

EFFICIENCY ON THE BIKE

- 1. Use lower gears**
 - Most beginning cyclists push too big a gear; down shift and spin a smaller gear
 - Low cadence will cause you to fatigue faster and might cause knee pain
 - Try to spin about 80 rpms; you'll have more energy and get a better workout
- 2. No bull**
 - When stopped, don't push off the ground to get started
 - Leave one pedal in the two o'clock position; push down when you are ready to go
 - You will have enough momentum to balance and put your other foot on the pedal
- 3. Relax**
 - You should be comfortable while you ride
 - Relax while you ride; it takes energy to grip the handlebar in fear
 - Change hand positions often, slightly bend your elbows, stretch your neck while riding
- 4. Don't rock the boat**
 - Make sure that your saddle height is adjusted properly
 - Too high and your hips rock; too low causes knee pain
 - You should have a slight bend in your knee at the bottom of the pedal stroke
- 5. Skip the soft shoes**
 - Soft-soled shoes absorb pedaling energy and slow you down
 - Stiff-soled cycling shoes help you transfer more energy to forward motion
 - Toe clips and clipless pedals attach your foot to the pedal which increases efficiency
- 6. Red light, green light**
 - Restarting from a stop uses more energy than a slowing and not stopping
 - Time it so that you hit the intersection on green so you don't have to stop
 - Make sure that you are aware of how your actions affect other vehicles around you
- 7. Avoid the wall**
 - Listen to your body while you ride to avoid hitting the wall of exhaustion
 - Eat before you are hungry and drink before you are thirsty to avoid fatigue
 - If you experience a lightheaded feeling, get off the bike and get some fluids

-- *League of American Bicyclists*