




A Beginners Guide to Cycling...



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If the information in here all seems like common sense, then you're not a beginner any more... Congratulations!

I'll see you out on your bike sometime I hope. I'll buy you a cuppa.

P.S. Know any beginners? Then pass this on to them...

P.P.S. Many thanks for all the nice feedback. Especially to the community health worker who gives a copy to every patient she can!



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A Beginners Guide to Cycling...

Want to Get in Shape, Save some Dosh and Feel Great?

Then Get On Your Bike!

Here's a quick guide to what you need to know to get started...

You will need;

- ✦ **A bike, of course...**
- ✦ **Somewhere to go.**
- ✦ **Er, that's it.**



Just get on your bike and go somewhere!

Ride to the park, ride to the shops, pop-round to visit a friend...

The choice is yours.

If you intend to travel any distance then it *does* make sense to prepare a little more.

You could; carry a drink, carry a snack, stay out all morning, stay out *all day!*

The better prepared you are, the further/faster you can go, and the easier it is...



A Beginners Guide to Bike Setup...

Even if you haven't got the most expensive bike - setting it up right will make riding it so much easier. Spending a few minutes here will save you so much effort in the long run...

Pump Your Tyres Up...

Bicycle tyres roll best at maximum pressure. This means less effort for you!

Get a decent pump. Read the side of your tyre to see its maximum pressure.

Oil your Chain...

Again, the bike works better with an oiled chain.

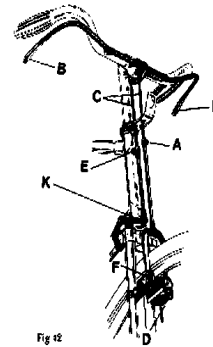
Even less effort for you!

Get your saddle height right...

Your leg should just have a slight bend at the bottom of the pedal stroke.

Get your local friendly bike shop guys to have a look if you are not sure.

Or follow our [step by step guide to Setting Your Saddle Height](#)





A Beginners Guide to Cycling Fitness...

Life seems easier when you feel fit.
Letting on your bike will make you fitter.
You can eat as much as you like and you'll sleep better after some exercise.

Start Small and Work Your Way Up...

Do too much too soon and you'll hurt. You'll get the idea that cycling is a painful way to spend your time.

Ride in a way that feels comfortable at first, then build up your effort.

As you ride longer distances you'll build up your endurance.

Make sure you eat the [right foods to fuel your effort](#).

- Just using your bike contributes to your fitness

Ride to the shops, ride to the library, visit a friend...

It all helps.

You can take it as far as you want to - plan a day out to a local attraction - you'll have earned an extra slice of cake when you get there!

Sign-up for a local charity ride and get some practice in. Work up to the distance required on the day.



Buy a cycle-computer to keep track of how you are doing.

The more you ride, the fitter you'll get and the easier it becomes.



What to wear on your bike...

If you are only riding a short distance then any kind of clothing is fine for cycling in. A T-Shirt and shorts will do for most of the summer.

If you want to do longer bike rides then proper cycle-clothing will help you stay more comfy.

The first cycle clothing to buy is a pair of shorts and a pair of gloves. These are your "contact points" and need to be cushioned for longer rides...

Cycling Shorts - the Key to Comfy Cycling

Cycle shorts have a pad built in to help delay "Saddle Butt Syndrome". A good pair of padded cycle shorts will let you stay in the saddle all day if you want to.

If you feel self-conscious in clingy Lycra, cycle shorts are available in baggier, more conventional designs but still with the added comfort of padding for cycling.

For autumn and [winter cycling](#), you'll need "longs" (not shorts - geddit!).

Cycling Gloves

Cycling gloves have padded palms to soak up vibration from the handlebars. Some have a gel-pad built in to the palm for extra comfort cycling over long distances.

All cycle clothing is designed to make cycling easier, comfier and more efficient...

Cycling shirts have their pockets on the back - much easier to use while on the bike...

Cycling Jackets are cut to be comfortable in the cycling position...

Cycling shoes transfer more of your power to the pedals...

Click [here to read more about cycle clothing](#).





A Beginners Guide to Cycling to Work...

If you are tired of the daily battle with traffic congestion, which, according to a recent study, raises your blood pressure, lowers your frustration tolerance and fosters negative moods, then it might be time to try another way.

By kitting your bike and yourself out properly you could arrive at work healthier, wealthier and less stressed out.

Journey times in our major cities are rising. Average speeds now are less than 100 years ago. The only exception to this is the cyclist...

- **Substitute one car journey a week with a bike trip and then start adding...**
- **Get it right and it will be less stressful than driving...**

Making your cycle commuting enjoyable needs a bit of thought, especially when you live in a city.

Prepare your bike and yourself well and you can avoid the jams, get some exercise, save on petrol or bus fares, not poison the planet, etc, etc, etc...



Planning your Route...

Try to find alternative routes for your ride to work - avoid busy roads and roundabouts etc. if possible. But don't be afraid of them.

Suburban streets and parks are the ideal territory for your ride to work.

Have a look at your A to Z and plan a route...

Don't Overdress!

There is no need to get all hot and bothered; multi-layer mountain jackets are not for cycling in. A lightweight cycling jacket should do on all but the coldest of days...



A Beginners Guide to Bike Accessories

A few gadgets to make life with your bike easier...

Bicycle Pump

Keeping your tyres at maximum pressure makes cycling easier...

[Bicycle Pump Buyers Guide](#)



Bicycle Locks

Keep your bike safe with a decent lock...

[Bicycle Lock Buyers Guide](#)

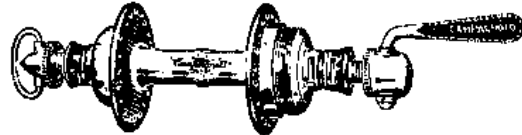


Fig 61(a) Record small flange Campagnolo quick-release road hubs

Bicycle Lights

If you ride at night you'll need some lights...

[Bicycle Lights Buyers Guide](#)

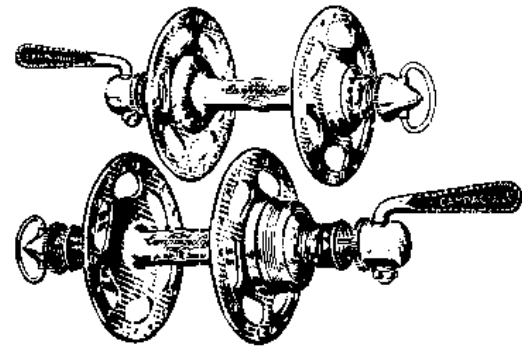


Fig 61(b) Record large flange Campagnolo quick-release road hubs

Cycle Computers

If fitness is your aim, keep track with a cycle-computer...

[Bicycle Computer Buyers Guide](#)

Cycling Bags

How to carry stuff on your bike...

[Cycling Bags Buyers Guide](#)



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