

### ***Medical Health Tips for Cyclists***

Participants in the Argus Cycle Tour 2010 can expect 5 hours of exertion and exhilaration, but these quick tips should help cyclists prepare for a safe, comfortable and successful ride.

#### *Before starting:*

- Train sensibly
- Eat sensibly
- Check your health risks – blood pressure; cholesterol levels; blood glucose levels
- Discuss your health/ medical concerns with your doctor prior to the race
- Ensure that your most recent medical information (incl. medication, injuries, allergies) is updated with the Cycle Tour Trust prior to Race Day
- Wear suitable protective gear and remember to apply sun protection regularly
- Save the emergency number on your cellular phone so that you can call for help if necessary along the route: **021 434 1198/ 99**

#### *On route:*

### **1. Cramping**

#### *Symptoms*

- Involuntary contraction of the muscles – usually painful

#### *What to do*

- Warm-up before starting

- Stretch
- Place ice on the affected area
- Rub/ massage the affected area
- Check your fluid status
- Visit the Medi-Clinic medical tents or physiotherapists along the route

## 2. Hydration

### *Symptoms*

- Thirsty/ dry mouth
- Stop sweating
- Skin elasticity is loose
- Pass less urine
- Dizziness
- Excessive tiredness

### *What to do*

- Rehydrate – take 400-800ml of fluids per hour while cycling, depending on your physique
- 5 hours of cycling =  $\pm$  3 litres of fluids
- When feeling thirsty, take a drink
- If you feel tired, you do not necessarily need fluids – beware of taking too much fluid
- If unsure, visit the Medi-Clinic medical tents along the route or phone for help

## 3. Fatigue and poor concentration

### *Symptoms*

- Your energy levels are low and you may have fluid and electrolyte imbalance

### *What to do*

- **You need professional help.** Visit the Medi-Clinic Medical Tents along the route or phone for medical assistance

#### 4. Heat exposure (depending on weather conditions)

##### *Symptoms*

- Headaches and nausea
- Stopped sweating
- High temperature
- Sunburn

##### *What to do*

- **You need professional help.** Visit the Medi-Clinic medical tents along the route or phone for medical assistance

#### 5. Falls

These can happen anywhere but look out for:

- Hospital Bend
- Bottom of Boyes Drive
- Patridge Point
- Soetwater
- Expect wind
- Ensure your water bottle is secured properly

##### *What to do*

- If you cannot continue, phone for medical assistance

#### 5. Illness

##### *Symptoms*

- Nausea
- Gastro
- Influenza

##### *What to do*

- Do not ride if you feel unwell! If in doubt, stop at a medical tent along the route for advice, treatment or assistance.

**7. Over-use injuries**

- Do not place unnecessary stress on your joints
- Set your saddle up correctly to prevent knee and hip pain
- Be comfortable

**8. Nutrition**

- Eat a balanced breakfast on the day of the race
- Take food to eat along the route
- Do not rely on artificial boosters (these may cause nausea & gastro on the day) - nothing replaces healthy nutrition

For general health information, contact details of hospital facilities or specialist practitioners, please visit: [www.mediclinic.co.za](http://www.mediclinic.co.za)

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