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Bike Season Gears Up – Should Bicycling Be Uncomfortable?

Green Valley Bike and Hike offers consumer tips to avoid buying the wrong bike

(Green Valley, Arizona) Friday, August 31, 2007 -- With summer heat coming to an end, bike shops are busy helping riders young and old find the right bike. With so many models and options, selecting a new bike can seem complicated. Finding the right bike can mean the difference between a fun riding experience and one that causes lower back or butt soreness. Bicycling should NOT be uncomfortable.

“Poorly fitted or untuned bikes lead to unpleasant rides” says Damian Leuck, owner of Green Valley Bike and Hike. “People begin to think this is how riding is supposed to feel and that is NOT the case.”

If you're looking to buy a bike this season, Green Valley Bike and Hike offers a few tips for consumers:

1. First, determine the type of riding you want to do. Do you want to ride for fitness? Just for fun? Casually or seriously? Where do you want to ride? Street, bike trail or off-road? Your local bike store will help you select a bicycle which will best suit your needs.

2. Find a professional bicycle dealer in your area. Consult with them on the type of riding you do. Professional bicycle retailers can fit you properly to a bike, assemble it professionally, and provide advice on shifting, braking, maintenance, etc.

3. Choose the type of bike that is best for you. Here are the most popular bikes on the road:

Mountain bikes - Rugged bikes for off-road which feature fat, knobby tires with heavy-duty, thick frames, built to take abuse. Many come with front suspension to absorb shock.

Road bikes - These are meant for pavement riding and built for speed. They have narrower tires and curved handlebars for a more

aerodynamic position.

Comfort or city bikes - These bikes are a hybrid of sorts, providing the upright riding position and components of a mountain bike, but tires built for pavement riding. They feature cushy saddles, plush suspension. They're built for comfort and ease.

4. Make sure the bike is properly FIT for you. When you are comfortable, you're in better control of your bicycle. That means a safer, longer ride and will inspire you to do it more often. Work with your retailer to determine the proper size for you.

5. Buy a helmet and wear it. Protect your biggest investment—you! Additional accessories are also available which can enhance your riding adventures as you become more skilled.