



The Spoke-n-Wheel Newsletter



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Did you know:

Crici Stroy-Martin of The Center for Positive Connections says that it costs about \$100 to put on a one hour support group for those infected or affected by HIV/AIDS.

Given the fact that TCPC received over \$66,000 from SMART Ride, that is potential for 6600 support group meetings. The power of SMART ride participants!

Medical Matters

Medical Director - Dr. Marah Lee



With the heat of the summer, you need to be concerned with keeping hydrated. Here are a few tips.....

Before Riding

The day before you ride, stay away from caffeine and alcohol as much as possible. Caffeine inhibits the absorption of iron (a vital nutrient) by 50%.

Hydrate with water throughout the day. Try to drink 3 or 4 bottles (700ml each). Consider that the next day, you want to MAINTAIN your hydration level on the ride, not have to build it up first!

During Ride

Remember that every human being is about 70% water! You can use bottles or combination of bottles and a hydration pack. You should always have electrolyte replacement drink and water with you.

You should drink 1/2 bottle of electrolyte drink and 1/2 bottle of water between rest stops (every 15-20 miles). Consistently sip your beverages rather than intermittently gulp them (about every 10 seconds). When you reach for your bottles, call out "hydrating!" This will remind your neighbors to drink too. You should refill your bottles and/or pack at every rest stop. Good rule of thumb is if you can't remember the last time you took a sip, take a sip!

After Ride

Immediately after your activity, refuel yourself with electrolyte replacement drink and water throughout the evening. Also make sure you continue to go to the bathroom, drinking every time you get up.

Drink and Pee!!!!

Riders on the Road

Rider Rep Coordinator - Chris Halenar



If you were a rider in SMART Ride 6, you may remember the self-proclaimed 'crazy man' in the red truck who parked on the side of the road, blasted music, and cheered riders on to Key West. 'Crazy Man' Charles Trivier launched his endless one-man cheering campaign to encourage and motivate his wife Linda who was a first-time Smart Rider in January's event.

January 2010 Smart Ride was the first-time introduction for both Charles and Linda. Ever since, they have been faithful and loyal advocates. Both are registered as riders for Smart Ride 7 and both have eagerly volunteered to be part of the Rider Rep team. I met with Charles and Linda to learn more about their involvement in the Smart Ride:



Linda and Charles Trivier—SMART Riders

Chris: "How did you discover the Smart Ride?"

Linda: "I have been riding and doing triathlons for a while. A member of my spinning class whose daughter is an employee of Broward House told me about the ride. I was interested from the start."

Charles: "I didn't ride in January and I didn't know what to expect. I drove my truck down and began to meet all of the volunteers at the rest stops and major mile markers. It was a feeling of being instantly connected. I never expected anything like that."

Chris: "And you are registered to ride this year. What made you decide to ride?"

Charles: "I turned 57 and had a bit of a mid-life crisis. I told Linda that I wanted a red convertible for my birthday. Instead, she bought me a red bike...I don't have a choice." (laughing)

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Crew Corner

Crew Manager - Crici Stroy-Martin



The primary goal of Crew during SMART Ride is to keep riders safe and provide critical support functions from Miami to Key West. And while our crew have very specific duties to perform, one important task that every crew member takes to heart is the Cheering and Motivation of Riders.

For many riders, this is the first time they have ever ridden this kind of distance. There are certain points along the route that fatigue sets in, the bridge seems too long, or that ever popular question "Why am I doing this." It is at this point, where the job of our crew is not only to support riders with tire changes, water, or medical, but more importantly Cheer and Motivate the rider to continue on and make it to the finish.

This year the Ride Committee is planning a Ride-wide theme (which will be announced in the next few months), and it will be the job of all crew, no matter where they are stationed to join in and take part in the theme. Having fun is one of the many unique aspects of SMART Ride and Crew play a critical part in making this happen. Our Ceremonies Team sets the stage and picks the music, but it is up to all of the crew to join the party, dress up, dance, yell and motivate those Riders into Key West! So whether you are on a Pit Stop, Water Stop, SAG Crew, Lodging Services, Gear Truck or whatever function you are working...Cheer, Have Fun and Motivate!!!!

Pledge Updates

Many participants want to be able to check their pledges in real time....and you can. Go to www.thesmartride.org/participants, and under the rider or crew link, you can click on check my pledges. Enter your last name and rider number, and you will get a list of everyone that has donated. Please give us about 2 weeks for our volunteers to get any manual pledges you sent in entered. Once a month SMART Ride will send you a detailed report for sending out your thank you notes to donors.



SMART Ride 6 Jersey Sale

All SR6 Rider Jerseys are on sale for \$60.00. That is 20% off over the original price. Great way to have some additional training outfits and advertise SMART Ride too!

Go to www.thesmartride.org/store to be able to order your jersey online. It will be shipped to you within 2 weeks of order.

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- Chris: "And how does a husband/wife team fundraise?"
 Linda: "It was tough last year. We are both teachers and many of our friends were out of work. We were amazed that even though they were not working they still contributed to the event. It was incredible."
 Charles: "Linda even has a Smart Ride room in the classroom. The January event created such an emotional tie for me. I had my first fundraiser at The Naked Grape. The owners were great. They donated appetizers and allowed me to sing and play the guitar. I raised over \$500 on a Tuesday night."
 Chris: "How does a straight couple feel about participating in an event with such a heavy gay and lesbian registration?"
 Charles: "The gay thing is not an issue. To us it is about the feeling of being part of a community...being part of a solution. For us, the Smart Ride never ended."

Charles and Linda Trivier are currently cycling through France. They ride 80-90 miles per day. To learn more about their cycling experience you can read their blog at www.peacebike.tumblr.com

SMART Events

- July 6 Palm Beach Info Session
- July 8 St. Petersburg Info Session
- July 15 Key West Info Session
- July 17 Miami-Dade Info Session
- July 22 Orlando Info Session
- July 29 Broward County Info Session

As we find out about participant fund raisers or agency outreach events, we will strive to post them both on the SMART Ride Calendar and in our newsletter. For complete details go to www.thesmartride.org/calendar.

Send your information about your fundraiser event to davidspacht@thesmartride.org to get it posted on the calendar.



THE SMART RIDE

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