

CYCLING 101

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Choosing a Bike

Most Bike MS cyclists ride road bikes or hybrids. If you choose to ride a mountain bike, switch the fat, knobby tires for thin, road slicks.

It is of utmost importance that you are fitted for your bike before you start your training for the season.

DO NOT make any adjustments the week prior to the ride – believe it or not, this can have a terrible impact on your comfort during the ride and may even cause injury.

Bike Inspection

After a season of training or, worse yet, a season of hanging in a garage, your bike is due for an inspection. Your local sponsoring bike shop offers free inspections. Take your bike in for a “once-over.” After all your preparation, we’d hate to see you get on the road with an ill-prepared bike and ruin your ride weekend. All inspected bikes get a “Bike MS Ready” sticker entitling the owner to free mechanical support all weekend long.

Accessorize Before You Exercise

Helmet – Helmets are required on the ride – no ifs, ands or buts. If you are not wearing a helmet, you will be asked to leave the ride.

Water Bottle & Cage – Don’t leave home without it. It’s important to drink before you’re thirsty so you stay hydrated. When you buy your bike, be sure it’s outfitted with a water-bottle cage and at least a 20 oz. bottle. While you train, get comfortable grabbing and returning your bottle as you ride. Consider a Camelback for hydration efficiency. City to Shore is a “cup-free” event, so bring your water bottle to the rest stops to fill up on water or sports drinks.

Seats – The seat that comes with your bike is great for riding around the neighborhood. Don’t even think about using it on a long-distance ride. Gel seats are highly recommended. Trust us, your bum will thank you!

Seat Bags – Great for ID, sunglasses, a spare tube, rain gear and whatever else you may need with you on the ride.

Cycling Shoes/Clipless Pedals – Cycling shoes offer stiff soles to prevent foot flex and fatigue. Clipless pedals add to cycling efficiency. Commit yourself to your bike and clip-in for the best ride possible. If you go this route, be sure to train a lot with your clipless pedals, so you’re comfortable with the adjustment.

Clothing – Cycling shorts are a must. Plus, jerseys offer pockets for easy access to energy bars, gels and bananas. Tights and rain gear are recommended for inclement weather. Socks, gloves and sunglasses come in handy, too.

Speedometer/Odometer – Track your progress as you train and monitor yourself during ride weekend. It’s important to know your riding ability and how far you can push yourself.