

**Official Newsletter of the
Cyclists of Gitchee Gumee Shores**

COGGS Talk



Volume 15, Issue 1

Spring 2008

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Chairperson's Address

This year is shaping up to be an exciting year for COGGS. Like years past we will be putting on two of the best MNSCS series races, the Dirt Spanker at Mont du Lac on June 22nd and the Powder Monkey at Spirit Mountain on July 27th. Along with the races we will have our Tuesday night mountain bike rides at Mont du Lac, which is a great opportunity to ride some of the best single-track in the area and get to know other cyclists.

One aspect of COGGS that I am very excited about this year is going to be further trail improvements in a number of different areas. Trails will be added at Mont du Lac and several of the popular trails in the area will be tweaked slightly to improve ride-ability and sustainability. Our newest trail project is in the Piedmont area where we cut 8 miles of single-track last fall. Trail work will continue as soon as the conditions permits and when all is said and done we should have 12 miles of single-track stretching from Hutchinson road to Haines road. If you would like to help with this project, stay tuned to the COGGS website for trail work announcements.

Along with rides and trail building, COGGS will be assisting with several events aimed at promoting cycling within the community. Volunteers will be present at the United Way bike swap, the Superior Housing Authority Bike Rodeo (which supplies 150 kids with bike helmets) and a bike clinic for middle school-aged children in the Superior school district on May 15th and 16th.

Please come and join us for any of the above events. Great things are happening within the Duluth cycling community and we want you to be a part of it! Come ride with us, build trail with us and volunteer with us. Be sure to become a COGGS member to show your support for promoting cycling in the Twin Ports.

Ride on,

-Adam Sundberg

Join or Renew Your Membership Today

Just fill out the application in the newsletter and send it in with your membership dues. You will then be added to the COGGS listserv, so that you may receive important updates such as meeting announcements, trail work, race info, social gatherings, etc.



Dirt and Tools

Get your boots and gloves ready as 2008 will be a year full of trail work!

We have several exciting projects projected on the 2008 calendar and we need your help. The benefit to all of us will be improved existing trails and new trails to ride. Our goals for the summer –

- *Hartley trails* - projecting 3rd week of May to 1st week in June as weather permits with focus on the trails in the southern and southwestern parts of the park
- *Lester trails* - building new bridges
- *Mont du Lac* – adding trails
- *Piedmont trails* - finishing touches on existing trail and new trail building west of Haines

DATA (Duluth Area Trails Alliance <http://datadirt.wordpress.com/>) is a group of people dedicated to conserving open green corridors for trail use, developing and maintaining sustainable trails to promote healthy recreational opportunities and encouraging citizens and visitors to explore the natural world right out their back doors. The trails DATA builds are for multi-purpose foot travel, mountain bike riders included. We encourage you to attend their meetings or assist in their future trail building activities as their goals are similar to our goals and should be every mountain biker's goal: trail access in every neighborhood with connection from east to west ends of Duluth. One of their upcoming projects is "section 23", which connects Chester Bowl to the Twin Ponds (Piedmont trail area).

Stay tuned to your e-mail for work day announcements and please spread the message to your friends and others that enjoy the Duluth area trail system. The more people we have to help the more trails we have to ride!



COGGS 2008 Race Events

Dirt Spanker –Sunday, June 22, 2008

Cross-Country Mountain Bike Race and Trials Competition at Mont Du Lac Ski Area, Duluth

Powder Monkey –Sunday, July 27, 2008

Cross-Country Mountain Bike Race and Trials Competition at Spirit Mountain, Duluth

***See MNSCS at <http://www.mnscs.com/page/show/4822> for more information.



DRINK UP!

Fluid replacement before, during, and after exercise is important to prevent dehydration, for optimal performance, and post-exercise recovery. Minor dehydration impairs concentration, coordination, and reaction time, reduces stamina and compromises the body's ability to resist disease. Excessive dehydration (>2% of body weight loss) impairs performance and increases the risk of heat illness. On the other hand, over hydration can cause a dilution of blood sodium levels (hyponatraemia). Symptoms include headaches, disorientation, coma, and in severe cases, death.



FLUID GUIDELINES

PRE-EVENT/TRAINING: The goal of pre-hydration is to start your activity hydrated. Make sure to drink several beverages at your meals or between meals. Drink 16 oz (2 cups) of fluid about 2 hours before exercise to promote adequate hydration and allow time for excretion of excess water.

IMMEDIATELY BEFORE EVENT/TRAINING: Drink another 6-8 oz of water or Gatorade.

DURING EVENT/TRAINING: Drink 4-8 oz (1/2-1 cup) every 15 minutes. If the event is longer than 60 minutes or is very intense, Gatorade or other sports drink should be used instead of water, to replace electrolytes and energy (carbohydrate source). 16-32 oz of Gatorade should be consumed in these conditions.

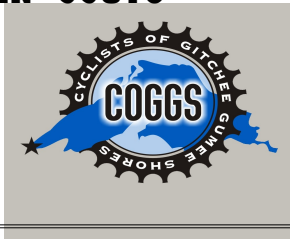
POST EVENT/TRAINING REHYDRATION: Drink 2-3 cups (16-24 oz.) for every pound lost during the duration of exercise, plus any additional fluids consumed during activity and any fluids loss to urine, to achieve rapid and total recovery from dehydration. Of course, always make sure you rehydrate before consuming your favorite alcoholic beverage.

Happy and healthy riding! **-Sherie Nelson, RD, LD**

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COGGS

**PO BOX 161261
DULUTH, MN 55816**



Mailing address here

www.coggs.com

Find inside Adam's address, pre-season tips, trail work updates, upcoming race dates, membership application, and more...

MARK YOUR CALENDAR!

United Way Bike Swap -Friday –Sunday, April 18-20th. At Continental Ski & Bike 1305 E 1st St. COGGS is a sponsor for this event, thus we need to provide volunteers for the swap in 2 different ways. One, man the COGGS membership table and tell people how wonderful it is to be in COGGS and facilitate them applying. We have Saturday booked for a membership drive, but we need people on Sunday. Or two, help with bike and buyer management at the Swap. Good knowledge of bikes is needed as you will be there to assist buyers with questions. There are times between noon-8 pm on Friday and 8-4 on Saturday and Sunday to help with this. Friday night is a good night to work if you have a solid knowledge of bike pricing. Contact Adam Sundberg at adamsundbergdc@hotmail.com to sign-up or for more information.



Piedmont Trail Clean-up –Saturday, May 3rd. Location of start point to be determined. This clean-up is organized by the Duluth Bow Hunters organization in appreciation for the privilege of hunting in the city of Duluth. COGGS members are encouraged to pitch in to also show their support and appreciation. Look for an upcoming announcement via e-mail from your trail coordinator or contact Matt Evingson at mevingson@hotmail.com.

Bike Clinic in Superior - bike clinic for middle school-aged children in the Superior school district on May 15th and 16th. Contact Ross for more information at bike_ross66coe@hotmail.com.

COGGS Annual 'Kids Bike Rodeo' -Thursday, June 5th. At the 1200 block of North 5th Street in Superior. It is held in conjunction with the Superior Housing Authority's 'Safety Day'. At the Bike Rodeo we give away over 100 bike helmets to any child that needs one, and then allow them to ride their bicycle through a simulated road and obstacle course. We need COGGS members to do a demo trials course and to setup, fit helmets, ride trials, supervise the obstacle course and break down. We also need a bike mechanic (need to bring a bike stand, basic tools and lube). The Rodeo runs for about 2 hours from about 4:00 to 6:00PM. If you can help at all please mark your calendar and call Gerry O at (H)715 398-7113, (W)715 395-6343, (C)218-393-0443.