

GEAR'D UP!



HOT WEATHER BIKING TIPS

SUMMER IS HERE AND TEMPS ARE UP. HERE ARE SOME RIDING TIPS TO BEAT THE HEAT.

DRESS LIGHT.
Wearing shorts, short sleeves and light wicking clothing will help. If you happen to be wearing long pants, try rolling up the pant leg a few inches. For button down shirts, roll up the sleeves and unfasten a top button or two.

TAKE YOUR TIME.
Slow down and keep your exertion level low, especially on uphill where effort can be high and breeze can be low. You will get there in almost the same time – just drier!

DRINK UP.
Fluid intake keeps you cool from the inside and replaces what you lose in perspiration and breathing. Sip throughout the day and take in extra fluids during and after your ride. If your ride is short, water is best, but if you ride longer than 30 minutes reach for a drink containing electrolytes, such as a sports drink or coconut water.

TAKE A LOAD OFF.
Get that bag off your back and use a basket or rear panniers. Your ride will be easier and your back and shoulder area will catch more breeze.

PAT DOWN.
Use paper towels in the bathroom or take a small towel along to pat yourself down and dry off with after your ride.

ALLOW TIME FOR COOLING OFF.
Perspiration continues even after you finish your bike trip—in fact it can be even worse without the natural breeze of biking. After your ride, find a cool place and take it easy for a few minutes. That will help the sweating subside.

Logos: Bike Arlington, goDCgo

Brought to you by BikeArlington and goDCgo.

Summer riding: Beat the heat and take care of yourself.

A friendly reminder, while riding:

- Dress in lightweight clothing.
- Drink water, eat salty foods.
- Lighten the load on your bike.
- Take time to cool down if you are overheated.
- Consider filling an old sock with ice cubes, tie it off with a rubber band or zip-tie and stuff your ice-sock down the back of your jersey.
- Ride slower!
- Exercise early in the morning.

Graphic from our friends at Bike Arlington and goDCgo.

While we're on the subject of heat... Did you know that [SMUD](#) is going carbon neutral by 2030? Why is that important? Let's start with... well, have you been outside lately? Extreme heat is a thing, and today's [SacBee reports](#) that if we don't get a handle on this, then we're looking at 46 days or more of 100+ degree heat by 2035. Yikes!

SMUD is charging ahead (pun intended!) and is doing what they can to cut GHG's because Sacramento is the 7th worst city in the nation for air pollution, and 22% of our kiddos could be affected by asthma as a result of the pollutants in the air. In a recent poll, 80% of SMUD's customers agreed that we can do something to turn climate change around, and this is where you come in.

[Join the charge](#) with SMUD and sign on for clean air, lower temps and a safer Sacramento. Learn more about [SMUD's plans](#) and do your small part to help us #BeattheHeat! #cleanpowercity



Why clean air is important



Improved health

Transportation is the #1 source of air pollution and can make allergies and asthma worse.



Protecting our environment

Climate change increases the frequency and intensity of heat waves, droughts and wildfires.



Our children deserve better

Children in the Sacramento region are 22% more likely to develop asthma than other children in America.



E-bike Education and Experience

We've been hard at work spreading the good news about e-bikes and how they are a GREAT alternative to using your car for short trips around town. Our E-bike Experience and Education team has hosted events all around town with our small but diverse fleet of e-bikes and have helped 100's

of people think through which e-bike may be best for them. No, we are not sponsored by a company, we're providing neutral support so that you can make an informed decision about what e-bike will best fit your needs. If you know of an event, or are planning one, [reach out to Rob](#) and hopefully, we can bring the fleet for test rides.

CARB in collaboration with us and other CBO's is working to support a statewide voucher program that should be coming on line very soon (fingers crossed for the late summer, early Fall). [Bookmark this site](#) to learn more about the voucher program. We are sending out specific e-bike related newsletters, and if you'd like to sign up for that newsletter, [find it here.](#)

Upcoming Events around town

BIKE VALET: CONCERTS IN THE PARK

Concerts in the Park are back ([see schedule](#)) and SABA's got you covered with FREE Bike Valet parking. No more stressing over where to lock your bike, or if it'll still be there when you return!

Date: Friday, July 12, 19 & 26

Time: 5:00 pm -9:00 pm

Location: Cesar Chavez Park

MIDTOWN FARMER'S MARKET

We've moved! You can find bike valet



SABA Bike Valet provides convenient, secure, no-cost bike parking at **Golden 1 Center** events. Find us near *Urban Outfitters*. To reduce wait times, scan the QR code and digitally sign in while you stand in our queue. Check our [events calendar](#) for Valet-supported events.

around the corner from Pacos on K Street. Drop off your bike and get those Saturday AM errands run at the Farmer's Market. We'll have your bike waiting for you.

Date: Every Saturday through the summer
Time: 8:00 am – 1:00 pm.
Location: 2010 K St.

CAPITOL AIR SHOW

BARC + SABA will be on hand at the Capitol Air Show this weekend. Ride over in the AM when it's cool, and watch the show!

Date: Saturday & Sunday, July 13–14
Time: 3:30 pm – 10:00 pm
Location: Mather Airport, 10425 Norden Ave. Mather

We're growing and hiring! If you have passion and interest in making the world a better place through bicycles, then we want to hear from you!

Bike Valet

Our Bike Valets are the heart and soul of SABA. We take care of your bike so you can attend an event or a market without worrying about whether your bike will be there when you get back to it.

We could use some more great people who believe in SABA's mission for Bike Valet. Click on the button and shoot us an email.

Comms Manager

We're looking for a great communicator! Someone who can manage our social media, help write press releases, work on our new website (soon to be unveiled) and keep SABA out there on the interwebs!

If you can work with us part-time (20–25 hours a week), then we'd like to hear from you! [Find out more here.](#)

Bike Mechanics

Our set of bike mechanics are the envy of town. Did you know that we just supported the AIDs LifeCycle ride with SABA's bike mechanics? Basic knowledge is necessary, but everyone is constantly learning on the job and getting better together. Click on the button above to find out more! Come learn by doing and earn some dollars too.

Support SABA today and become an advocate for safe streets.

We're working for commuters, recreational riders, students, and seniors.

We're working for YOU.

Become a **SABA supporter** and help us continue offering programs like *Project Activation Meadowview*, social rides, bicycle classes, bike valet, and *Ride Ready Repair* services.



Your support will underwrite our efforts to make the Sacramento region a safer place for **everyone** to ride!



Gear'd Up is proudly presented to you with support from our friends at [REI Co-Op](#), [Washington Commons](#), [Centene](#), [Metro Air Park](#) and [Capitol Yards](#).

Find out how your organization or business can help make Sacramento the best place to ride a bike. [Join us!](#)

Sacramento Area Bicycle Advocates is a 501c3 nonprofit organization. Your donation is tax-deductible.



Sacramento Area Bicycle Advocates | 909 12TH ST STE 110 | SACRAMENTO, CA 95814-2942 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!