from too much iron!

Haem iron foods: liver, liver pate, lean steak, chicken (dark meat), fish, oysters, salmon

Non-haem iron foods: eggs, breakfast cereal (fortified), wholemeal bread, spinach (cooked), lentils/kidney beans (cooked), tofu, sultanas, dried apricots, almonds, cocoa.

Haem iron is better absorbed by the body than nonhaem. However, absorption of non-haem iron is enhanced by vitamin C, so include some raw or lightly cooked vegetables with a meal, or drink fruit juice. Conversely, drinking tea or coffee will make the iron more difficult to absorb.

Tailoring nutrition for specific sports

As a broad generalization, sports can be divided into activities that are aerobic (eg endurance events), anaerobic (short, intense bursts of activity, eg sprinting), and those that are primarily related to strength (eg weightlifting, throwing). In fact, there will often be a combination of all three elements, but there is usually more emphasis on one of the three.

The endurance athlete's priority is to maximize glycogen stores by eating a high-carbohydrate diet both in training and before an event. Carbo loading is advisable, especially for an activity lasting longer than 90 minutes. Care should be taken to avoid dehydration, and this balanced against the possible benefits of taking in extra carbohydrate during the activity. Sports drinks containing maltodextrins enable delivery of some carbohydrate without compromising fluid uptake; on a cool day, however, it could be worth drinking something with a higher concentration of carbohydrate. This will slow down fluid absorption but will spare muscle glycogen. Eating during an endurance event tends to be problematic for runners, but seems to be well tolerated by cyclists.

--continued page 8--

Many of you have favorite rides and events that you attend during the ride season. We are in need of articles for 2007 Please help by contributing your writing skills to your newsletter. Make it as short or as detail as you would like. Get your creative juices flowing with humorous exploits on your adventures. Double Spok'n gives you the cut off dates for the newsletter to go to print. Please let your newsletter editor know in advance that you have an article in the works so room can be made available for your space. Photos are welcome as well.

Happy Writing TailWind Trails

Keep checking the web site for more Tandem Rallies as they get posted.

(<http://www.tailwindtandemclub.com/Ride%20Calendar.htm#2006%20Tandem%20Rallies%20~>)

- | | |
|--------------------------|---|
| March 24-25 | Sebring Tandem Rally, Sebring, FL
http://www.thetandemlink.com/RallyInfo.html |
| April 27-29 | SouthWest Tandem Rally (SWTR), LaGrange, TX More info. to come
http://www.doubledates.com/ |
| May 18-20
to Callaway | Georgia Tandem, Rally (GTR), LaGrange, GA
West-central Georgia, LaGrange is noted for its fine cycling and for its close proximity
Gardens and West Point Lake. We'll have rides to suit everyone's needs;
http://www.georgiatandemrally.com/ |
| May 26-28 | Northwest Tandem Rally (NWTR), CA Yakima Valley Wine Country Rally
http://www.nwtr.org/2007/ |
| Aug. 10-12 | Eastern Tandem Rally (ETR), Dellroy, OH
http://www.easterntandemrally.org/ |
| Aug 31-Sep 3 | Midwest Tandem Rally (MTR), Appleton Wis. More info. to come
secretary@couplesonwheels.com http://www.couplesonwheels.com/mtr2007.php |
| Sep. 21-23 | Southern Tandem Rally (STR), Chattanooga, TN
Chattanooga sits in a bend of the TN River between Lookout and Signal Mts.
http://www.thetandemlink.com/STR.htm |

Local Bike Rides to bring out your tandem:

For regular bike rides in the local areas check out:

<http://www.tailwindtandemclub.com/Ride%20Calendar.htm#2007%20Bike%20Rides>

**Get Pumped.
Get Motivated.
Get Healthier.
Get on your Tandem.**

2007 is a good year to write your tandem resolutions. Start gradual and by summer's end you will have gotten a good hold on your ride accomplishments for the year.

Going My Way? *What a bicycle built for two did to our marriage*

By Rachael Phillips

"Look out!" Our new bicycle built for two wobbled across the alley like an errant bowling ball. My husband, Steve, hit the brakes before we made a strike with our neighbor's trash cans. He ripped off his helmet. "Weren't you ready?" "Almost." "I'll back it up. Then tell me when you're ready!" I glowered. For two cents, I'd leave him without his backseat driver! Unfortunately, our empty-nest present to each other cost more than two cents. I forced myself back on. "Ready now?" "Ready!" To the open road at last! Unlike Daisy and her suitor in the 1890s song, "Bicycle Built for Two," Steve and I have been together 30 years—sort of. Immersed in decades of work, 2 a.m. feedings, training bras, and teen drivers, we sometimes forgot each other's names ("Oh, yeah—I remember you. White dress, organ music . . ."). Now middle-aged, we hoped our tandem bicycle would make our Time Together dreams come true. Tender hours shared would accumulate with the miles on our cyclometer. Instead, Steve and I found ourselves back in Marriage 101, re-learning lessons we thought we'd mastered many years before.

You want me to wear *what*? Take body image issues. My husband wears brown clothing one day, navy the next. But when he rides, Steve dons eye-popping jerseys, a Star Wars-style helmet, and Spandex cycling shorts. In cold weather, he wears shiny red tights. Discovering I was married to Captain America was one thing; sporting complementary Catwoman attire was definitely another. "These shorts cut off my circulation!" I gawked in the mirror. "I'd shame the kids!" "The kids aren't here. We're doing this for us. Wear them." I thumped my rear. "I don't need padding!" "The shorts are standard equipment." His eyes held a smile. "Besides, you look good." Thus, I had to re-learn the first lesson in marriage: I have to be flexible and willing to stretch—even if it involves Spandex. After another gawk at myself, I thought about Steve's remark that he liked the way I looked. Since ultimately I want to please my mate, I shed my baggy Capri's and embarked on our tandem adventure.

How can I trust your lead when I can't see? Our first mile caught me off guard. I saw nothing straight ahead but Steve! In this case, the shorts were essential equipment. Definitely. His muscular calves, pumping away, added to the excellent view. He, on the other hand, could see nothing behind as he pedaled grueling, hilly stretches. My aching legs begged me to stop. He'll never know if you take your feet off the pedals. Go on. Take a break. No way, I thought. He'd fling me off at Dead Wife's Curve. Besides, look how hard he's working. At that moment, we passed a female biker who guffawed and pointed at me: "Hey, you—start pedaling!" "She'd quit on her partner," Steve said. "You wouldn't." My man trusted me. I was truly touched. But I had to trust him, too, since he controlled our direction. What if a crazed farmer roared his tractor into our path? I'd never see what hit us. Maybe I could have avoided it. But Steve had shown confidence in me. Could I do otherwise? That's when I remembered the next marriage lesson: mutual trust and teamwork move partners ahead. If we fight each other about who's going to lead how, when, and where, we'll only spin our wheels. There will be times when he leads and times when I do. When the non-leading partner supports, encourages, follows, and keeps pedaling, we move a lot further down the path.

Talk to me! Panting, I grabbed for my water bottle. Out of reach! I plunged again, nearly standing on my head. "What are you doing?" Steve shouted. The unforeseen shift of my weight as listed on my driver's license might have destabilized us. My actual poundage sent us careening across the road. "Yell before you move!" Steve snapped. Further on, we hit a huge pothole. I said nothing. I couldn't. My incisors were embedded in my lips. But I finally managed: "Sadist! Why didn't you tell me that was coming?" Silence. Then, "Sorry. Forgot you can't see ahead" Martian couples may possess mental telepathy, but we don't. Thus, we re-learned another marriage lesson: communicate or crash. When we talk to each other, we stay connected and active. Silence is deadly. The next time I need a drink, I've learned to let Steve know before I lean forward. And now he warns me when he sees a pothole that he could potentially hit. He warns me before hitting the brakes and thereby avoids pedaling me 15 extra miles to the hospital for the smashed face I received. Talk is cheaper. Really.

Yes, I forgive you. Now please remove the dog's teeth from my leg. Our communication regarding starts, stops, water bottles, and potholes made us face the most difficult marriage challenge: forgiveness. A pair of canines highlighted this. By law, every farmhouse comes equipped with a snoring monster roused by a tiny, yapping insomniac. The first time we encountered Lassie and Lucifer, I followed my instincts: "Go!" I shouted as I pedaled for my life. Steve slammed the brakes, yelling and kicking at the dogs. I nearly landed on his handlebars. Somehow, we escaped our pursuers. Barely. When we later conversed in printable fashion, my husband defended his Dog Disaster Plan: Dogs always outrun cyclists. Besides, his method alerts owners, who dislike human roadkill by their mailboxes. Easy for Steve to say. Do dogs bite the front rider? In time, we realized arguments got us literally nowhere. The faster we forgave our differences, the faster we covered the miles. We demonstrated more marital mercy during a later cycling crisis, when both of us forgot to inflate the tandem's tires. One nearly disintegrated, threatening a 20-mile walk. This time we skipped the blame game. We didn't even try to figure out who was right or wrong. Focused on solutions (prayer, pump, and duct tape), we arrived home alive—and still married. When we practice forgiving even the minor offenses, the other offenses are easier handled and forgiving becomes a way of life.

Wow! This is fun! As we absorbed tough lessons, our marital balance improved, and delight took the place of drudgery. Our car-blurred views swung into focus as we pedaled along familiar roads: shadowy forested hills, elegant collars of Queen Anne's lace encircling pond mirrors. Steve and I marveled at God's exterior decorating as the countryside shimmered like a diamond in the grass. We experienced a similar epiphany in each other. Even with our quirks and ticks and frustrating characteristics, we are still each other's hero and best friend. The best part is that our enjoyment of each other is our secret. Others never suspect our true identities. During our snack break at a park shelter, a policeman, investigating reports of hanky-panky, prepared to order us out. Then he realized we were his parents' age. "Sorry. Thought you were kids." "We've been married 30 years." Innocence radiated from our wrinkles. Perhaps the officer should not have left the scene . . . It's okay to have fun in marriage. Steve and I have rediscovered the wonder of our relationship, and we drink it in.

Solomon wasn't a biker, but he was a wise guy. Our first tandem attempts inspired few romantic—or biblical—thoughts. Solomon's Song of Songs never entered our minds during our near trash-crash. Steve's lips did not resemble lilies dripping with myrrh. If I reminded him of a lovely hind, he was wise enough not to say so. And if we aspired toward better marriage skills, we could have spent Saturdays at the nearest Marriage for Dummies seminar—certainly a good investment. Instead we chose a unique way to nurture intimacy: our tandem. We heeded Solomon's words to "come away, my love," mounting our bike to discover, "This is my lover, this my friend" (Song of Songs 5:16). Tandem Torture grew into Time Together. Now we grab every chance to ride our bicycle built for two—mostly in sync. We laugh more during a single rest break than we once did in a month. Hand-holding cool-down walks make even our most exhausting finish a pleasure. Last summer we completed a 72-mile stretch on a weekend getaway. Perhaps we'll bike to our next class reunion 150 miles away in grand style—together. In the song, Daisy's man probably didn't wear Spandex when he proposed marriage lessons on a bicycle built for two. But I hope she still said yes.

Rachael Phillips is author of *Billy Sunday: Evangelist on the Sawdust Trail* and *Well With My Soul* (both Barbour Publishing). Copyright © 2005 by the author for Christianity Today International/Marriage Partnership magazine. Reprinted from Christianity Today.com at link: <http://www.christianitytoday.com/mp/2005/002/6.23.html>

As your Ride Coordinator for the TailWind Tandem Club I am seeking ride volunteers for the following ride months. To be a ride leader for any of the rides below you must ~

- 1) Be willing to enjoy the ride with other tandem participants;
- 2) Designate a start time for your ride;
- 3) Include miles of interest and map of your route;
- 4) Does not have to leave from your home; can be any designated spot you would like others to ride from as a group for a safe ride;
- 5) Include a point of interest to make your ride fun and enjoyable (but not mandatory);
- 6) Have regroup points on your route for those riders enjoying the scenery;
- 7) Make sure riders are accountable at ride end; and
- 8) Last and least on the list, enjoy the company of other tandem riders and their families on **YOUR RIDE**. Simon Says, "GO". We follow.

If you have any interest in leading a ride from below, please let me know. They will be posted with the start time, distance, and start location in our newsletter for that month as well as the web calendar. We hope to make this a great 2006 ride season with theme rides. Our social butterfly will add excitement to each ride with little goodies for those attending the rides. Reminder: \$1.00 per ride person. (*-This is for other rides that could be of interest.)

- **Be Mine** ~ February 10 or 11: A trip to the chocolate shop.
- **Shamrock Ride** ~ March 17: Do you feel Lucky? Lucky token for attending.
- **Bonnet Parade Ride** ~ April 7 or 8: Easter is upon us. Come out in your Easter helmet and win a prize.
- **Pre-Mother's Day Ride** ~ May 12 or 13: Treat your Stoker Mom to a day on the road.
- **Full Flush** ~ June Poker Ride and Club Picnic
- **Blue Ridge Parkway Ride with Team TASK** ~ Middle June TBA Fun filled weekend on the Parkway
- **Fabulous 4th in Tryon** ~ Team up with other Tandem members to do the Saluda Watershed
- **Beat the Heat in August** ~ Grab that sweat band and join team members on a casual ride
- **Emporia, VA Great Peanut Ride** – Sep. 6-9 Come join the many riders for this fun weekend
- **STR 2007 Sanford, NC** ~ Sep. 21-23 Come join us in Chattanooga, TN for this year's ride
- **Leaf Ride** ~ Oct. Grab a sandwich and your stoker for a ride thru the countryside to see the leaf colors
- **Be Thankful** ~ Get together with team members to re-ride your favorite route
- **Jingle Bell Rock n' Roll** ~ Team TASK Year end thank you for a safe ride year

John Talani, Hm: 704-504-1875 jtalani@carolina.rr.com

Secretary/Treasurer Report – Dec. 7, 2006

TailWind members met at Red Rocks Café for the annual holiday gathering. President Bill Murphy asked for show of hands for 2007 President. Elected for the President 2007 position is Jay Brosnan who is an ole' pro at cycling and will bring many good ideas to the club. Second and approved by all. Treasury report was approved and accepted to stand as stated. Vote for Secretary/Treasurer was unanimous by show of hands – Susanna Sisk who will continue to work with the budget. Ride coordinator John Talani will be putting together a posting for 2007 rides. Feel free to sign up for as many as you would like to lead for the club.

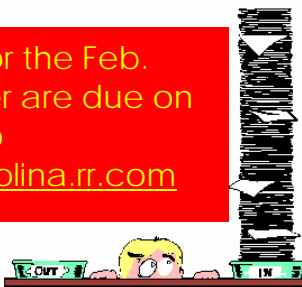
Jay took the floor by discussing BIKES and other related programs to better the riding in and around Charlotte. He will address any new programs going forward. Bike!Charlotte was mentioned if TWTC will be participating. Jay will look into this with Neal Boyd.

Members still have concerns with riding ability. Group "A" or "B" riders are still in agreement to continue trying to have friendly rides and to group up with members that ride your pace. Lunch options on the road during our rides for a more sociable ride atmosphere. Those wanting to ride "hell-bent" can do so and then meet up with the other group at a given location.

Meeting was adjourned.

Posted: 12/21/2006
Susanna Sisk, Sec.Treas.

Articles for the Feb. newsletter are due on Jan. 18 to ssisk@carolina.rr.com



Ride Calendar 2007

Ride Coordinator – John Talani, 704-504-1875
jtalani@carolina.r.com

Date	Event	Location	Information	Contact	URL
Jan. 1	Polar Bear Ride	Greensboro, NC	18, 41, 61	Dale Brown, (336) 274-5959 oroboyz@aol.com	www.cyclesdeoro.com/events/polar_bear.html
Jan. 1	Resolution Ride	Hickory, NC	Start ride at Cycles deORO Bike Shop; prizes	Bryan Smith; (828) 695-2599 stumpjumper69m4@yahoo.com	www.hickoryveloclub.com
Jan 13	RRRC Polar Bear Metric Century	Davidson, NC	Metric Century; great ride for the new year	Jim Mead, (704) 896-8717 rockyriverroadclub.org	http://www.rockyriverroadclub.org/
Jan. 13	Hasbens of Hillsboro Metric	Hillsboro, NC	Call Michael for more info.	(828) 688-9333 gr8bikn@verizon.net	www.bicycleinn.com
Jan 14	Polar Bear Ride	Gastonia, NC	Great way to start out the New year	Reese, (704) 661-3837 colthane@aol.com	www.gastoncountycyclists.com
Feb. 10	Bed & Bike Inn Ride	Goldhill, NC		(828) 688-9333 gr8bikn@verizon.net	www.bicycleinn.com
Feb. 24	Tarheel Double	Charlotte, NC -	More info. on this contact Mr. Ed.	Ed Mulheren; (704) 510-1754 • ironmancharlotte@aol.com	http://CarolinaUltra.US
Apr. 28	Lake Norman Church of Christ Free Ride	Huntersville, NC		(704) 460-7768 fatbiker@bellsouth.net	www.lakenormancoc.org
May 5	Tour of Schools	Lexington, NC		Laura - lpkoonts@northstate.net	www.dcef.net
Tandem Rally 2007					
March 24-25	Sebring Tandem Rally	Sebring, FL			http://www.thetandemlink.com/RallyInfo.html
April 27-29	SouthWest Tandem Rally (SWTR)	LaGrange, TX	More info. to come		http://www.doubledates.com/
May 18-20	Georgia Tandem Rally (GTR)	LaGrange, GA	West-central Georgia, LaGrange is noted for its fine cycling and for its close proximity to Callaway Gardens and West Point Lake. We'll have rides to suit everyone's needs.	info@georgiatandemrally.com 770-565-4150 – Eve, Roger Elliott	http://www.georgiatandemrally.com/
May 26-28	Northwest Tandem Rally (NWTR)	CA	Yakima Valley Wine Country Rally		http://www.nwtr.org/2007/
Aug. 10-12	Eastern Tandem Rally (ETR)	Dellroy, OH	Where East Meets Midwest		http://www.easterntandemrally.org/
Aug 31-Sep 3	Midwest Tandem Rally (MTR)	Appleton Wis	More info. to come	secretary@couplesonwheels.com	http://www.couplesonwheels.com/mtr2007.php
Sep. 21-23	Southern Tandem Rally (STR)	Chattanooga, TN	Chattanooga sits in a bend of the TN River between Lookout and Signal Mts. Like many cities that lost a large number of residents and businesses' to the suburbs in the 1970s and 1980s.		http://www.thetandemlink.com/STR.htm
Tandem Rally 2008					
Fall 2008	STR	Bowling Green, KY	More info. to come closer to 2008		http://www.thetandemlink.com/STR.htm

To view the tandem rallies currently posted go to ~ <http://www.tailwindtandemclub.com/Ride%20Calendar.htm#2006%20Tandem%20Rallies%20~>

**Do you have a favorite ride you know about?
 Let your ride coordinator know so it can get posted.**

TailWind Tandem Club

Non-profit Organization

11918 Hookston Lane

Charlotte, NC 28273

TailWind Tandem Club



January

<http://www.tailwindtandemclub.com>

--continued from pg. 3--

Sports with an anaerobic content are also performed at their best with muscles well-primed with glycogen. A training diet high in carbohydrate will therefore be beneficial. Carbo loading is not really necessary, however. For anaerobic activities, lactic acid build-up in the muscles is a limiting factor. Some research has shown that sodium bicarbonate taken before events such as a rowing race, 400m swim or 800m run has a positive effect. Some individuals suffer gastrointestinal side-effects, however, so experiment first in training. More recently, creatine phosphate supplements have shown consistently positive effects on short-term, high-intensity exercise, but long-term effects aren't yet known about.

Athletes involved in heats or rounds need to ensure that they recover adequately between events. A sweet drink or carbohydrate-rich snack after exercising will pack the glycogen back into the muscles. Similarly, keep topped up with fluids - if rehydration time is at a premium (eg between squash matches) you'd do well to try an isotonic or hypotonic sports drink - and make sure you're well-hydrated at the start of the day.

The common folklore in strength sports is that a high-protein diet is required. The consensus of most sports scientists is that, although the protein needs of strength athletes are slightly higher than the general population, high levels of protein intake are not necessary. In fact, in the quest for protein, many strength athletes end up eating unhealthy high-fat diets. The key issue for bulking up is adequate energy intake alongside a training program. A high-energy intake from nutritious food will also be high in protein, carbohydrate, vitamins and minerals.

Many studies of strength athletes have reported heavy use of dietary supplements. Favorites include amino acids - arginine and ornithine, for example, are marketed as boosting growth hormone release, mimicking the effect of steroids. There is no proof that the small amounts of amino acids provided by these supplements have any effect at all on growth hormone levels or body condition.

Cycling The long miles and hours of training undertaken by competition cyclists call for a high-energy diet. A dietary study of elite cyclists estimated their average daily calorie intake at over 6000 calories ! It's not possible to consume this much at three meals a day, so constant 'grazing' over the day is advised. Take care that snack foods are high in carbohydrates rather than fat-rich.

Distance running: A nutrition-related problem a lot of runners have to contend with is gastrointestinal discomfort - from nausea to trots while on the trot. This seems to be a treat reserved for the distance runner - endurance cyclists don't suffer. It's thought that the problems are caused by the repeated jolting of the gut while running. Some tips that runners have found helpful are:

1. Try liquid food only for the last meal before a long run or pre-competition
2. Take care not to become dehydrated while running. Research has found that runners who take on board adequate fluid while running are less likely to suffer from gut problems
3. Avoid food high in fat or protein before your training runs, as research shows that these are more likely to induce nausea if eaten before exercise
4. Some athletes find that decreasing the fiber content of their diet before competing improves things.