



Jon's Coaching Tips

Sunday, March 22, 2009



Be equipped properly before heading out on the road

- Get the correct size bicycle and make sure it's adjusted for your height. Make sure that your local bike shop makes the adjustments to the size of your bike so that it is right for you. Far too often people buy bikes that are the wrong size and this makes riding dangerous for the rider and the rest of the Peloton, so get a bike fit up done by a professional. Children's bicycles also need to be the right size - don't buy bikes they will grow into.
- Always wear a helmet to avoid head injuries - it's the law and it could save your life. Make sure the helmet fits properly and has a safety approval label. If you have a crash and your helmet hits the road throw it away. Just because you cannot see a crack does not mean that the helmet is not damaged.
- Avoid wearing loose, flowing cloths that could become caught in the bicycle's chain or wheels. The club cycle kit is designed to fit tightly to your body and the top has pockets in the back for your phone, spares and energy bars etc. Cycling knicks and bibs are designed to give you padding as well as a tight fit.
- Always wear gloves as your hands are usually the first part of your body to hit the road when you have a crash, gloves also help to protect your spine from the jarring effect of holding the handle bars.
- Always wear cycling glasses as this will protect your eyes from anything that may be flicked up from the wheel in front of you as well as protecting you from the UV rays.
- Never leave home without the spares you need - You require a spare tube or two, 2 tire levers and a gass cylinder or two if you are riding in a peloton (so that you hold up the rest of the peloton for as little time as possible and they don't have to wait while you pump your wheel) and a pump or gass cylinder if you are riding on your own.