Bicycling Medicine: Cycling Nutrition, Physiology, Injury Prevention and Treatment For Riders of All Levels

Arnie Baker
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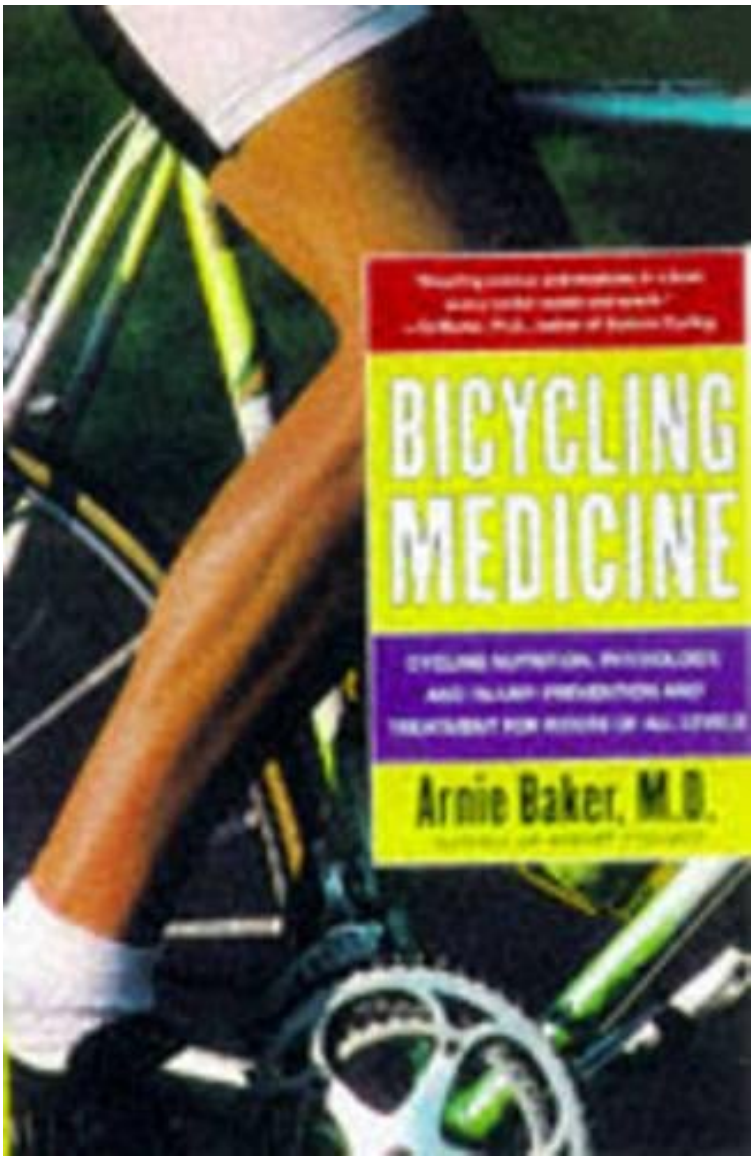

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Arnie Baker : Bicycling Medicine: Cycling Nutrition, Physiology, Injury Prevention and Treatment For Riders of All Levels before purchasing it in order to gage whether or not it would be worth my time, and all praised Bicycling Medicine: Cycling Nutrition, Physiology, Injury Prevention and Treatment For Riders of All Levels:

30 of 31 people found the following review helpful. Essential advice for tour leaders and participantsBy M. J. MccaffreyDr. Baker casts a properly jaundiced eye on current "health" fads (botanical/herbal preparations, hormones, vitamins, etc.) and keeps the discussion focused on sound medical practice and nutrition. I'm not a racer in any sense; but I've suffered my share of "road rash" and hit my personal wall more than once while distance touring. Dr. Baker's advice is helpful for both prevention and treatment. If you want to understand what fuels your muscles; how to treat a sprain; when, where, how, and how often, to train; what "crotchitis" is and how to treat it -- this is your book. It's going into my library of core training materials for our staff.0 of 0 people found the following review helpful. Five StarsBy CustomerVery informative and useful for me. A good addition to my cycling library.57 of 60 people found the following review helpful. Really for "Riders of All Levels." Incredibly complete.By John H. HendersonSo many books on cycling health or training start with an assumption that your last name is Merckx, Armstrong or LeMond. Biking is, in my opinion, the most excellent way for someone overweight and in poor cardiovascular health to get into shape, as few other activities allow someone to ease into better performance. Being one of those people, I was persuaded to buy Bicycling Medicine because the subtitle said "for riders of all levels." This book is true to its title.The author, Arnie Baker, is a physician, a competitive cyclist and cycling coach. I liked his very conservative view of medicine. He does not hype techniques and products, and gives a balanced view of advantages and disadvantages of the subjects. (After reading the effects of too much vitamins, you will probably not want to take supplements again.) He honestly discusses the limitations of medicine and medical testing.The book is divided into five parts, and further divided into 81 mini-chapters. Each chapter tackles one subject in a succinct manner - short, easy, but adequate. Most chapters starts with "What We're Talking About" that introduces and defines the subject before delving more deeply into it. Some of the subjects are nutrition, energy use vs. effort, vitamins, performance aids, heart rate training, muscle physiology, optimum cycle fit, injury treatments, medical problems and general health. The range of topics covered is simply astounding. Baker even discusses how to urinate while riding, which side of your body is best to sleep on, and how to shave your legs. He discusses gender-specific topics honestly and maturely, as you would expect from a physician.The book is sparesly illustrated, and does not require many additional figures, but if you need lots of glossy photos of racers cutting through corners to keep your attention, you won't find them here. Most of the figures in the books are of a cartoon character demonstrating a very complete array of stretching exercises.My complaints are very few, and are to be considered more of suggestions for later editions. A couple of additional figures could be helpful in the bike fitting sections. I was a little confused by "...angle from the horizontal formed by the knee at the bottom on the pedal stroke." (p.119) I think I get it, but I'm still not quite sure. "Handlebar angle" on p.149 could have been illustrated. On p. 97, energy and power are confused. This is important to an engineer such as myself, and I think the author understands it, too, but got lazy at this point with the terminology (work is energy and is therefore not measured in Watts, which is power). On pp. 110-111, while I understand efficiency very well, I am kind of lost by his definition of economy. And the related example confuses me more. Is economy energy per distance, or energy per speed? "Fewer calories are needed to travel at the same speed" doesn't make total sense without establishing the distance over which the speed was maintained. Figure 1-4 has "Low," "Medium," and "High" exercise intensities on the x-axis of the graph, and in the text he defines these as 65%, 75% and 90% of maximum heart rate. Why not just put those value on the graph?Again, I consider these complaints minor.I recommend this book to everyone who is beginning cycling and wants to cycle for fitness, or has any desire to measure and improve his performance. It is a fantastic starting point. After reading this book, you will have enough understanding to ask other questions or to seek out more in-depth resources on the subjects that interest you most. Someone with years of cycling involving some sort of training may find the book somewhat basic, though, but it may still be a useful, very general, reference.

Whether you're a novice rider or a championship racer, Bicycling Medicine shows you how to prevent and treat all kinds of bicycling-related aches and pains.Coach Arnie Baker, MD, explains how to diagnose minor and major problems, offers do-it-yourself solutions, and alerts you to conditions that require a doctor's attention. A special section on bicycling physiology illuminates the demands cycling puts on your body, and thorough discussions of diet, exercise, and nutrition reveal the best ways to keep your performance at its peak.

Camilla Buchanan, M.D. Bicycling Magazine Fitness Advisor Bicycling Medicine belongs in the library of every serious cyclist. The lucid explanations, economical writing, and easy to-follow format make this book a joy to read. It is destined to be a classic among cycling books.Dean Golich, Physiologist U.S. Cycling Team An exciting step into a generation of cycling books that emphasize science and [a] commonsense approach to training.Roger Young World and Olympic Champion Coach The more coaches who have this book, the better for the bike riders.About the AuthorArnie Baker, MD, author of Smart Cycling, is a licensed USCF coach and practicing physician. He has coached racers to more than fifty U.S. National Championships and dozens of United States records. Dr. Baker serves on the fitness board of and is a frequent contributor to Bicycling magazine. A medical consultant to USA Cycling and the USCF, he is also a category 1 USCF racer, a five-time national champion, and a five-time United States record

From the IntroductionThe major requirements of sound nutrition are water, calories, vitamins, and minerals. Calories come from carbohydrates, proteins, and fats. All known caloric, protein, vitamin, and mineral needs can be met by a varied and healthful diet.The body needs a certain amount of protein and fat to work properly, but the necessary amounts are small compared with the amounts most of us consume. Almost all of us who eat meat, fish, fowl, or dairy products regularly get more than enough protein; we don't have to monitor our intake. The same situation applies to fat intake, whether you're a vegetarian or not: most of us get many times the daily requirement of fat.Since carbohydrates are inexpensive, easily digested and metabolized, and associated with less health risk than fats, they form the dietary cornerstone of caloric intake. Also, fortunately, as you'll read soon, they are the preferred fuel for high-intensity exercise and the mainstay of the aerobic endurance athlete.The needs of a cyclist may, at times, differ from the nutrition required for good health in general, but this is unusual. General nutrition principles still apply. A variety of foodstuffs in moderation provide a "balanced diet."In some ways, optimum nutrition is a lot like a bicycle tire -- you need the right amount of air. Too little and your tire is flat; you don't go fast enough. Too much and it may have side effects: a harsh ride or a burst.Not enough of the right nutrients, and you may fatigue easily. Too much, and side effects may also limit your performance!