



**THE MON VELO BIKING GROUP OF THE 49er SKI CLUB OF SACRAMENTO
brings you**

Vinnie's Rules *for an enhanced biking experience.*

1. *Water in. Drink lots. If you are thirsty, you are already dehydrated.*
2. *Water Out. Never pass up a restroom. Wet socks are a distraction.*
3. *Never pass up an opportunity to draft another rider.*
4. *When comparing odometers, calorimeters, and altimeters, always use the highest number.*
5. *Accelerate into hills, gear down progressively - balance your pedal speed with your energy output. Climb tough hills at your own pace.*
6. *Biking hurts. You can't avoid it. Distract yourself and cope. Sing a song. Tell yourself a story. Count strokes. The pain shall pass.*
7. *Eat before, during, and after your ride.*
8. *Never run a red light or blow through a stop sign. Always yield when you do not have the right-of-way ... and sometimes when you do.*
9. *Volunteer a friend to fix another's flat.*
10. *Slower riders move to the front. Slow riders never seem to be able to catch-up unless they are already caught up.*
11. *Always fall when you are completely stopped. Keep your elbows tucked in when you do.*
12. *Keep your outside pedal pressed down when coasting through turns.*
13. *Launder your shorts at least once a year.*
14. *Pedal harder to warm up. Ride faster to stay cool.*
15. *Stay warm: Wear long sleeves below 60-65 deg; tights below 55; long fingered gloves below 50. Layer up.*
16. *Keep your tires dry. Never start a ride into rain or impending rain unless you have no other choice.*
17. *Keep your unattended bike locked - even in your garage.*