

Things to consider on your first visit to a bike shop



Biking is a fun way to enjoy nature, exercise, and even help the environment. This is a guide to help you understand some of the basic concepts of a bike that you can read before or after your first bike shop visit.

This is a condensed version of the guide found on the 1day1ride1cause.org website.

Materials or composition of your bikes frame and fork.

The most common frames materials are steel, aluminum alloy, carbon fiber, and titanium. Some materials may be mixed (i.e. a carbon fork and aluminum frame).

1. Steel Alloy is the most common frame material. It is usually the least expensive but it is usually the heaviest. Steel is more common in mountain and entry-level hybrid bikes.
2. Steel Alloy is the most common frame material. It is usually the least expensive but it is usually the heaviest. Steel is more common in mountain and entry-level hybrid bikes.
3. Carbon fiber is a non-metallic material commonly used for bicycle frames, forks and components. Although more expensive than steel and aluminum, it is light-weight, corrosion resistant and strong, and can be formed into almost any shape.
4. Titanium is perhaps the most exotic and expensive metal commonly used for bicycle frame tubes. It combines many desirable characteristics, including a high strength to weight ratio and excellent corrosion resistance.

Components

The components are the items that a cyclist uses to propel the bike. These include the primary drivetrain components (cranks, pedals, wheels, brakes, shifters and, handlebars) and the position and comfort components. (seat, seatpost, etc.)

The leading drivetrain component manufacturers are Campagnolo, Shimano and Sram.

While comfort and expense are factors, the quality of the drivetrain determines the quality and duration of your riding experience. For example, a larger seat (also known as saddle) may seem more comfortable initially, but as your riding time increases, do will the potential for chafing due to poor padding location.

Lesser components tend to require quicker replacement.

Type of bike



Road - A road or racing bike is designed for efficient power transfer at minimum weight and drag. Traditional geometry road frames are often associated with more comfort (for longer distances) and greater stability, and

tend to have a longer wheelbase. The tires and components are lighter, tend to be of higher quality and more expensive. Road bikes tend to be better for long distance riding on a smooth surface.

Mountain – Mountain bikes are built for more rugged terrain including paved and unpaved trails, some street riding and unpaved hill or mountain riding. They are heavier and the components tend to be of lesser quality but are less expensive than most other bike configurations. For ride comfort and better handling, shock absorbers are often used to improve downhill stability.



Hybrid - A hybrid bicycle is a bicycle designed for use on roads and bike paths, with influence from both the road bicycle and the mountain bicycle. In general, hybrids use mountain bike gears to make riding in hilly environments easier, and have an upright riding position similar to a mountain bike. The handlebars tend to have a slight upturn, providing for a more upright seating position.



Equipment

- Choose a helmet that is certified.
- Shoes and clothing allow you to contend with the elements and transfer pedaling effort more efficiently.
- Bike jerseys help transfer sweat from your body and offers better protection in the case of a fall.
- Bike shorts have protective padding.
- Bike shoes vary by type of use and type of pedal. Some shoes clip onto the pedal to maximize the push and pull motion.

Costs

Road

- * Entry-level road bikes range from about \$400 to \$1,200
- * Middle-level from \$1,200 to \$2,200
- * Semi-professional from \$2,200 to \$4,000
- * Professional from \$4,000 to \$9,000 or higher

Hybrid

- * Entry-level road bikes range from about \$150 to \$300
- * Middle-level from \$300 to \$700
- * Semi-professional from \$700-\$1,200

Mountain

- * Entry-level road bikes range from about \$100 to \$500
- * Middle-level from \$500 to \$1,500
- * Semi-professional from \$1,500 to \$2,200
- * Professional from \$2,200 to \$6,000 or higher