

Safety Concerns For Mountainbikers

Wineries of Utah and Colorado

Hydration is always the most important concern for mountainbikers. There is no set rule for the amount of water you should take for a given period of time, but it is advised to take at least three full large water bottles on any three-hour ride (this may be adequate for full day rides during the cooler days of fall, spring and winter). For summer day rides of four to six hours, take three water bottles and a pack mounted hydration system that can carry at least 72 ounces of water. Stop at any spring along the trail and add more water to your bottles, even if you don't think you'll need it.

There are a number of factors at work that contribute to the amount of water your body needs on any given ride: temperature, the amount of effort you expend during the ride, the way you drink the water you have, what you did before the ride and what you had to drink or eat prior to the ride. If you rode a particularly difficult trail the previous day your body is still in the process of rehydrating.

*Plan the ride
schedule according
to season.*

Plan the ride schedule according to season. In summer begin your days before sunrise and try to stay out of the midday sun as afternoon summer rides in Canyonlands is like placing yourself in a pre-heated oven, as the red rocks absorb the sun's energy like solar cells and reflect it into the air above the trail.

Exposure and dehydration are tricky. You usually don't feel the effects until it is too late. If you are dizzy, drink. If you are running out of water, do not conserve it—drink it.

If you come across a dehydrated person, do not give him or her ice water or cold liquids. Give them warm water only! ☺

Due to very strict state alcohol laws, any wine produced in Utah in the past was decidedly homemade. With the semi-loosening of Utah's restrictions, and a serious effort by Allen and Anita Bradford, Moab now sports the only commercial wine maker in the state, Arches Winery, 435-259-5397. The Bradford's baby currently produces a total of 13 wines; 10 whites and three reds. The former includes sweet, semi-sweet and dry entries; the latter, a Merlot, a Cabernet Sauvignon and a Pinot Noir blend called Utah Black.

One hundred miles north and east, across the state line, Colorado's first commercial winery (since prohibition) opened in Palisade in 1968. Today there are six producing wineries in this town of 2,500 and two more on the way.

The first white settlers in western Colorado's Grand Valley knew that the two rivers that meet there brought abundance of water. They quickly learned that the soil at the east end of the valley was perfect for certain crops—and poor for others. In fact, the first grapes were planted in the valley within two years of its 1881 settlement.

Local conditions of warm days, cool nights and low humidity, plus proper soil, and intense, high altitude sunlight, have created an ideal situation for the cultivation of wine grapes. That quality has been reflected in recognition at very high levels. Colorado wineries have been bringing home the Bronze, Silver and the Gold for years. ☺



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