

## TEAm Lipton® Cycling and Safety Tips

Cycling is a great way to enjoy the outdoors while increasing physical activity, whether you're pedaling for leisure, training for an event or commuting to work. Bike safety should always be top priority for both beginners and amateur athletes, from ensuring that your two-wheeler is in tip-top condition to being a responsible road warrior.

When TEAm LIPTON isn't training, they can be found getting around on two wheels on the streets of New York and San Francisco. As seasoned road warriors, they have great advice for riders.

### Getting Started

- Contrary to popular belief, bike commuters don't need fancy wheels to make it to work safely and efficiently. You can start by visiting a reputable bike dealer in your area – look for a store that sells many different brands. Bikes are less expensive than ever before, starting at \$300 for a good two-wheeler, and you can easily find one for most price points and needs. **TEAm LIPTON's insider tip:** For the cost-conscious, a used bike in good condition can work just as well and you don't need to worry about it as much when you're locking it up outside.
- If you're a first time road cyclist, give yourself extra time to get to your destination. Plan to ride at a pace of 10 mph, knowing you'll probably ride closer to 12-15 mph. If you're riding to work, try the route out on a weekend to assess how long it will take you – don't forget to factor in that road traffic will be a little heavier during weekday rush hours.
- One of the biggest mistakes first-time bike commuters make is to not ride like they drive. When you're on the saddle, obey all the traffic rules just like when you're behind the wheel of a car.

### On the Road

- The best gear to wear while biking on the road is whatever's most comfortable. Most cyclists wear Lycra shorts that are non-chafing and have a pad for extra comfort, but for shorter distances, you can easily make the trip in your normal work clothes. **TEAm LIPTON's insider tip:** Put rubber bands around your pants openings to make sure you don't get "chain suck" – when the pant legs get caught in the cranks of your chain and get greasy.
- Good rain gear is a very essential part of bike commuting gear – wear waterproof, breathable fabrics that keep the water out but let the perspiration dry as well. TEAm LIPTON uses high-end rain gear that is made of fabrics such as Gore-Tex.

### TEAm LIPTON's Bike Commuter Checklist

- Tire pressure: Your thumb should not be able to depress the tire when full.
- Brakes: Check to see that they are working and that the cables are not frayed.
- Seat height: At the right height, your knee is almost straightened when your pedal is at the bottom of the down-stroke (it should not be locked or stretched).
- Helmet: Your helmet should always fit snugly and low on your head.
- Wheels: Spin the wheels to make sure they are in true and the spokes are tight.
- Chain: The chain should be lubricated and free of grit – it should never be squeaky.
- Hydration: Remember to take a beverage, such as tea, with you or before & after you ride.

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