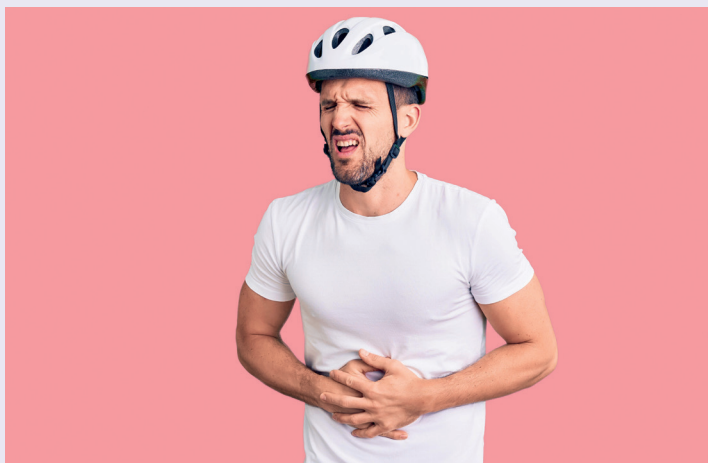


CYCLOPEDIA

Questions answered, subjects explained – Cyclopedia is your bimonthly cycling reference guide



Right: Alamy

Health

Hard to stomach

Q
&
A

Q I'm having stomach and bowel issues on long rides. Riding 100km is fine, just some flatulence after. Riding 150km has me feeling slightly nauseous and I need to wait a couple of hours after the ride before eating. Riding 200km is another matter – I've had significant stomach pains later, and I've either stopped eating and drinking or had a couple of stops for diarrhoea.

Neither option is good! I'll experiment more with food types and amounts but wondered whether there's any medication I can try?

Name withheld

A Gut problems are common in endurance athletes, both running and cycling.

They are thought to be due to multiple factors including dehydration and low blood supply to the gut, as well as faster food passage during exercise. It is helpful not to eat too close to starting a ride, and to avoid stodgy food like a cooked breakfast. During the ride you will need adequate fluids, electrolytes and glucose, and there are commercial products available like gels and powders for your water bottle.

Most audeax riders prefer real food and learn what suits them, such as a banana or a flapjack or even home-made rice balls or cooked potatoes. If you practise your snacks during training rides you will learn

Coronavirus

For up-to-date cyclists' advice regarding Covid-19, visit: cyclinguk.org/coronavirus

Your Experts



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what suits you. Avoid new things during an event. Afterwards you need fluids, calories and protein so a whey powder drink or just some convenience shop chocolate milk is often enough to tide you over until you feel able to eat a proper meal.

Guidance suggests the following will help if you are susceptible: avoid high fibre food; avoid sweeteners; avoid caffeine; don't eat high fat-foods; drink plenty of fluids; avoid painkillers like ibuprofen or naproxen; and wear comfortable clothes.

Taking medication like Imodium won't harm you but working out what suits your body is much better.

Dr Kate Brodie

Technical

Stuck pedal removal



Q After over ten years the bearings in the left-hand pedal of my workhorse bike gave up the ghost. I had only moderate trouble removing it – several squirts of WD40 and Muc-off and 'jumping' on the spanner. The right-hand pedal has refused to shift with similar treatment. YouTube suggested gently heating the crank arm at the pedal end. Is this a possibility?

brianleach, via the Cycling UK Forum

A Assuming you are turning the spanner the correct way – the right-hand pedal has a conventional right-hand thread – heating the crank is probably the best option. You could also try chilling the axle with a freezing spray at the same time, as the thermal expansion/contraction difference between crank and axle may loosen the latter's grip. Pedal threads should always be greased before assembly to prevent micro-welding between the threads as they move against each other during pedalling.

Richard Hallett