

## **Getting Started**

## **Choosing a Bike**

Just like you need the right size for a pair of shoes, you first need to size your bike. Stand over the top tube and shoot for about an inch of clearance between your body and the frame.

Next you need to pick a bike that fits your budget and riding style. Are you going to log casual miles on the weekends? Do you want to use your bike for exercise? Are you planning on eventually doing long-distance rides like centuries or racing? Road bike frames have specific geometries and components, tailored for each of these goals at every price point.

## **Get Geared Up**

Finding the perfect bike is only half of the equation. There's also some essential gear you'll need. A new helmet is the most important and should be worn at all times while riding. If you aspire to look like a pro, we've got you covered there, too. A cycling kit (a jersey, matching padded bib shorts or bike shorts, and socks) is more aerodynamic and comfortable on the bike than other athletic clothes. Other important items include some tools (tire levers, a mini pump, spare tubes, and a multitool) and a water bottle or two

## **Build a Habit**

A nice bike and equipment are useless if you don't use them. Getting started is the hardest part! Set a goal for how much you want to ride, and stick to it! You'll be a cycling master in no time!