SANFORD HEALTH FOUNDATION

GABR
GREAT AMERICAN BIKE RACE

Stationary bike riding 101:

Tips to help you and your riders gear up for a great ride

Team Captain – We appreciate your commitment to be at the race all day to welcome your riders and set them up correctly on your team's stationary bike. These tips will assure the day goes smoothly:

Moisture-wicking clothing. You will sweat while indoor cycling, so wear a lightweight shirt or tank that will draw sweat away from your body and keep you cool.

Padded cycling shorts. Cushioned shorts will help protect you and make your ride much more enjoyable. Skip your normal underwear as the seamless chamois is designed to reduce friction and chafing. There is also a product called "Chamois Butter" or "Body Glide" (found at Epic or Scheels) that can help reduce friction and give you a more comfortable ride. A gel seat cover is also helpful. Time in the saddle will help more than anything in getting used to the position—attend a cycling class or go for a few bike rides outside.

Stiff-soled shoes. You can purchase cycling shoes or choose from your own sneakers—pick the ones that flex the least when you bend them in two. These will be more comfortable and also transfer more energy to your pedals to enhance your ride. Keep shoelaces tucked in.

Bike set-up. Adjust the saddle (seat) height to produce approximately a 20 degree bend in the knee when the leg is extended in a relaxed position. If a rider's hips are rocking in the saddle it may be an indication that the seat is set too high. If the seat is too low, riding may cause undue strain on the knee. Be sure to tightly secure all adjustment pop-pins.

Toe straps. This is probably one of the most important adjustments and the number one cause of injury. Make sure your feet are secured tightly with the toe straps. If your foot slips out while spinning fast, a severe injury could result. If your foot should slip out, immediately use your brake to prevent the pedal from striking your leg.

Stopping the spin bike. To avoid injury, make sure you and your riders come to a stop using the brake on your bike rather than using your legs.

Young riders. It is great to have kids involved in GABR, but make sure the child is mature enough to ride and large enough to fit safely and securely with pedal straps tightened snugly.

Computers. The bike computers measure distance based on pedal revolutions, or RPMs. Every 40 pedal revolutions equals 0.1 mile regardless of the type of bike you are riding. Be careful of the sensor magnets—they are taped on the pedal and on the frame. The magnet sensors must be in close contact with each other to get an accurate reading.