

# Cycling Advice for Training, Riding and Racing



**Summer is in full swing and what better way to enjoy it than on two wheels. Biking is a great and fun way to explore your community while getting in some cardiovascular exercise. Whether you're training for your first century ride or riding to the park with your kids, here are a few tips to remember:**

1. Make sure your bike fits you properly. If you are riding regularly, a good fit is critical. A proper fit can prevent many overuse injuries that are caused by poor mechanics. If your hands or feet are going numb – that's a clue you need to adjust how your bike fits.
2. Remember to keep yourself hydrated. If you are riding for over an hour, pack some form of electrolytes for your water bottle as well.
3. Wear a helmet any time you are on your bike, even if you are only riding a block away to your local park. Injuries often happen close to home.
4. Wear sunscreen. If you are out for a long ride, don't forget to reapply.



## **Dr. Jennell Kopp**

A native of Colorado, Dr. Jennell Kopp is board-certified in family medicine and sports medicine. She received her bachelor's degree in Kinesiology from the University of Colorado in Boulder and her medical degree from Lake Erie College of Osteopathic Medicine in Erie, Pennsylvania. Upon completion of residency at St. Anthony's Family Medicine Residency in Westminster, she furthered her education through a sports medicine fellowship at the University of Kentucky in Lexington.

When it comes to treating patients, Dr. Kopp believes in helping her patients live as active of a lifestyle as they can. She enjoys helping her patients pursue their life's passion with the best health they can achieve.

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