



CONFIDENT CYCLING

COMMUTING



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*League of
American
Bicyclists*

Bike Selection and Fit

Choosing a Bike

- What kind of bike is right for you?
- What other equipment do you need?
- When price is an issue.



What kind of bike?

- How long is the ride?
 - Road
 - Mountain
 - Hybrid
 - Special types
- What surfaces?
- Carrying?
- Experience?



What equipment

- Helmet
- Tools
- Lights and reflectors
- Racks and Panniers
- Fenders and mud flaps



When price is an issue

- Reduce cost of car
- Phased purchases
 - Bike, helmet and tools
 - Lights and reflectors
 - Racks and Panniers
 - Fenders and mud flaps



Critical fit issues

- Why is fit important?
 - Mechanical operation of leg and joints
- Rule of thumb
- Which measurements are important?
 - Frame size
 - Saddle height
 - Saddle tilt
 - Saddle position



Credits

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