

Beat the Summertime Heat

Every dedicated motocross racer out there knows that the heat and humidity can be one of your worst enemies at this time of year. When it gets really hot it makes it hard to do even half the laps at the same speed you normally could. Likewise temperatures over 100°F can easily cause a fully geared- up rider to suffer from heat stroke. One good thing about it is everyone out there has to deal with it too. So, if you can figure out how to beat the heat you will have a major advantage over your competition on race-day.

When preparing to go out riding on a hot and humid day the first thing that you should think about is hydrating yourself very well. If you do not have adequate water in your body you will not sweat properly which will cause you to overheat quickly and suffer from heat stroke. The more water you drink the better off you will be when fighting the heat because the only way your body can cool down is by sweating. One interesting fact is that you should always drink room temperature or warm water on really hot days because it hydrates you faster. Cold water has to be warmed up in your stomach before it can be absorbed by your body. Once you are completely hydrated it is safe to go out riding in small increments of time, being sure to take breaks when you feel like you need one.

While out in the heat you may wonder how the pro riders can go so fast with hardly ever showing signs of fatigue. One part to this is just being out there enduring the heat as much as you can. The more time you spend in the heat the more adapted your body will become to it. You will also build up a tolerance by doing this as well. This means you will be able to perform for longer than those who do not have a heat tolerance built up. Another trick to beating the heat is adopting a riding position that does not require you to muscle the bike around. Most of the pros have a riding style that flows with the motorcycle thus allowing them to save energy. By utilizing correct form you can get comfortable enough to ride an entire race and come off the track feeling good.

This is the main weapon that any good rider will use to beat the heat, and this is exactly how the pros go so fast. It is important to take small steps at a time when training in the heat, because it can take a few weeks before you become completely adapted to it. This is important because overheating or heat-stroke can be deadly to an athlete who is not in top condition. Because many of us are not in top physical condition you should stop frequently to hydrate and cool down. You should always seek out the shade too, when pulling off of the track to rest. On days when it is not humid out it will be hotter in the sun standing still, than it would be on your bike when you're moving. Always remember that conserving energy reduces body heat given off by your muscles, and drinking water replenishes water lost through sweating. These are the two most important factors that dictate how you will experience the heat while riding. Beyond these two tips all you can do is learn to tolerate and live with the heat.