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METROMINT CYCLING OFFERS TIPS ON TRAINING AND FOR STAYING COOL IN SUMMER HEAT

Combating dehydration and fatigue during the summer is a key skill for achieving successful results in training and racing: Metromint cyclists tell how

SAN FRANCISCO, CA –Metromint Cycling (www.metromintcycling.com), the co-ed cycling team sponsored by Metromint (www.metromint.com), the all-natural mintwater company, has taken more than 130 top ten finishes so far in the 2006 racing season, and continues to compete and train vigorously year round. With the hot summer upon us, sustainable success requires additional skills in managing the effects of heat on training and racing.

During the summer, dehydration can cause weakness and fatigue that prevents riders from achieving peak results. Combating hot weather is a skill and key element in achieving successful results in training and racing. Here are some tips from some members of the Metromint Cycling Team about how to stay cool, hydrated and fight fatigue during the warmer weather ahead, along with general training advice. The team will utilize these skills as major summer races approach, including SUPERWEEK 2006, held in Wisconsin and Illinois July 7-23rd when 8 of the Metromint Cycling racers will compete, and in the Manhattan Beach Grand Prix, held in Southern California on August 13, when 13 racers will compete.

Q. How do you stay cool and hydrated during warm weather riding?

Katie: Start hydrating up to two days before a warm weather event. I like to make sure that I'm taking in enough electrolytes or sports drinks other than just water, so that I don't dilute my body's natural salt concentration. Staying cool involves getting out of the sun as soon as possible after training or a race.

Aaron: Drink at least one 16 oz bottle of water or sports drink per hour on the bike. In really hot weather you should drink two 16 oz bottles per hour. If more than adequate water is available during competition try squirting water on the face, head and neck as that can actually lower your body's core temperature.

JD: Drink 4-6 oz. every 5 minutes while riding. Keep drinking after you ride. Fill your bottles with something you enjoy (Metromint?) as you will be more likely to keep drinking. Include some salt and electrolytes in your liquids to replace those lost in sweat.

Q. What is a training schedule, and what advice do you have about it?

Elaine: A training schedule is typically comprised of a base training phase, which can last several weeks to a few months. This phase is comprised of long, slow, low heart rate rides or

activities. This phase is used to build aerobic fitness. Next is the build phase, which lasts several weeks. During this time, workouts become longer and more challenging. The goal is to make the cyclist stronger, more powerful, and to achieve greater endurance at higher levels of work. All of the training culminates in the peak phase, when the cyclist's training has taken him/her to their best peak performance. Peak performance can last up to a month, depending upon how solid the athlete's fitness foundation is. During each of the phases always build in rest periods when the body is allowed to recover from strenuous training.

Katie: Stick to your training plan. Be patient. You may not notice the results of your training and the benefits until later on in the season when you are trying to “peak” for a race.

Aaron: Ride faster than you want to ride on your harder days and slower than you want to ride on your easy days. Make sure that you have enough easy days in your training program to recover from the hard days.

JD: Ride at the same speed you will ride during the race. If you are training for a century for example, then 2-3 training rides averaging 20 MPH will help achieve your goal. Recovery is just as important as training. Make sure that you give your body enough time to recuperate and adapt to the training.

Q. Do you have any advice for competing successfully?

JD: Lay out your gear and food the night before. The three most important things are your racing license, shoes and helmet. Everything else can be borrowed. Mentally rehearse the race or ride in your head and visualize how you will powerfully conquer every difficulty.

Aaron: Practice eating on training days, as you plan to on race day. Or, to put it another way, don't experiment on race day. Stick with what works. This advice applies to equipment too. Don't try gluing your first sew-up tire the night before racing on it. Rest the day before the race. Watch a movie, go bowling, play video games, whatever. The day before is too late for interval training. If you do ride, ride easy and make sure you feel fresh at the end of your ride.

Q. What is your advice on equipment?

Katie: Find out what works for you. Use the recommendations of others who are experienced in the sport, but ultimately you have to feel comfortable on your bike and in your gear.

Aaron: Clean your bike. Your mechanic will love you for it and you're less likely to have a mechanical problem during a race. At least once a week, wipe the chain and drivetrain gears with a rag and relube the chain. This, at a minimum, will help you make the crucial shift at the critical moment. Stay away from superlight components unless you are a flyweight (very light) rider. The lightest parts out there won't help you win a race if they break before the finish.

JD: Make sure your drivetrain is clean and well lubricated. You should clean your chain every couple hundred miles or 4-5 rides, whichever comes first. Increase the frequency if you're riding through lots of dusty or wet roads.

Q. Are there women-specific considerations for training?

Elaine: Coaches sometimes recommend that women take additional vitamins during training, such as iron, calcium, Vitamin E and a good multi-vitamin. This helps to ensure that your body has all the building blocks available to maintain and build strength and endurance. Some women cyclists also make sure they include extra protein in their diets, in which case they should drink more water, too.

Q. What do cyclists do in the off-season?

Elaine: Typically cyclists use the fall and winter months to rest from a long season and then build a strong aerobic foundation upon which to build racing fitness for the following season. This foundation is built through a "base training phase," which translates to long, low heart-rate rides. These long rides promote extra vasculature growth in the muscles, and increases mitochondria in the muscles, which will eventually translate into power. Many cyclists also use this opportunity to do some weight training, as well as some cross-training such as cross-country skiing.

The Metromint Cycling Team has an extensive race schedule throughout California and the rest of the country. The 2006 racing season began in January and extends through September. For a complete list of races and events or to learn more about Metromint Cycling, visit www.metromintcycling.com.

About Metromint Cycling

Metromint Cycling a.k.a. "The Blue Dots" is an amateur bicycle racing team comprised of men and women of all ages and backgrounds, and has existed under various sponsorship for the past ten years. Members of the team train every day of the week all over the San Francisco Bay Area, and participate *en masse* for races that are a priority to the members and to Metromint. The Metromint Cycling team co-produces the Giro di San Francisco annually on Labor Day—a historical race in the city of San Francisco that draws talent from across the country and generates significant local publicity. Each member of the team shares not only a passion for cycling and competitive spirit, but also a commitment to promote the sport through volunteer efforts and community involvement. The team's mission is to support the road bicycle racing activities of its men and women members while encouraging upward development of its riders to create a competitive elite racing team that develops new talent organically. The team also partners with local organizations such as Bay Area Women's Cycling, the San Francisco Bicycle Coalition and the Oakland High School Composite Mountain Bike Team.

Metromint Cycling's commitment to the development of men and women racers, and the accompanying emphasis on the positive, healthy lifestyles of its racers, is at the core of Metromint's team philosophy. For more information about Metromint Cycling visit www.metromintcycling.com.

About Metromint

Metromint is mintwater, pure and simple. Not only does it provide rapid refreshment and an instant cooling sensation, it also provides several natural benefits: mint calms the nerves, soothes and revives the body, stimulates the brain, and energizes the senses. The natural menthol in Metromint also freshens the breath, and can reduce inflammation in the nasal passages and can clear congestion related to colds and allergies.

Metromint is the brainchild of Rio Miura and Scott Lowe. Born in Japan, with a background in product and fashion design, Miura conceived the recipe for Metromint and designed the packaging. Lowe, a Stanford graduate with a degree in International Relations, is responsible for product development and oversees operations. Together they run Soma Beverage

Company, LLC, a small group dedicated to making great-tasting beverages that combines the purest ingredients with innovative packaging and extraordinary taste.

Metromint has single-handedly created a new beverage category called mintwater, which combines the properties of functional and flavored water. Metromint is also quickly gaining popularity in the enhanced, and premium bottled water categories.

Metromint continues to win accolades from national media including *U.S. News & World Report*, *Real Simple*, *Fitness*, The Today Show, and the Food Network. Metromint Peppermint was introduced at the Fancy Food Show in January 2004 and won a "Best of 2004" new product award from Bevnet.com. Metromint's newest variety, Metromint Spearmint was recently introduced in March at the Natural Products Expo West and won a Best New Beverage Award and received a 4-Star rating from BevNet.

Metromint Peppermint is available in 500 ml. size for \$1.39-\$1.99 per bottle (retail) and in six-packs \$6.99-\$7.49 (Retail). Metromint Spearmint will be available in stores starting spring '06. Metromint has a loyal following among discriminating consumers and is available in stores nationwide including Whole Foods Market, Safeway Naturals, Wild Oats, and other natural food outlets. For more information, visit www.metromint.com.