

Get ready to ride this spring

By Andrew Loscutoff
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Spring has broken in Central Oregon and riders are dusting off the saddles, inflating the tires, and lubing the chain on bikes that perched in the garage while the bitterness of winter passed by.

It is important to make sure that the machine is ready to ride, but even more so that the rider is ready to take on cycling again this spring. Follow these simple tips and know that the first rides of spring will be easier, and more enjoyable:

- Dress as if you're going to see all weather conditions (because you likely are) this spring. Just the other day it snowed, rained, and blew frigid in the afternoon. A layer system of a base layer (light undershirt) a cycling jersey, windbreaker (preferably waterproof) light neck gaiter, hat, medium gloves, full thermal tights, two pairs of lightweight wool socks, will take care of all conditions without bundling you up too much when

the sun shines (if the sun shines).

- Prepare for the ride with hydration and food. Although on the cooler rides thirst will not be as pronounced, hydration is vital to maintaining a ride longer than an hour. The same goes for food consumption. Once a person begins to exercise above 60 percent of their maximum aerobic level, the body starts to transfer energy stored in the muscles to be used for fuel. This system lasts from 45 to 90 minutes. After that, fat oxidation is the primary fuel source. The caveat here is that you will have to slow down in order to keep using fat as fuel. This slowdown — known as a bonk — can be prevented by taking in fuel as you're riding. The best fuel for the job: simple carbohydrates (sugars); these will stave off the bonk and keep you riding up hills all afternoon. Aim for around 20g per half hour. Start in the first hour of ride time in order to get ahead.

A sound machine with a well-dressed, well-fed

cyclist is a good start — but the last tip for the spring rider is to keep rides within the wheelhouse of winter fitness. Rides performed last fall after hours of summer saddle time will not be a possibility this spring.

Plus, many of the mountainous roads and trails will be scattered with debris and inclement weather conditions. Stick to the flatter, eastern routes which allow a good tempo to be achieved with less worry over squalls, the downed trees, and the unworthy trail conditions. This is a better place to develop fitness because a more consistent effort will produce better fitness while allowing the unconditioned muscles to recover faster since they won't have to produce as much torque as they would on a slow climb.

Prepare for spring riding and know that the dream of summer miles in short sleeves and mountain passes will be back. The base miles of spring will get you summer-ready for this experience.

Child seat safety clinic set

On May 26, 2017, Oregon Child Safety Seat laws changed to require infants to ride rear-facing until they reach two years of age, unless the child turned age one prior to May 26, 2017. Studies show that infants are significantly safer in a rear-facing car seat until 2 years of age.

Oregon law also requires a child who weighs 40 pounds or less to be properly secured with a child safety system that meets the minimum standards and specifications established by the Department of Transportation. Children over 40 pounds, or who have reached the upper weight limit for their forward-facing car seat, must use a child seat with harness or a booster seat until they are four feet nine inches tall or 8 years old and the adult belt fits properly.

Oregon does not have a law specifically prohibiting children from riding in the front seat of a passenger vehicle. However, a rear-facing infant seat must not be placed in a front seating position that is equipped with an airbag

because it violates Oregon's requirement for "proper use" of a child safety seat. The national "best practice recommendation" calls for rear seating through age 12.

Sisters-Camp Sherman Fire District will hold a clinic on May 4, from 2 to 4 p.m. at the main fire station in Sisters at 301 S. Elm St. Nationally Certified Child Passenger Safety Technicians will be on hand to inspect and educate caregivers on how to install and properly use their child safety seats. No appointment is necessary and the safety checks take approximately 20 minutes.

While caregivers of infants or those under age two often seek assistance with child safety seats, we would also like to encourage caregivers of children who ride in booster seats to stop in for a check-up. For a child to ride safely in a booster seat, the shoulder belt should cross the center of the collarbone, while the lap belt is flat across the child's upper thighs.

For more information contact the Sisters-Camp Sherman Fire District at 541-549-0771.



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is done often with a gentle but very specific tissue glide or through positions that shorten the fascia and its receptors. This has the result of immediately improving the tissue function and also of relaxing the protective musculo-skeletal tightening, thereby reducing pain and restoring mobility.