

ADULT ADVENTURES

**One activity will be planned
every other month.**

Most activities will be one day trips, others may involve travel and arrangements for overnight accommodations.

- Trapeze Training
- Golf
- Hike
- Kayak
- Whitewater Rafting
- Cycling
- Dance
- Wine Tasting
- Snorkeling



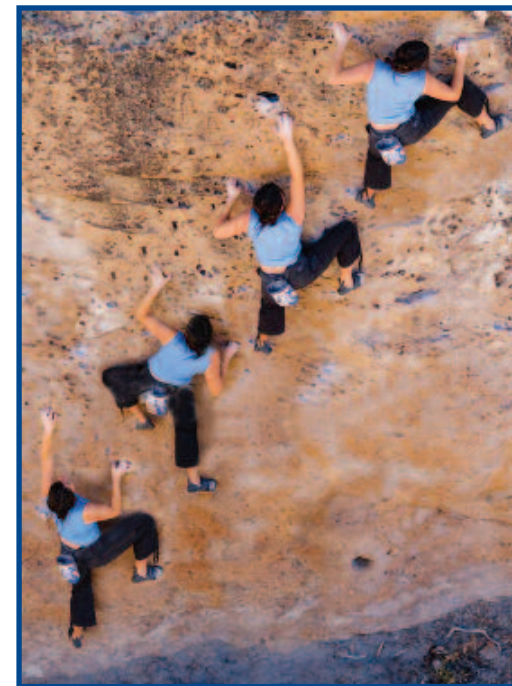
WHAT'S ON YOUR BUCKET LIST?

**For additional information
or for any trip suggestions,
contact:**

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ADULT ADVENTURES

Fitness • Fun • Friendship



**A social and fitness program designed
for adults who enjoy fellowship and
outdoor/indoor fitness activities.**



Mission Valley YMCA
www.missionvalley.ymca.org

STRETCH, BIKE, AND BREAK

Saturday, September 19, 2009 • 8:00 a.m.

EVENT FEATURES: Basic Training Ride

- 20-minute yoga stretch warm-up, mats provided
- 25-mile bike ride
- Enjoy a scenic view of San Diego Harbor from the Plaza of the Cabrillo National Monument
- Finish the ride at the YMCA with a picnic of coffee, juice, fruit and pastries



REGISTRATION: Early registration (*by September 1*).....\$15
Late registration (*as of September 2*).....\$20
Fee includes entrance to the National Monument

DETAILS:

- Meet with the ride leader at the Mission Valley YMCA at 8:00 a.m.
- Warm-up with a Yoga instructor outside (yoga mats provided)
- Scenic Course: YMCA to Fiesta Island, Ocean Beach to Cabrillo National Monument and back to the YMCA. Some climbing involved
- Break: Finish at the YMCA and enjoy a picnic break of coffee, juice, fruit and pastries
- **WHAT YOU NEED:** A bike, a helmet, a full water bottle or two

5 COMMON TYPES OF RIDES

- Commuter or Social Ride - mild to moderate effort, 15 to 20 miles
- Basic Training Ride - moderate intensity, 15 to 50 miles
- Intervals - intermittently high-intensity, 10 to 30 miles
- Long Distance Ride - moderate intensity, 50 to 100+ miles
- Multi-day Ride - moderate intensity, 50 to 100 miles per day

BASIC TRAINING RIDE

Nutritional Tips

This ride is just a bit longer than the 2-hour limit that can lead to the bonk, so snacking on the bike is important.

- **4 days prior** - balanced diet with 60-70% calories from carbohydrates; at least 600 grams of carbohydrate the day prior to the ride
- **4 hours prior** - if the intensity is moderate, eating during this interval is okay; avoid excessively fatty foods and try to eat 2 hours before the ride
- **During the ride** - start eating regular snacks, energy gels, or sports drinks at the beginning of the ride (but, remember calories still count)
- **Post ride** - a post ride carbohydrate snack, particularly in the 10 to 15 minutes immediately afterwards, will take advantage of the window of maximum glycogen resynthesis and may cut down on muscle soreness
- **Fluids** - one water bottle per hour, perhaps a bit more in hot weather