



These biking tips will help you stay safe, healthy and fast!



A helmet is absolutely essential while riding. Don't be caught dead without one.



Wave (or nod if you're too cool) to other cyclists passing by. You're part of a great community!



Before riding, look at your brakes and make sure they aren't rubbing on the wheel.



Try to bike to work once a week if it's within a reasonable distance from your house.



Go your own pace. Remember the tortoise and the hare? True story.



Consistency is key, but take a day off if motivation is running low!



Get a bike fit! A proper position is important for comfort and safety.



Eating breakfast kickstarts metabolism and boosts energy for a morning bike commute.



Stay hydrated on the bike. Drink one water bottle for every hour on the bike.



Don't wait until you're hungry to eat when on a ride--your body will be trying to play catchup



Try racing! Visit USA Cycling's website to find a local team in your area.



Use Strava to track your commute, and try to go 5 seconds faster every day.



Take on a hill you think is difficult. Do it several times and pretty soon you'll conquer it.



When stopping, put your left foot down to prevent greasy chainring marks on your leg.



Riding a bike is a great way to avoid getting stuck in traffic.

Pro Tips

1

Applying sunscreen actually helps prevent dehydration! Find a brand that lets your skin breathe.

2

A saddle bag should contain a spare tube, multitool, tire lever, patch kit, tire boot and CO2 pump. Don't leave home without it!

3

When looking down from your riding position, your handlebars should be close to blocking your view of the front hub. It ensures proper weight distribution.

4

When your leg is at the bottom of your pedal stroke, your knee should still be slightly bent. If your hips are rocking and your toes are pointed, your saddle may be too high.

5

To find the weak spot in your pedal stroke, try pedaling with one leg. Some legs push better than they pull – you can work to balance this.

6

If you ride at one speed all the time, you get good at riding at one speed. Change it up. Ride fast and then slow to recover. We call them intervals!

