

# BICYCLE LIVING SECRETS



*the ultimate*  
HOW TO GUIDE



# BICYCLE LIVING SECRETS

## The Ultimate How To Guide



COVER, INTRO, AND TABLE OF CONTENTS PHOTOS BY DAVID NIDDRIE

**T**he humble bicycle has the power to completely transform lives. Now, this may sound to you like an exaggeration, but as you start using a bicycle to do more – from riding to work to your evening errands to weekend adventures – you’ll start to see the world around you a little differently. From the saddle of your bicycle you’ll discover new places, meet new people, and find new ways to participate in your community. You will also start to uncover the benefits of daily riding that include improvements to your health, ways of saving money, and simply feeling happier.

We also know that from time to time you will encounter challenges. Whether it is finding a bike-friendly route or handling grocery store runs, these challenges can sometimes result in looking for an alternative way of getting around. That’s why we have put together this collection of articles that focus on helping you overcome some of the most common challenges bicycle riders may face. Each article is designed to help you build the confidence to ride when and where you want. While we understand that some journeys simply cannot be made by bicycle, after reading the following articles we hope you’ll discover more opportunities to hop on your bike.

We’ve put together this guide to help answer some of the first questions that often arise while everyday cycling. As more questions come to you, ones that perhaps aren’t answered here, we encourage you to explore all that *Momentum Mag* has to offer. At [momentummag.com](http://momentummag.com) you’ll find links to our latest stories, our info-packed newsletters, plus our social media channels where discussion is always encouraged. We also love to hear from our readers. You can send your feedback, photos, and general opinions about everyday cycling to [letters@momentummag.com](mailto:letters@momentummag.com).

Happy riding!  
The Momentum Mag team  
[momentummag.com](http://momentummag.com)

### SMART LIVING BY BIKE

*Momentum Mag* is your #1 source for fun and practical solutions that enhance your urban cycling lifestyle. *Momentum Mag* brings you the best product reviews, travel guides, cool bikes and gear, bike style, family riding, and much more. Come along with us for the ride. Discover smart living by bike, visit [momentummag.com](http://momentummag.com)

### LEARN MORE

Published 5 times per year, *Momentum Mag* is North America’s only magazine that explores smart living by bike. Subscribe to our print or digital editions online at [momentummag.com/subscribe](http://momentummag.com/subscribe)

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# BIKES

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**W**hile any bicycle will do for day-to-day riding, finding a bike that suits your daily needs can add comfort and simplicity to your routine. Whether you are looking to upgrade your current bicycle or are considering the purchase of a new (or used) one, the following articles can help steer you in the right direction.



# How To Find the Perfect City Bike

## A City Bicycle Checklist

WRITER: MOMENTUM MAG STAFF ILLUSTRATOR: ROBERT HIGDON

The perfect city bike should provide hassle-free riding no matter the season, weather, or time of day. Here's our checklist to assist you in finding the perfect city bike.

### ❑ LOCK

Many locks feature theft-protection ratings so go for as high a rating as you can afford.

### ❑ COMFORTABLE SADDLE

Wider saddles and those with springs can provide a more comfortable upright ride.

### ❑ DIAMOND FRAME UPRIGHT BICYCLE

Start with a model that is comfortably upright and adjust or change the handlebars to get a great fit.

### ❑ BELL

Look for durable bells that have a loud "ding."

### ❑ STEP-THROUGH FRAME UPRIGHT BICYCLE

Try a few styles as all step-through bikes have slightly different riding positions.

### ❑ HELMET

Try on multiple styles to find one that is comfortable and not too heavy.

### ❑ FRONT BASKET

Look for baskets that easily attach to your handlebars.

### ❑ REAR RACK

Look for racks that have a place to mount a red rear light.

### ❑ FENDERS

Long fenders provide better wet weather protection and can be found in colors that match your bicycle.

### ❑ LIGHTS

Try out lights that have rechargeable batteries and are strong enough to help you see as well as be seen.

### ❑ PANNIER

Look for waterproof models and ones that don't look like a bicycle bag when off of your bike.

### ❑ KICKSTAND

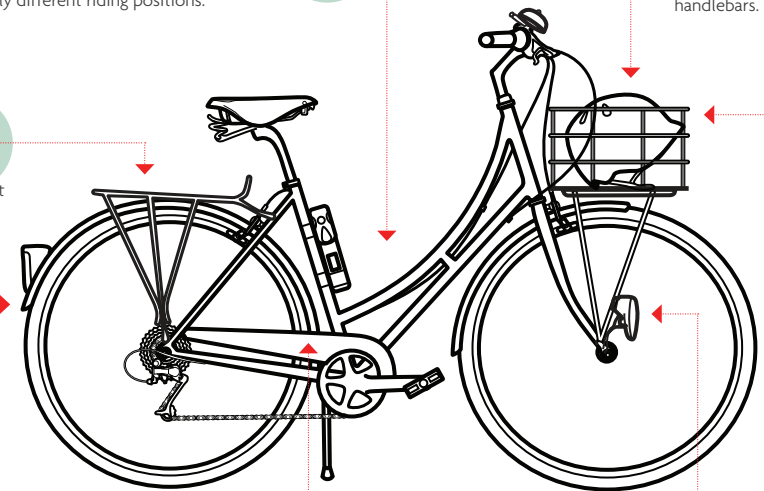
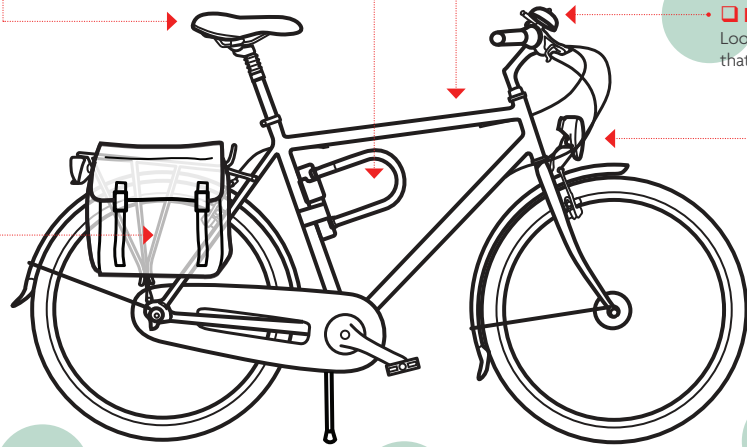
Go for a double kickstand if carrying heavy items, though a single model can still provide the support you need.

### ❑ CHAINGUARD

Look for chainguards that fully enclose the chain for maximum protection.

### ❑ DYNAMO LIGHTS

Many hub dynamos now have very little drag and power lights with a solid beam and standlight feature.



<http://momentummag.com/city-bicycle-checklist/>



# 4 Tips for Selecting an Upright Bike

WRITER: ANNE MATHEWS PHOTOGRAPHER: ANTHONY NIBLETT

Whether you're in a bike shop, browsing the classifieds or at a garage sale, it's worth being selective. Test-ride different bikes, and don't be afraid to go further than just around the block. There's lots of useful advice out there on how a bike should fit, but in the end, you alone are the best arbiter of what's comfortable for your body.

**1 Find the right size frame.** Make adjustments to seat and handlebar height until you're comfortable. If you still find yourself uncomfortably cramped or stretched out, try another size frame. If it's easier to get on and off a bicycle without a high top tube or a "diamond" frame, try a step-through – they're great for both men and women.

**2 Consider your body position.** Pay attention to your back, neck, wrists and hands as you ride. Pain, discomfort or numbness suggest that something about the setup (i.e., the parts that make up the whole) isn't right for you – whether it's the position or shape of the handlebars, the seat, the type of pedals or the geometry of the frame. Don't be discouraged if it takes some time to find a comfortable fit that works for you.

**3 Saddles matter.** A lot of your weight rides on an upright bike's saddle, so having one that's comfortable is important. Springs can help absorb bumps and vibration from the road. Padded saddles, gel inserts and cut-out anatomical holes may be comfortable at first, but if they prove painful over time, try a simple saddle made of sturdy springs, a metal frame and a piece of good leather (Brooks England is a well-known manufacturer).

**4 Remember your riding environment.** A heavy cruiser or Dutch-style bike is great for flat terrain. But if you live in an area with lots of hills, it's good to choose a bike that's relatively light and has enough easy gears for climbing.

<http://momentummag.com/4-tips-for-selecting-and-upright-bike/>





# How to Know if a Cargo Bike is Right for Your Family

WRITER: ERIN DELANEY PHOTOGRAPHER: KAMIL BIALOUS

Three years ago, my husband and I were pregnant with our first babe and living in Denver, CO. We owned one car that my husband used for his long commutes to work. With little access to a car, but an appetite for adventure, I fell in love with riding my bike in the city. I knew that once our daughter was born I would want to continue riding, so we started exploring our bike options for riding with a child. But, a few months after she was born, we unexpectedly moved to Casper, WY, for a new job. Our dream of urban living and riding bikes as a family quickly faded when we found ourselves in rural America, and on a very tight budget. Our plan of purchasing a cargo bike would have to be put on hold until we were back in a city and bringing in more income.

As the months went by, we thought about a cargo bike often. We thought about it weekly, sometimes daily, but our financial situation only seemed to get bleaker. What we realized was that we needed to change our thinking. Maybe we would start enjoying our town more if we could ride bikes as a family. Maybe we would have more room in our budget if we no longer used \$700 a month for our car payments, gas, and insurance. In a week's time, we sold our car, bought a cargo bike and have never looked back.

In a practical sense, our cargo bike has given us more financial freedom

and access to the things we value, but could not previously afford. A \$4,500 cargo bike might appear to be a sign of wealth and affluence, but for us this bike has been our way to make ends meet, our way to slow down and take back the simple things in life. Nutritious, organic food, good wine, a healthy body, and fresh flowers on our table are all things I desire and cherish, but for a family living on our income, those things are considered luxuries.

Our cargo bike has inspired us to spend our money fueling our bodies and minds, rather than machines, and the physical and emotional benefits are what I find myself savoring most these days. Our bike has inspired us to live more consciously and locally, simply by being limited to getting around by our own power. It has opened our eyes to people, places, and things we would have previously not noticed in our car. Getting the opportunity to share these seemingly mundane, everyday happenings with our young daughter has been an absolute joy. With a strong-willed two-year-old riding our bikes is also our way to tame a tantrum and restore peace in all of us. Our cargo bike makes it possible to live a good, clean, and inexpensive life as a family.

<http://momentummag.com/how-to-know-if-a-cargo-bike-is-right-for-your-family/>





# What to Look for in a Folding Bike

WRITER: GWENDAL CASTELLAN PHOTOGRAPHER: VELO-CITI

## Is the bike easy to fold and unfold?

Bear in mind that some models require users to lift the frame up completely during the fold, while others can be folded while keeping the bicycle in contact with the ground. Decide which best fits your needs and strength.

## Can the bicycle be rolled around when folded?

For example, if you plan on taking transit, you may need to fold your bicycle as you enter the subway station and travel with it for a fair distance. If you can't roll the folded bicycle conveniently, this could be a chore. Even the lightest folding bicycle will feel heavy if you have to carry it over long distances.

## Can the folding bicycle carry luggage?

Most models either come standard with a rack or bag-mounting system, or have it as an option. Consider how much stuff you might want to take with you and check to see if the folding bicycle can accommodate it. Otherwise, you might need a backpack or other type of bag.

## Can you take the bicycle traveling?

Most airlines and bus companies, for some reason, treat bicycles as *persona non grata* and can charge expensive excess luggage fees and require bicycles to be packed in large boxes. Folding bicycles can often be packed into regular large suitcases and pass

the check in process without being noticed. If this is something you'd like to do, make sure the model you choose is easy to fit in a suitcase and does not require too much disassembly to fit. Some manufacturers offer cases as accessories that are sized to the folded dimensions of their bikes.

## How many gears does it have?

If your typical commute is mostly flat, then it may be a good idea to have a lighter bicycle with fewer gears or only one gear. Conversely, if your town is hilly, then having a wider gear range is often important.

## How do the clamping systems work?

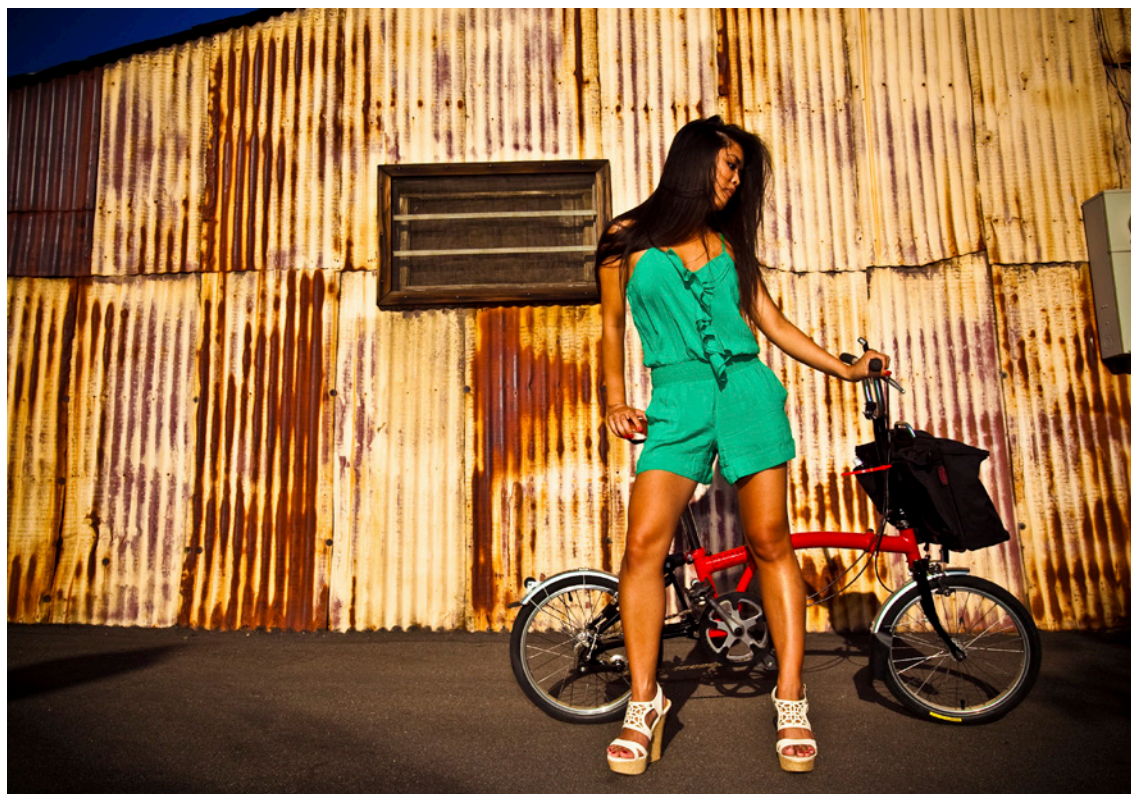
Depending on the system, all these extra moving parts may need maintenance and servicing. If you are not aware of this, then the bicycle may start to develop a lot more creaks and squeaks.

## Does the bike have mechanisms to keep it folded?

This is particularly important if you have to carry or transport the folded bicycle, but less important if you only have to keep it folded long enough to fit it into the trunk of your car.

## Is it a chain drive or a belt drive?

This is an important consideration, as you will be handling the bicycle in the folded position and, depending on where the chain sits when the



bicycle is folded, this could mean that you have to make chain stains a fashion accessory or avoid the problem altogether with a belt drive.

<http://momentummag.com/what-to-look-for-in-a-folding-bike/>





# How to Choose a Lightweight Kids' Bike

WRITER: KATHLEEN WILKER PHOTOGRAPHER: SPOTMATIK

Little kids need bikes that are light and fast, just like them!

Somewhere between the ages of six and nine, when kids outgrow their trail-a-bikes, they need their own 20-inch bike. At this age, kids are generally ready for longer family adventures. But if you'd like your young riders to keep up with the pack, you need to make sure their bikes aren't weighing them down.

If you're lucky enough to score a lightweight used bike at a garage sale or a secondhand shop, congratulations!

"Every spring, the parking lots of big box stores are full of parents driving up and buying heavy, steel-framed bikes for their kids," said Brad Kukurudz, an owner at Ottawa's Tall Tree Cycles. "A lightweight, aluminum-framed bike is an investment in your child's ongoing love of cycling and, if it has good components, it can be passed through a family and between friends for years."

A brand new, good-quality, lightweight children's bike is available at many bike shops and usually costs between \$250 and \$350, which is quite a bit more than the big box steel version, but will be a much sweeter ride for your sweet little rider. Consider making the bike more affordable by



asking grandparents to contribute birthday money to the cause or request that friends add a small amount towards a birthday bike instead of bringing a gift to a party.

Sell lemonade. Give up coffee. But please, parents, spend the money on a decent bike. I have spoken to so many friends who

think nothing of spending \$800 to \$1,000 on a bike of their own, but expect to spend no more than \$100 on a bike for their child.

The first 20-inch bike our daughter rode was much heavier than my adult bike. No wonder she wasn't riding as fast as she used to on her first, aluminum-framed

two-wheeler. And it's no surprise that she stopped suggesting we go on bike rides together: they left her feeling exhausted!

Now that she's riding a lightweight bike with easy-to-adjust gears, she can effortlessly ride six miles (10 kilometers) and zoom up hills right beside me. She can also lift her bike over curbs when we're crossing the street, or over logs if we go mountain biking.

## Frame and Fork

Think light, light, super-light. Have your child lift the bike to make sure it's light enough. I prefer a step-through frame for both boys and girls. Your children will be able to ride their bikes sooner if they don't have to worry about bonking themselves on a cross-bar.

I also prefer a rigid fork over a front shock. Kids aren't usually heavy enough to really compress a front shock. And most kids are not riding the kind of gnarly single-track that would justify adding the weight of a shock to their bikes. Sometimes it seems like shocks are added to kids' bikes to impress the parents.

Make sure you're buying a bike that fits. I know kids grow fast. But if the bike is too big, it's not going to be comfortable to ride. A child should be able to sit on the

seat and have at least half of his or her foot touch the ground.

## Brakes – Small Reach for Small Hands

If your child is used to coaster brakes, it's going to take some practice to be able to apply the right amount of pressure on their brakes. A friend of mine gave his seven-year-old a practice session on his wind trainer stationary bike when she first switched to brakes and gears. After stopping and shifting while stationary, she knew exactly what to do as soon as she took her bike outside.

Make sure your child can comfortably extend his or her hands to the brakes without having to apply a lot of pressure. Children's hands aren't as strong as adults', so their brakes need to be adjusted appropriately.

## Gears – Seven Speeds is Enough

Simple right-hand shifting will give your child enough range to make it up steep hills and fly along the flats, even in a headwind. Encourage your child to practice shifting to find a cadence that's comfortable.

<http://momentummag.com/how-to-choose-a-lightweight-kids-bike/>



# How to Buy a Vintage Bicycle

WRITER: **DUNCAN HURD** PHOTOGRAPHER: **JAUTH JUERGEN**

**T**he unique styles and compelling back-stories of vintage bicycles are appealing to both stylish riders and collectors. Jamie McGregor, founder of the Canadian Vintage Bicycle Show, collects and sells bicycles, parts, photos, and memorabilia from North America's recent past. McGregor offered this advice to first time vintage bicycle buyers:

**1** The condition of any vintage bicycle is the most important thing to consider. Before buying, decide just how much work you're willing to do. Models that haven't been cared for will require disassembling and reassembling, which can be time consuming though also rewarding.

**2** Unique bicycles often feature unique parts. When restoring a vintage bicycle the most difficult parts to source are the original saddles, pedals, and grips. British bicycles can be a challenge to restore, as their components are often odd sizes. Look for more readily available brands such as CCM whose cranks will fit any on of their bicycles made between 1910 and 1975.

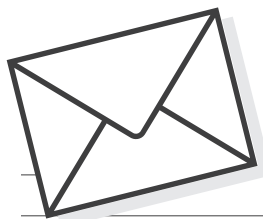
**3** Look for simple bicycles, such as cruisers with coaster brakes or 3-speed step-through models, as these are easier to restore. Parts for these bicycles tend to last a long time and are often readily available in most places.

**4** To make your ride unique mix both modern and vintage parts. A new paint job and a set of decals can bring new life to an old bicycle. Modern parts are often lighter and easier to maintain.

**5** A growing number of shops are starting to sell vintage and restored bicycles. Look for collectors' events, like the Canadian Vintage Bicycle Show, to locate hard-to-find parts and bicycles.

<http://momentummag.com/how-to-buy-a-vintage-bicycle/>





# How to Shop for Bikes Online

WRITER + PHOTOGRAPHER: DAVID NIDDRIE

From the comfort of your own home, and with a few clicks of the mouse, a customized bike could be heading your way. Ordering a bike online is simple: choose a suitable frame, select the available options including colors and gearing, add on upgrades like lights, and head to the check out with your credit card. In a few days, your new bicycle will be delivered straight to your home.

A growing number of bicycle companies are venturing into direct to consumer sales online. Shopping online has become a common practice for everything from groceries to electronics, so why not bikes?

With online bicycle sales gaining traction, *Momentum Mag* decided it was time to take to our laptops and try our hand at ordering bikes online from five companies – Atrix Cycles, Big Shot Bikes, Single Bikes, State Bicycle Co., and Pure City Cycles from Pure Fix Cycles.

With online bike builder interfaces offered on some sites, you can immediately see what your color combinations, frame specs, and other details will look like. Big Shot Bikes and Single Bikes both have impressive build visualization tools with live previews as you tweak colors and styles. The three other brands we looked at did not have as extensive a list of customizable options, but each did provide an ample number

of detailed photographs to show you just what you are getting.

Base models from the five companies we looked at were all single-speed/ fixed-gear bikes. Pure City offered a 3-speed internal gear hub and 5-speed cassette option for their upright city models, while Single Bikes offered a 5-speed Sturmey-Archer hub for an additional \$300 USD. While all five brands offered bikes with diamond frames, Pure City and Single Bikes were the only two with step-through options. Sizing guides are found on most sites and typically match your total height to different frame sizes. If size recommendations overlap, it is best to contact the company for their suggestions before ordering.

The bikes we ordered came 80-90 percent assembled, requiring the installation of wheels, pedals, saddles, and handlebars along with racks and fenders. Instructions were provided to help finish assembly with only a few tools. While setup is fairly straightforward, a mechanic is best for ensuring that brakes and gears are properly adjusted. Stop by your local bike shop for a safety check and adjustment before riding, as this is often important for warranties.

Should you encounter a problem, or realize that the bike you ordered is not what you had in mind, be sure to know your options for returns and warranties. Return shipping



and restocking fees may be your responsibility. Of the companies we ordered from, customer service was fast and friendly when we made inquiries. State Bicycle Co. responded promptly and shipped a new bolt to us right away.

The bikes we looked at could all accommodate after-market customizations. Some of the brands offered fenders and racks

at the time of ordering, but you can also find accessories at your local bike shop that should fit.

Online shopping for bikes is new territory for the bike industry and can be an excellent way to provide riders with more options, especially those living in places that lack bike shops. If that special bike calling out to you isn't available in your city, online ordering may be your ticket to ride.



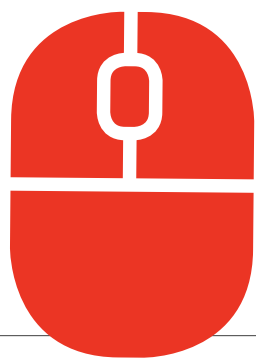
## Fixed-gear or Single-speed?

Know the difference before you order. Single-speed bikes have just one gear, but you can stop pedaling and coast as slowing down and stopping are handled by rim, disc, or coaster brakes. Fixed-gear removes the free wheel that lets you coast without pedaling, and while some do feature brakes, slowing down your pedal stroke also slows and stops your rear wheel.

## Eek! What About International Ordering?

Duty, customs, and brokerage fees can significantly increase costs, so it is essential to get the details on all costs before making an international order. Returns, too, can be affected. Many companies offer an all-inclusive international shipping rate.

<http://momentummag.com/mail-order-bikes/>



# Should You Buy Online or In-store?



WRITER: **DUNCAN HURD**

## ONLINE PROS & CONS

### + PROS

- Lower prices
- Wider selection

### - CONS

- Detailed reviews
- No travel needed
- Returns and problems can be costly
- More guesswork in sizing
- Unreliable customer service
- Duties and taxes when cross-border shopping
- Driving down prices in brick and mortar stores and potentially threatening the success of local businesses

## IN-STORE PROS & CONS

### + PROS

- Face-to-face interaction
- Get a firsthand feel for products
- Chance to compare products directly
- Service and warranty
- You can feel good for supporting a local business

### - CONS

- Many shops have a lack of expertise in transportation cycling
- Limited stock
- Inconvenient locations
- Difficult staff
- Cluttered shops and unfriendly retail environments

**Y**ou spotted it on the bike parked next to you on the rack at work. Or maybe you saw it while in the bike lane, or online, or in the pages of *Momentum Mag*. It's an accessory that would be a perfect upgrade for your daily ride. But where do you buy it?

Accessories and bikes for everyday riding are grabbing the attention and imaginations of riders everywhere. With the growth of online retail and direct sales from brands, bike shops are dealing with customers who have greater product knowledge and the tools to quickly compare prices.

When searching for your next bike or accessory upgrades where should you go? What are the pros (and the cons) of shopping online versus in a local bike shop?

### AT THE BIKE SHOP

Bike shops are home to experts in bicycles, parts, and repairs. Shop owners and their staff proudly wear their "bike nerd" statuses. Their experience and insight into finding the right style or size can be invaluable.

In a shop you can compare and try different models, getting a firsthand

feel for that upright bike or secure new lock. Shop employees can answer your questions and often help by pointing out the differences between two similar products. Many shops also offer free tune-ups and adjustments while your bike parts settle in.

However, finding a shop that specializes in supporting everyday people that ride bikes for transportation can be a challenge. Many shops focus on sports and recreation with a very limited number of lifestyle products, or none at all. Finding a local shop that fits your needs can require traveling long distances or be completely out of reach.

Good shops are places where you feel comfortable shopping and trust the sales and repair staff to taking care of your needs.

### ONLINE SHOPPING

The online marketplace is dominated by one thing: pricing. Whether buying directly from a company or through an online shop, cutting out the middlemen makes it possible to find lower prices.

Shopping online is also becoming more reliable as retailers provide more information, photos, and even videos about products. Online reviews can help take some of the guesswork out of deciding on the right product if you trust the sources.

While you may find savings initially when buying online, when it comes to returns the time and cost of shipping a product back can start to offset the initial bonus. Cross-border shopping can also include additional duties and fees and is another hurdle for customer service.

Shopping online can help you in finding products not stocked in local shops while saving you money if returns or warranty issues don't arise.

<http://momentummag.com/online-vs-in-store/>



# How to Get Your Bike Ready for Spring

WRITER: KRISZTINA KUN ILLUSTRATOR: DOUG SCOTT



**S**unshine, warmer days, and side streets bursting with cherry blossoms are all great reasons to get your bike out and dust it off. Is your bike ready to ride? Here are a few tips to get your bike ready for a new season of smooth riding.

**1 Wheels** First things first, your tires will most likely need air. Make sure to fill them up to the appropriate pressure; this will be written on the side of your tire. Spin your tires to make sure they pass cleanly through your brakes, fenders and forks without rubbing. Watch the wheels as they spin, if you notice any wobbling at the rim, they will need to be trued (the spoke tension will need to be balanced). If you see bulges, large cuts, cracking or fraying, then you should get a new tire.

**2 Chain** Is your chain clean? Is it lubed? To clean your chain simply back-pedal it through a cloth. Once it's clean, lube it up. Then run the chain through the rag again to remove excess lube from the outside surfaces where it will only attract more dirt and get on your clothes. While we're on the topic of cleaning, make sure your drivetrain and cogset are clean and don't have built up dirt and grime (like mine always do).

**3 Gears** Are your gears shifting smooth and silently? If they are not clicking into place properly you might need to make adjustments to the cable tension, or possibly have your cables and housing replaced.

**4 Brakes** Is your bike stopping properly? If you have brake pads, take a look at them to see how worn down they are. If the pad is worn to the 'wear line', or there are no grooves left along all or part of the pad, or there's very uneven wear, then they need replacing. Squeeze your brake levers and note if there's any noise (grinding or squealing) or if they don't engage right away, in which case your brake pads or cables might need adjusting. You should be able to confidently squeeze your levers as hard as you can (off the bike) without cables slipping or the lever getting too close to the bar. How close is too close? If the brake lever touches the bar, that's much too close, and that bike is unsafe to ride.

**5 Tighten** Make sure nothing on your bike is loose. Check the bolts on your handlebars, including the brakes and gear shifters. Check to make sure the seatpost and stem are secure and not raised above their maximum lines. Also check the bolts

on any accessories such as fenders, racks and baskets.

**6 Bearings** Everything that spins on your bike depends on bearings. You can tell pretty easily when it's time to seek expert help. If a wheel jerks to a stop, or the steering feels like it has notches, then those bearings are too tight. If a wheel, when held firmly at the rim and jiggled side-to-side, is felt to clunk or rattle, then those bearings are too loose. If these problems appear, your bearings need adjustment, overhaul, or replacement.

**7 The "Drop Test"** Pick your bike up about 3 or 4" and drop it (while keeping it upright) on the wheels. This won't hurt it. If you hear or feel anything rattling (aside from the chain or your lock) then investigate further and decide whether it's a safety issue or something that if maintained now will save you time and money in the future. If necessary, take your bike to your favorite mechanic for a tune-up, sign up for some lessons or supervised shop time, or get yourself a good maintenance book.

<http://momentummag.com/7-things-to-do-get-your-bike-ready-for-spring/>



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After finding the right style of bicycle for your needs, it's time to outfit it with the accessories that improve comfort and functionality.



# How to Choose the Right Saddle

WRITER: **ROB BROWNIE** PHOTOGRAPHER: **TREVOR BLOCK**



**M**any bikes come with stock accessories not designed for the people who will be using them. Replacing your saddle could change the way you ride for the better.

## Locate the Pain

If your saddle is uncomfortable, try to determine exactly where the pain is, and try to be as specific about describing that pain as you can. Between the three points of contact where your body rests on your bike – feet, hands, and butt – at least 55 percent of your weight will rest on your seat. The area that you sit on is called the perineal region, and it includes a network of blood vessels and nerves that lie between your sit bones.

If you are feeling pain or numbness between these bones, your saddle could be too narrow. If chafing along your inner thighs is the issue, or if your sit bones are sore, perhaps your saddle is too wide or too flat. The key is to have as much surface area contact on your seat as possible so that your weight is evenly distributed

## Choose a Saddle

Viewed from the side, the saddle should have a slight flare in the rear to hold you in place. A slight dip in the middle will support you comfortably and allow for front-to-back movement. If you are riding a city bike and sitting in a more upright position, the rear of the seat will be much wider than the nose. A road bike with drop bars will have you leaning forward and so a narrower seat might be your preference.

You also want to think about saddle material and padding. I swear by my Brooks B17 leather saddle. In fact, after I had my first Brooks stolen last year, I swallowed hard, fought back tears and bought a new one to replace it. Leather stretches to conform to the shape of your pelvis and allows your body to slide naturally as you pedal. An added bonus is that you can adjust a tightening bolt under the saddle as the leather softens and stretches over time.

## Make Adjustments

To fully reap the benefits of your carefully chosen saddle, it needs

to fit on your bike properly. You can adjust your seat three ways, the most obvious being raising or lowering your seat post. Underneath the seat you will see two rails that are attached to the seat post with a clamp. The seat can be moved forwards or backwards along this clamp. You can also tilt the nose of the saddle.

Finally, some saddles come with springs, and you can even buy seat posts with shock absorbers. This is a matter of personal taste. My thinking on this is that if you have maximized the saddle surface that your body is in contact with and the saddle is properly installed, you should be ready to ride.

<http://momentummag.com/how-to-choose-the-right-saddle-your-butt-deserves-better/>

## WHAT TO KNOW BEFORE YOU BUY A SADDLE

### Women:

- pressure relief is possible with cutaway slots in the saddle
- look for women-specific seats or seats designed to fit the position of your sit bones – wider seats will accommodate wider sit bones
- your pelvis tends to sit further back
- watch for numbness and chafing, as they might be signs that you need a different type of saddle

### Men:

- your sit bones tend to be closer together, so choose a narrower seat
- numbness can lead to nerve damage and even erectile dysfunction
- ensure padding on your saddle is not getting too compressed
- chafing can lead to saddle sores if not attended to

<http://momentummag.com/what-to-know-before-you-buy-a-saddle/>



# How To Choose the Right Handlebars

WRITER: CHRIS SCHROEDER PHOTOGRAPHER: JOE MONTANA

To find the right fit for my large 6'6" frame I had to try out everything, including different handlebar styles to see what worked best. During my time riding a SOMA ES frame, I started with drop bars, the curved bars commonly seen on road and touring bikes, and then switched to upright bars, the swept-back bars that support an upright riding position, so I could find the style that worked best for me.

On the plus side, the drop bars offered flexibility in hand positioning and control. Those options can help with fatigue on longer rides and can allow you to change your body position when climbing or riding fast. Drop bars offered me precision and control when turning and allowed me to make small but precise adjustments to how I was riding.

So what are the benefits of upright bars? I found them to be great for comfort and leisure. Upright bars allowed me to straighten my spine and required less extension in my arms. In a city, this means increased visibility for cars. It was easy to take a hand off to signal or wave and the upright position gives a social feel to the ride.

There are some cons too. Drop bars often made me feel like my position was too aggressive. For leisure trips, like a casual ride with a friend, it felt too much like a

race. Bent at the waist, my arms extended, and my head low didn't make for a comfortable position to carry on a conversation.

The downside to the sweptback upright bars was that I would sometimes feel strain on my wrists, especially on long rides where it would be nice to switch up hand positions. My hands were positioned farther apart, so I lost precise control over turns and therefore acting fast wasn't quite as graceful as I'd like.

Deciding what style worked best all came down to lifestyle. Since I most often ride in busy San Francisco on high trafficked roads, I liked the drop bars best. I can get a little lower for fast riding, and I used many hand placement options every day, especially when climbing hills. Those uprights aren't all bad though; in addition to being fun I've never received so many enthusiastic stoplight compliments of, "Hey man, nice bike!"

Where do handlebars fit in on the hunt for the perfect bike fit? In my experience, handlebars can make or break your riding enjoyment. While bars are just one of many ways to dial in the perfect fit, they are an integral component to a good fit, no matter what size you are.

<http://momentummag.com/choosing-the-right-handlebars/>







# How To Find The Right Tires For Your Bike

WRITER: KRISTA CARLSON PHOTOGRAPHER: DAVID NIDDRIE



**F**inding the right tires for your ride doesn't have to be complicated.

Even though there are quite a few variables to consider, once you assess the style of riding you do and the type of bicycle you ride, the choice can be fairly simple. From slicks to knobbies and those many treads in between, getting rolling on the right style of tire can actually improve your ride experience.

## Treads – from Slick to Knobby

Completely smooth tires, known as slicks, provide consistent contact with the road and are best for asphalt riding where the surface will be mostly flat. If you ride on mixed terrain, such as dirt, gravel, and even grass, then a hybrid-style tire, also called a semi-slick as it often has smaller knobs designed for harder surfaces, may be ideal. Knobby tires are designed for traction in loose dirt and mud and are excellent for dedicated trail riding, though less suitable for the average city commute.

## Width – from Skinny to Fat

The maximum width of your

tire depends on what your frame and rims can accommodate. Road and track frames provide minimal clearance between your frame and rims, being designed to run thin tires in the 23-25 mm range to decrease rolling resistance. Touring, cyclocross, and commuter frames allow for greater tire clearance, allowing the use of wider tires that are better suited to heavier loads and can improve comfort on bumpier rides.

## Protection from Pointy Things

To make tires less susceptible to punctures from thorns, glass, and other road debris, many manufacturers are adding some form of puncture protection to their tires. Though it makes the tire marginally heavier, the difference in weight is negligible and you probably won't notice it, unless you are racing.

Several tire manufacturers have developed different materials and technologies to provide flat protection and high-mileage wear on their tires. Continental, Schwalbe, Hutchinson, and Rubena all offer tires

equipped with strong synthetic fibers known as aramids, the most common of which is Kevlar, the same material used in bulletproof vests.

## Deciphering Tire-glyphics

What do all those numbers and markings mean?

**Tire dimensions:** This set of numbers defines the dimensions of a tire. This number will be listed as 700x(Y) or 26x(Y). The first number states the outside diameter of the tire, the second number defines the width of the tire, measured in millimeters or inches.

**PSI/ BAR:** This is the tire's pressure rating; it tells you how much air to put in your tire. Maximum and minimum tire pressures are listed in psi (pounds per square inch) as well as Bars.

→: This arrow indicates the direction the tire should roll so that the tread is facing in the right direction.

<http://momentummag.com/rubber-to-the-road/>

## TIRE CHECK

**How do you know when it's time to replace your tires?**

"When I recommend new tires, it's because there are skid patches, punctures from glass, or the threads are showing. Sometimes there are a bunch of thorns – too many to take out, so it's best just to replace the tire," said Sosa.

If you see any of these signs of wear, it's time to replace your rubbers:

- Uneven wear in the rubber
- Threads or wire bead showing
- Cracked or split sidewalls
- Significant punctures that will allow debris into your tire
- Tube is visible through the tire – replace immediately!



# How to Lock Your Bike

## The Right and Wrong Ways to Lock Your Bike

WRITER: ANNE MATHEWS ILLUSTRATOR: THOMAS JAMES

**DON'T**



**DON'T**



**DON'T**



**DON'T**



**DO**



### TIPS TO HELP KEEP YOUR BIKE IN YOUR OWN HANDS

#### Lock Types: Choose Wisely

My childhood bike lock was a sparkly pink cable combination lock the thickness of a drinking straw. At some point, I realized it could be snipped in half with a pair of elementary school scissors. (The combination could also be inferred by the loud clicking sound that the correct numbers made.) Such locks are largely symbolic gestures. Flexible cable locks are easy to use and good for locking to difficult structures, but they often fall into this “easy to breach” category. In Amsterdam, I watched an enterprising gentleman whip out bolt cutters and chop my much sturdier cable lock in two casual strokes.

U-locks are stronger, but their shape and inflexibility limits what you can lock to. My personal favorite lock is an ultra-thick, heavy chain. It makes you look paranoid, but it's very effective.

#### Locking Etiquette

Good locking manners are mostly intuitive. Don't lock your bike to someone else's (unless you know it's OK with them, and they can get a hold of you when they want to leave). Avoid jamming your bike up against someone else's in a crowded rack or bike pile. Make sure your bike isn't blocking (or tangled up with) other bikes. And finally, be gentle if you lock to a tree – don't trample vegetation or gouge bark. That's a living thing, friend – treat it with respect.

A man sauntered into our neighborhood bike shop and examined the display of locks. He hefted the most impressive one, a massive, heavy chain, looked at the price tag and frowned. “I don't know if I can afford it,” he said to the shop owner.

“Can you afford to have your bike stolen?” the owner replied.

This is, in a nutshell, the basic logic of bike security. Bikes are light and easily transported, convenient qualities not only for bike owners, but also for bike thieves. So it's worth taking a few simple steps to keep your ride locked down when you aren't around.

Once you've decided to secure your bike, you'll need a lock.

There are several good options out there, depending on your needs.

Lock in hand, you'll next need to decide what to lock to. In many cities, entire neighborhoods lack dedicated bike parking. When racks or locking posts aren't handy, streetlamps are a decent option – as are sturdy street signs over six-foot-tall, or short parking meters with enough bulk at the top to frustrate thieves. Avoid locking to flimsy trees, bushes or removable poles. When locking to other infrastructure (such as, say, a stairway handrail), be considerate of others and also aware that building security employees sometimes remove bikes that seem hazardous.

While locking up, make sure your

lock actually goes through your frame – rather than, say, around your seat post, where it can be conveniently slipped off. (You may laugh, but it happens.) Consider also what to do about the parts of the bike that aren't secured by your lock. If your wheels and seat are easy to remove, try running your lock through a wheel as well as your frame and securing the quick-releasable elements separately or taking them with you. Riding home on a bike with no seat is embarrassing, and riding on a bike with no wheels is impossible.

Some folks prefer to lock up out of sight, while others favor well-lit, well-trafficked spots on the premise that it's stressful to try and subtly

saw through a lock in front of a teeming crowd of pedestrians. Either way, position your bike upright and out of the path of cars. I've seen an SUV sweep up onto a curb and right over the wheel of a Schwinn locked to a bike rack; the wheel issued a haunting cry as it folded.

If you think you can't afford a good lock, ask yourself: Can I afford to replace my bike?

<http://momentummag.com/bike-curious-the-right-and-wrong-ways-to-lock-your-bike/>



# How to Make Shopping by Bike Easy

WRITER: **DUNCAN HURD** PHOTOGRAPHER: **LILY HOLMAN**

## THREE QUICK TIPS FOR SHOPPING BY BIKE

### 1. Cords

Your local bike shop will have a selection of different bungee cords and tie downs. Pick up a few different sizes and try out a variety of materials to find the combination that works for you.

### 2. Rack

Most racks and baskets are attached to your bike at various points with screws. Occasionally check that these are secure to avoid problems while transporting heavier items.

### 3. Locks

Use a strong and versatile lock that works with your bike and can attach to an array of bike rack styles.

**M**y partner and I picked up the habit of shopping by bike shortly after we first started riding together. On the way home from a ride, we'd stop in at a butcher shop or pick up some take-out for dinner. At first, we'd hang bags from our handlebars, but we knew this was putting our purchases at risk as they swayed and bounced off our front wheels. We soon had the urge to carry more with us – without having to take transit or resort to borrowing a car.

### Get the Right Gear

When it comes to shopping by bicycle, you'll have greater success with the right accessories. At a minimum, install a front basket, a rear rack, or both. While you can use a large backpack, letting your bike do the carrying is less cumbersome. Front baskets vary in size and are often large and sturdy enough for one or two bags of groceries or a medium-sized box. Rear racks provide a flat surface for strapping down larger items with rope or bungee cords. To really increase the capacity of a rack, get one or two panniers (bags designed to mount to a rack). If you need to pick up larger items, the increased hauling capacity of a detachable bike trailer may be right for you. Many trailers can fold down for storage and can also be used for carrying kids, pets, and more.

### Cut the Waste

Once you have a basket or rack (or both) on your bicycle, it's time to consider what kind of purchases you'll be making. At the grocery store, I rarely buy anything individually packaged in a box or container. These take up too much space and end up in the trash anyway. Buying from the bulk aisle allows me to bag items that typically come boxed, taking up significantly less space on my bike. Often, I'll decide not to buy an item if there's too much packaging waste. If you're buying delicate items like fresh fruit and vegetables, ask whether the shop has any medium-sized cardboard boxes. You can strap the box securely to your rack to prevent your groceries from squishing together.

### Buy Less, Shop More Often

Shopping more often may sound time-consuming, but once you get used to it you'll find that you can actually save time. Grocery runs are often much quicker when you're shopping for just two or three meals in advance. You get to use the express checkout lane, and you don't have to push a loaded cart around. When you're buying less per visit, it's also easier to combine a shopping trip with other trips. You can stop by the library on the way home from work or pick up a few items on your way to an event across town.



### Look for Businesses That Support Shopping by Bike

It's hard to shop by bike if a store lacks bike parking. While many business owners still value car parking over bicycle parking, some communities are starting to create bike-friendly business districts. If your favorite shop lacks bike parking, make a point of asking for it and encourage other shoppers to do the same.

<http://momentummag.com/bike-curious-how-to-shop-by-bike/>



# WEATHER

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- 23 [How to Ride in the Snowy Winters](#)

One of the most common obstacles to riding a bicycle more often is dealing with changes in weather. From hot days to the depth of winter, the following articles can help you discover the best ways to weather any weather by bike.



# How to Handle a Hot Summer Commute

WRITER: EMILY GINDLESPARGER ILLUSTRATOR: SERGIO MEMBRILLAS

In Tucson, AZ, our worst summer days reach a scorching 110-degree heat (43 degrees Celsius) yet you will see daily riders braving the baking pavement on their way to work. If you want great tips for surviving the summer heat – and getting to the office looking fresh and professional – look to these desert pros for help.

You may already know the most important tip: stay hydrated. What you might not realize is that dehydration reduces your blood volume, making your heart work harder and making it more difficult for your body to regulate its temperature. Always drink water, even on short rides, and if you need a little boost, add some ice and electrolytes to the bottle to help you feel energized.

Dress for your climate. Lightweight, synthetic clothing will work in hot, dry regions but if you are dealing with humidity as well stretchy, clingy fabrics tend to get sticky, slimy, and hard to peel off after a ride. Wool is amazing in the heat – even though it's thought of as a winter fabric. Wool wicks sweat well and breathes like cotton, but dries much faster. For punishingly sunny places, try long sleeve tops – shading your skin will keep it from feeling so sapped. Choose loose-fitting clothing when possible to let your skin air out and reduce chafing on longer rides.

Get your pack off your back and use a rear rack and panniers instead. A sweat-free back is worth the initial cost alone. If you have a shower at work, bring a quick-drying pack towel and a travel bottle of body wash. Most workplaces don't have showers, so bring bath wipes, as they are a quick way to freshen up at the traditional office birdbath. To spruce up your coif, sprinkle a little dry shampoo or baking soda on your hair and bring a travel brush to brush it through.

In sun-baked Tucson, the intense heat can make a ride feel sluggish. A recent study from the University of Oregon compared the benefits of riding in hot weather to those of high-altitude training. After just ten days of riding in the heat, cyclists in the study had better circulation of oxygen to their muscles and better regulation of their core temperatures, similar to improvements made in high altitudes. While the study focused on athletic training, even an everyday rider will gain health benefits while riding at low intensity in the heat. So saddle up, drink plenty of water, and ride easy all summer long.

<http://momentummag.com/how-to-handle-a-hot-summer-commute/>





# How To Ride in Wet Winters

WRITER: KAREN JOHANSON ILLUSTRATOR: DOUG SCOTT



**B**iking to work or play in winter doesn't have to be a chore. By following a few simple guidelines, you'll get to your final destination rejuvenated and looking fantastic.

Wool keeps you warm even when it's wet. Look for merino wool base layers, hoodies, glove liners, socks, and everything else for cold-weather commutes. Even those sensitive to other wools seem to have success with merino.

Check out thrift stores for wonderful wool options on a budget. Cut sleeves off cashmere and wool tops to create one-of-a-kind arm warmers. Consider repurposing oversized wool sweaters by washing them in hot water, then drying in high heat, to create a "felted" top that fights off wind and rain.

Biking is a physical experience, so don't forget that you'll get warmer as you exert yourself. Depending on your speed – and perhaps the number of hills on your commute – consider dressing for 10 to 15 degrees fahrenheit (-12 to -9 celsius) higher than the forecast temperature. Always wear layers that you can add or subtract along the way.

Finding outerwear that will keep you dry without turning you into a pool of sweat is essential. Gore-Tex is the most waterproof

and breathable option for rainy or slushy days, but also one of the most expensive. Look for anything with a finish labeled "DWR," aka Durable Water Repellent, at your local bike shop or outdoor apparel store – these materials wick moisture while keeping out the wet and won't take a bite out of your budget. Also look for taped seams – waterproofing will get you almost nowhere if rain is seeping in at every seam.

When choosing messenger bags, backpacks, and panniers, look for waterproof (not just water-resistant) materials and padded compartments – your day clothes, documents, and other gear will thank you. Some backpacks and panniers even come with additional rain covers.

And don't forget your headlights and taillights for those early-morning and dark-afternoon commutes!

## End-of-trip Shower or Primp

Having showers, lockers and/ or bike lockup facilities available at your workplace is definitely a bonus on days when the weather is inclement. If there aren't any where you work, check with your city officials or local bike clubs. They might be able to recommend nearby public or private facilities where bike commuters can prepare for work. Some end-of-trip

## GREAT RAIN GEAR

**Rain Capes:** provides coverage to your lower legs and can be cooler when the weather is warm.

**Rain Jackets:** weather-proof materials don't have to be plastic. Treated cottons and some wool offer great rain protection.

**Rain Pants:** if it's a heavy rain these can keep your legs dry, but tend to get pretty warm.

**Other Covers:** there are all types of rain covers for every part of your body that are not always necessary, but can be useful if rain is a constant worry.

facilities even have staff who can fix your bike while you're away!

Don't have the shower option? Seattle makeup artist Akemi Hart suggests getting blot papers from your local drugstore's cosmetics section and using them to remove residues and oil, and prime your face. Add a bit of powder, and you're good to go.

Kat Sweet, who spends most of her life on two wheels between mountain biking and teaching kids the joys of cycling, always wears makeup – liquid liner, shadow and mascara – then packs backup liner in her bag. Her tools for fending off rain include glasses with clear or yellow lenses, plus a helmet with a visor.

<http://momentummag.com/wet-weather-riding-tips-and-tricks/>



# How To Ride in Snowy Winters

WRITER: **BENJAMIN VAN LOON** ILLUSTRATOR: **DOUG SCOTT**

## WINTER RIDING CHECKLIST

Go through this checklist and see if there is anything else you need

- Base layers (long underwear, thermal wear, etc.)
- Waterproof and windproof jacket and pants
- Gloves, insulated socks
- Mask, balaclava, hood, hat and/ or goggles, for the really cold days
- Properly inflated tires
- Wipe down the bike after long, wet rides
- Keep the chain lubricated
- Lights for added visibility
- Pre-winter and post-winter tune-ups
- Positive attitude

When it comes to winter riding, there is a common saying in the cycling world: There is no such thing as bad weather, just bad equipment. Preparation is preservation. As the mercury begins to drop, start your gear check from the inside out and you might find yourself getting excited about the first frost.

### Start in Layers

Layers are crucial to preserving body heat, staying dry, and ensuring mobility in cold weather. Because everyone acclimatizes to the cold at different rates, some riders will need more layers than others, depending on the season and their expected level of exertion.

You should have at least a base layer – something you wear against your skin – that will keep you warm and dry. Look for long- and short-sleeved dry-fit, moisture-wicking T-shirts, as sweat can build up easily at this layer and render the outer layers ineffective. Avoid cotton if possible.

Outer layers should be both warm and windproof. The wind exacerbates cold temperatures. If you get something with a wind-breaking shell, you won't have to bulk up as much. Sometimes windproof fabrics are also waterproof, which is an added advantage.

### Add the Extras

Cold bites worst at your extremities, so even if it costs you extra, invest in a heavy pair of waterproof gloves that will shield you from the wind. If you've donned all the layers, but your hands and feet are under-protected, you might as well be wearing nothing. Cover your feet with wool socks.

The cold can be hardest on your face and head, where a lot of heat can be lost. Cold air constricts your air passages, making riding difficult, so covering your face and nose with a mask can help you breathe. A good balaclava accomplishes all of this, though some people may only need a scarf and a toque or earmuffs.

For subzero riding, you may also want to pick up a pair of snow goggles. You might look like a character from a James Bond flick, but they are really effective at shielding your eyes against blinding wind and snow.

### Enjoy Yourself

There is something peaceful about riding on freshly fallen snow. While you have to take extra time to stop and corner, much of the ambient sound and traffic is absorbed by the soft powder. Plus, the added challenge of riding on new terrain can only serve to develop your skill in the saddle.

<http://momentummag.com/how-to-ride-in-the-snow/>





# LIFE

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**D**o much more by bike! Whether it is biking to work, running errands with kids, or riding a bike with your baby, here are our best tips for helping you truly uncover smart living by bike.





# Everything You Need to Know to Bike Like a Boss

WRITER: DUNCAN HURD PHOTOGRAPHER: DAVID NIDDRIE

**T**his year, you may have decided to ride your bike more often or are looking for ways to encourage friends, family, and coworkers to ride with you. Here are a few answers to common questions that can help anyone ride a bike “like a boss”:

## Why should I consider riding a bike more often?

To be blunt, riding a bike is quite possibly the easiest, most fun, and best way to improve any aspect of your life. Riding a bike more often can help you lose weight, save money, and add years to your life. Riding a bike can make us feel younger than our actual years. Riding a bike regularly can help you stay healthy. And it can even make you happier!

## Do I need a special bike?

No, any bicycle in working order will do. Of course, an “excuse-proof” bicycle, one that is outfitted with a few convenient parts and accessories, will make your rides even more enjoyable. No matter what style, a bicycle that you enjoy riding is one you’ll reach for more often. Our Perfect City Bike Checklist can help you find the best ride.

## Do I need special clothing?

No, you can wear whatever you want to wear. We’re big fans of dressing for

the destination, not the journey. You can ride in a suit, dress, or whatever you want. In certain climates, you may want to adjust your wardrobe for the weather, especially in the heat. Also, clothing that has been designed for everyday riders can be more comfortable and last you longer, but anything already in your closet will most likely be all that you need.

## Do I need any other special equipment?

While you may not need anything special for day to day riding, there are many accessories that can help you do much more by bike. Shopping by bike is made much easier with a way to carry your purchases such as a set of panniers or a basket. Bicycle lights are essential for riding in low light and at night, the best possible ones are powered by a dynamo and permanently attached to your bike. And don’t forget to get a fun bike bell. And if you have a family or large items you need to take with you, a cargo bike may be right for you. More great gear ideas can be found in the new Momentum Shop.

## Is riding a bicycle for my daily needs safe?

Riding a bicycle is safe. Click here to find out more.



## What can I do to feel more confident?

We certainly understand that in places where bicycle infrastructure is sub-par or non-existent it can feel unsafe to ride. One of the best ways to feel more confident is by talking to (and riding with) other people who get around by bike. This could mean joining a local bicycle user group, finding routes

where you’re more likely to not be riding alone, or taking a bicycling skills class to build confidence.

## How can I make getting around by bike even better?

Learning how to properly lock your bike can give you piece of mind and save you from theft and heartbreak. Also, biking isn’t limited to just riding to work and

school. You can plan a weekend picnic by bike. You can explore your own city (or a new one) on a bike tour or on your own. You can also upgrade your daily-use bicycle to a much more comfortable and practical style.

<http://momentummag.com/everything-you-need-to-know-to-bike-like-a-boss/>



# How to Ride on the Road

WRITER: BENJAMIN VAN LOON ILLUSTRATOR: SAM BRADD

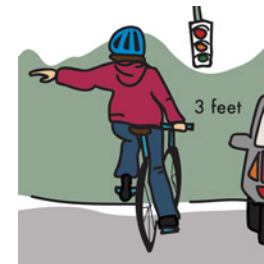
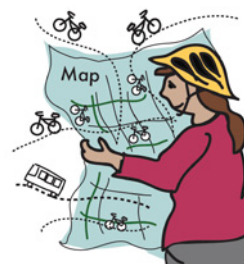
Surveys show that about 60 percent of North Americans are curious about cycling, but are reluctant to take the next step. There are a few guidelines (written and unwritten) that riders of all levels should follow. Riding on the road can be dangerous, whether you're on a bike or in a car, but this shouldn't be an excuse to let your bike go unriden.

No matter your cycling skill-level, a prescribed mixture of safety-consciousness road knowledge and a few drops of common sense are enough to cure even the worst case of "Unridden Bike Syndrome". The formula is simple: it's a matter of knowing where to start.

Use the following points to equip yourself with the courage to log some miles on your bike. Once you've been on the road a few times, these approaches to cycling become second nature and make getting in the car that much harder (which isn't a bad thing).

## Know Your Route

Some roads have two lanes, some four; some have shoulders, some don't. A busy, high-speed road may be the shortest distance between



two points, but that doesn't make it safe. Use maps and local resources to chart safer alternate routes using any combination of slower roads, roads with shoulders and bike-specific avenues, such as bike lanes (where bikes share the road), bike paths and separated bike lanes (which are exclusive to bikes) and trails or even the occasional sidewalk (if allowed).

## Know Your Conditions

When the weather is adverse, things become more precarious for everyone on the road. Try to keep your bike off the road when there isn't a lot of visibility, as in a rainstorm, blizzard or heavy fog. Different road textures, like gravel or sand, can be equally precarious. If the going gets tough, walk your bike.

## Know Your Drivers

You've heard of "Defensive Driving"? This is "Defensive Cycling". Ride confidently, but watch for bad drivers (and cyclists). When passing a parked car, keep at least three feet (one meter) between you and it and watch for opening doors. When passing other cyclists or pedestrians, call out to notify them of which side you'll be passing them so you don't catch them off guard. Don't assume drivers will signal their turns. And if you're near an intersection or corner with traffic, don't overtake anyone or cross without first looking both ways for oncoming cars and bikes.

## Know the Rules

In some places, cyclists are subject to the same laws as automobiles. In

others, different laws apply. Most municipalities will have cycling laws publicly listed on a website or other civic resource. No matter where you are, however, you should form a few basic conscientious habits: Use the appropriate hand signals to indicate when you're turning or stopping, use front/ rear lights at night, and don't ride on busy sidewalks. Though some cities are more serious about enforcement than others, cyclists should apply these common practices whether they're in Miami, Cincinnati, or Toronto.

## Know Your Bike

While this may seem obvious, this point is often the most ignored. Think of it as "Zen and the art of bicycle maintenance." Keep your

derailleurs in line, your skewers tightened, your wheels trued and your tires filled to the correct pressure. If you're not comfortable doing this, bring it to your local bike shop at least once a season for routine maintenance. Check your tires once a week, too, because tires lose pressure periodically. The best bike is not the newest or the fastest, it's the bike that's best for you and the roads you choose to take.

## Ride with Others

Many cities have local cycling organizations that run riding skills courses. Check with the one nearest you for information about how to ride on the road safely and legally. Riding with a more experienced cyclist is also a great way to learn the tricks of the trade. Consider recruiting a friend or coworker to ride with you to work, home or on your lunch break.

<http://momentummag.com/how-to-ride-on-the-road/>



# How to Bike to Work

WRITER: **MOMENTUM MAG STAFF** ILLUSTRATOR: **BROOKE APPLER**



**H**ave you discovered the sheer joy of biking to work? Not only will you beat congestion, save time, and save money on parking, but you will also arrive at work feeling happier, healthier, and ready to tackle your day. Here are a few simple tips on how to bike to work that will help you get started.

## What Bike Do I Need?

Honestly, any bike will do as long as it is in good working order. But to make your bike commute as comfortable as possible in any road and weather conditions, you will want to find an upright or commuter bike that is outfitted with fenders, racks or baskets, and lights. Make sure you have a secure lock so that your bike is waiting for you where you left it.

## How Do I Carry Stuff?

If your bike has a rack, you can choose a pannier and let the bike do all of the heavy lifting for you. Opt for a cycling backpack if you don't have a rack or would prefer to carry things on your back.

## Is There Secure Parking At My Workplace?

Many businesses now offer secure bike parking for their employees.

If they don't, ask if you are allowed to bring your bike inside your workplace for safekeeping. There is also a growing list of great folding bike options for commuters who lack space at home or would like to bring their bike inside when they bike to work. Simply fold the bike up and store it right under your desk!

## But How Do I Actually Bike To Work?

Finding a safe and pleasant route is key to enjoying your ride to work. Using your city's map of local bike routes, try your route to work on a leisurely weekend so that you know the length of your ride beforehand in order to eliminate the stress of making it on time come Monday morning. Sticking to bike lanes whenever possible will make biking to work all the more enjoyable.

## What If It's Raining?

If you want to try it, rain capes are a great choice for keeping you dry in the rain, as are waterproof packs and panniers. More complete rain gear such as rain jackets and pants, gloves, and goggles are an option for long commutes in seriously inclement weather, but if the rain is too intimidating, it's okay not to ride.

## Will I Get Sweaty?

If you ride at a moderate pace, it's not really hot out, and you don't have too many hills to face, you can easily bike to work without getting sweaty.

## What If I Have A Long Ride And/ Or Lots Of Hills?

A long or hilly commute by bike is going to entail additional adjustments to your regular routine. The distance alone will increase the chances of needing additional grooming at your destination. Luckily, good gear can make the transition smoother. Large panniers will provide the "trunk space" you need to carry work clothes with you. Look for a nearby gym to shower at if your workplace lacks facilities. Or consider an e-bike that will add a little *oomph* to your ride and eliminate the possibility of sweating.

<http://momentummag.com/how-to-bike-to-work/>





# How to Take Your Bike on Transit

WRITER: MEAGHAN HACKINEN PHOTOGRAPHER: DAVID NIDDRIE

Often, the quickest way to get somewhere in the city requires using more than one form of transportation. If your trip is longer, combining bicycling with other forms of transit is a great option. Here are a few things you can do to make your multi-modal commute a hassle-free experience.

## Research Transit Regulations in Your Area

Check out your regional transit website. Not only can you look up bus, train and subway schedules, but you can find cycle specific transit information for your city. For instance, some cities permit bikes to travel on trains at any time, while some prohibit bikes from boarding during peak hours. To find out what regulations you need to be aware of, consult your city's transit website.

## Get a Map

A transit specific map, preferably one that incorporates bike routes as well as transit stations, will take the headache out of trip planning on-the-go. You can usually find maps at transit kiosks, or view the digital version on your regional transit website from your smart phone. Making route choices while you navigate from home, work or school to a transit station and continue on by bike to your end destination is simplified when you have a reliable map in front of you.

## To Lock or Lug?

Most transit stations have a designated place to lock up. Some even have bike storage lockers (usually monthly rentals) to ensure your bike is safe while you commute. If you are lucky enough to live in Long Beach, Washington, DC or another center with a Bikestation, take advantage of secure 24/7 bike parking and self-repair stations. Wherever you leave your bike, remember to securely lock your wheels and bike frame, and remove all easy-to-steal accessories, such as bike lights or an expensive saddle.

If you can't find secure bike parking, don't feel confident leaving your bike locked to a rack or need to use your bike in a later stage of your commute, you can often take your bike on transit. Cities are making it easier and easier for commuters to travel with their bikes: many busses have front racks, and some train cars have designated bike areas where cyclists are provided with extra space.

Loading your bike on the front rack of a bus may seem daunting, but it is really quite easy. Check out this video to see how it's done. Detailed rack loading directions can usually be found on your local transit website, and if you are still uncertain, just ask the bus driver – they're usually happy to help first timers.

## Carry Your Stuff

Whether you lock up your bike or bring it along for the ride, how to

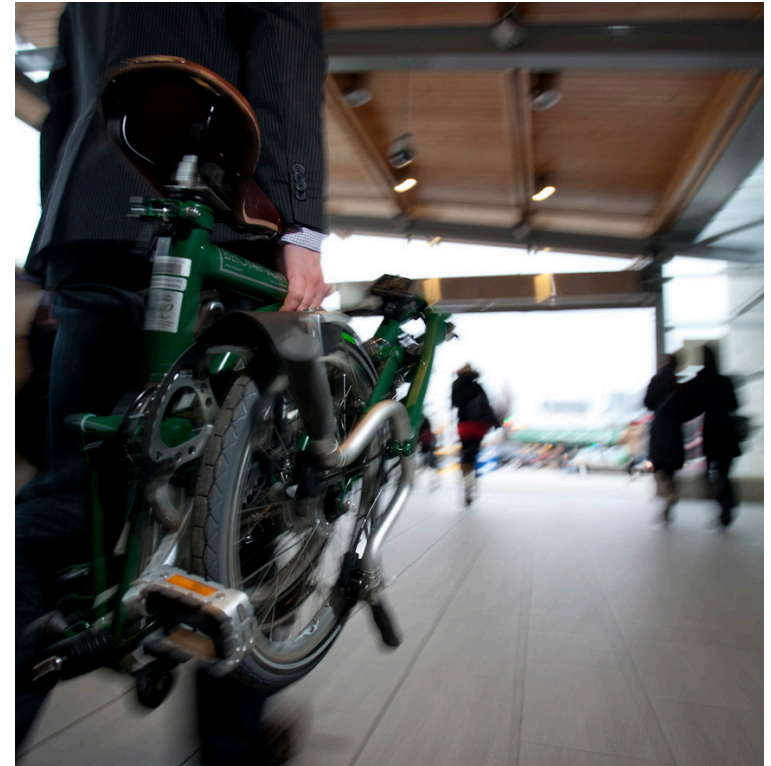
carry personal items is something worthy of consideration. I avoid using a backpack, because they hurt my shoulders and leave the back of my shirt a hot sweaty mess. Panniers, or a messenger bag, make carrying stuff easier. If you opt for panniers, look for models with easy-to-grip handles, or an extendable shoulder strap – because there's nothing worse than parking your bike and dragging around an unwieldy, heavy bag for the rest of the day.

## Maneuver Your Bike Safely

If you bring your bike on transit, be prepared to pass through crowded corridors of people. Be aware of your bike's dimensions, and you will be able to maneuver your bicycle with confidence and courtesy. At some point you will probably have to pick your bike up and carry it over a curb or down a few stairs. I find it easiest to lift my bike by holding the handlebar stem with one hand, and gripping a low point of the frame with the other.

Be careful not to block entrances or exits. Hold your bike steady to keep it from rolling, and be prepared to shuffle back and forth if other commuters need to get by.

Keep in mind that bikes are not permitted on escalators, so it is a good idea to familiarize yourself with the location of elevators if you commute through a station with multiple floors. If you have real difficulty moving



your bike around, or commute during rush hours, consider a folding bike.

## Add Bike Share to the Mix

While not available in all cities, the rapid expansion of bike share systems is a great way to incorporate cycling as part of your commute. Often, bike

share systems are located near train and transit stops, so the transition can be effortless. They also save you the worry of leaving your own bicycle locked up at a station, especially if bike parking is scarce or not secure.

<http://momentummag.com/how-to-take-your-bike-on-transit/>



# How to Ride a Bike in a Suit

WRITER: **DUNCAN HURD** PHOTOGRAPHER: **NELSON MOUËLLIC**



**T**here is a well-established fact known in places where everyday cycling is the norm; it looks and feels good to ride a bike in a suit. According to Jordan Gordon of Indochino, an online custom menswear company, “Riding a classic bike in a fitted suit is such a fulfilling experience. The look is crisp and unique; the smiles and waves from passers-by make all the prep worthwhile.”

The foundation of a really good ride while wearing a suit is an “excuse-proof” bicycle. With a comfortable, upright riding position, fenders and guards to keep your clothes away from moving parts, and a way to carry additional items, these are bikes that are suitable for daily use.

“While wearing a suit I prefer riding upright seated bicycles,” said Gordon. “There is less tug on a buttoned suit coat, making the ride more comfortable and easier on the fabric and button thread.”

A suit that you feel comfortable walking and sitting in all day is a suit that is perfect for riding in. That means a cut and some tailoring made with movement in mind. “A fitted suit will have slightly tapered pant legs, keeping them from getting dirty against the bike,” said Gordon.

Beyond fit, the choice of fabric can also keep you looking and feeling sharp all day. “I wear our Essentials line of suits for daily cycling,” said Gordon.

“The fabric is in the Super 110 to Super 130 range and very durable, but still soft to the touch and with a nice drape over the body. Seasonal suits from our fall and winter lines are also durable for cycling, and look great.”

“Don’t forget a colorful and contrasting pocket square on your ride,” added Gordon. “Pocket squares are a simple, inexpensive, and surprisingly effective accessory.” Enjoy the fact that your style will be turning heads as you turn the pedals.

<http://momentummag.com/riding-a-bike-in-a-suit-made-easy/>

## THREE TIPS FOR GETTING THE BEST INDOCHINO SUIT FOR CITY CYCLING

**1 Be Honest:** When ordering a custom made suit be honest about your measurements to get a suit that is comfortable now.

**2 Conform Not Squeeze:** According to style aficionado George Hahn, “A well-tailored suit should conform to your body, not squeeze it. You want a good custom fit that also enables a certain range of motion.”

**3 Professional Advice:** “Though Indochino’s self-measuring process is as well-considered as it could be without a full 3D body scan,” said Hahn. “It is still tricky for a guy who has never measured himself or has no experience with suiting in general, custom or otherwise.” Be sure to print and bring the special form provided by Indochino for your trip to a tailor.

## GET TO KNOW INDOCHINO

Indochino was founded on the desire to provide stylish, professional, and custom fit menswear without unnecessary hassle. Using your precise measurements, a custom fit and tailored garment, one that is also surprisingly affordable, is delivered to your door within 4 weeks.

[indochino.com](http://indochino.com)



# How to Run Errands with Kids by Bike

WRITER: KATHLEEN WILKER PHOTOGRAPHER: LISA BETH ANDERSON

Over the years, depending on where we're going, what the weather is like, what we need to transport and how old our two children are, my husband, Derek, and I have had lots of different biking and walking systems for running errands and traveling around the neighborhood.

I asked Derek what he thinks about running errands with the kids on bikes and his eyes lit up. "Errands are part of life, so why not make the most of them by riding my bike and bringing the coolest, most fun people in the world?" Exactly!

## Growing into New Rides

As the kids have gotten older and bigger, we've had to retire some systems and find new ways of getting around together. For two glorious years I was able to take both kids easily on my Kona Ute longtail bike. Library books, groceries, school bags, picnics, fabric finds and all kinds of other things fit in my enormous panniers. After loading up the panniers, I'd scoop Jasper onto the back and Anna Sierra would hop on behind him. She'd either hold on to his waist or wrap her arms around him and share the handlebar Derek had attached to my seat post. I loved listening to the kids tell each other stories while I navigated our neighborhood. We were so fast and compact together. With such big

panniers, we could combine multiple stops and still carry everything. Because both kids were on my bike, we didn't have to restrict ourselves to quieter streets or bike paths.

But then, one day, we were heading across town for a potluck dinner. Derek was joining us there, so I packed our salad and the kids on our Kona and we pedaled off to meet him. Our route took us up a steep hill that has a stoplight halfway up the slope. While trying to get started again mid-hill, I had to really focus to keep the bike stabilized against the back-heavy load, and even in the lowest gear it was challenging for me to climb the hill without wobbling. The kids cheered "Go, Mama, go" all the way to the top, but my heart sank because I realized the kids had grown too heavy for our favorite bike system.

While locking up the bike, I broke the news to Anna Sierra. "I'm going to have to ask Carl and Katarina to drive you home, sweetie. Mama can't carry you both on the bike anymore." Anna Sierra and I hugged and I had to wipe away a few tears from both our eyes. Carrying the kids on the bike is fun, intimate, tender and a great way to combine hanging out with the kids with getting stuff done.

## Gaining Independence

If I don't feel like locking my bike and the kid's bikes up at each of our

stops, the kids get to run errands inside while I stay outside, watching the bikes. They love going into our local library branch all by themselves and carrying a big bag of books up the steps to the circulation desk. They get a delicious taste of freedom and I enjoy a quiet moment. We've been going to this library at least once a week since they were babies; we know all the librarians and the librarians know us, so it was a great first place for the kids to go on their own.

The kids enjoyed going into the library by themselves so much that now I wait outside the bakery for them while they pick up a fresh loaf of bread. Being trusted with a crisp \$10 bill seems to be just as big a treat for the kids as the molasses cookies they pick out for themselves.

I think the most important thing about running errands with kids by bike is to keep safety in mind and to be honest with yourself and with the kids about how the system you're using is working. It hardly ever means you can't travel by bike. You just might need to take a different bike or figure out a different way to carry whatever it is you're trying to carry. It's about flexibility, creativity, compromise and patience, all of which, incidentally, are important life skills.

<http://momentummag.com/riding-errands-with-kids-on-bikes/>





# How to Start Biking with Your Baby

WRITER + PHOTOGRAPHER: RUXANDRA LOOFT

## 5 WAYS TO TELL BABY IS ENJOYING THE BIKE RIDE

- 1 Baby is laughing and babbling.
- 2 Baby is pointing to sights.
- 3 Baby accepts her helmet.
- 4 She's relaxed enough to move around and look up at you.
- 5 When she gets tired, she's comfortable enough to nap.

In my early day of motherhood, I never left the house without a huge diaper bag and an astounding amount of stuff for our baby. Carrying so much stuff gave me the illusion of being prepared, come what may, but it was also a barrier to bike rides. I soon realized that babies don't require all that much as long as their basic needs are met. So to lighten the load, I pared down our baby gear to just the essentials.

### Finding the Right System for Us

While our daughter never took to a bike trailer, we had great success with a front-mounted bike seat. Now we ride every day using the iBert front-mounted child seat. Our daughter loves being able to see what's ahead and I love being able to interact with her, naming the things we pass and watching her reaction to the various sights along our journey.

### Baby's First Bike Ride

We stuck to quiet trails near our house and plotted a short one-mile trip to get us used to steering with the child seat and riding with the extra passenger. We watched her reaction and allowed for the possibility of having to come home sooner than planned. Our daughter loved the ride, and it was me who needed a few more outings before I felt confident and secure in my baby bike chauffeuring abilities. Now we easily cover up to 10 miles

(16 km) a day going to the store, the library, a park or a friend's house.

### The Daily Haul

Since we've opted for a bike seat rather than a trailer or a cargo bike, my carrying space consists of the plastic crate fastened to my rear rack. While it may not seem like much, I'm always surprised by how much I can actually fit in there. This is what I take with me:

1. A picnic blanket and some board books.
2. A water bottle for me and a sippy cup for her.
3. My oversized purse, containing a wallet, phone, lotion, sunscreen, lunch for us both and my bike lock.
4. A diaper pouch.

As long as the weather's nice, I'm likely carrying a picnic blanket for impromptu stops at the park. That is, after all, the fun of commuting by bike – impromptu stops and easy access to green spaces!

I skip the oversized diaper bag in favor of a small pouch that's just the right size to hold a few diapers, a change of clothes and a pack of wipes. By keeping it light and compact, I can toss the diaper pouch into my bike crate without adding much bulk. I like the Tom Bihn Snake Charmer pouch with see-through mesh pockets and two compartments for easy organization, but any pouch will do.



### Biking Through the Seasons

As the seasons change, so do the contents of my bike basket: the picnic blanket gets swapped for extra layers of clothing, an umbrella might join the diaper pouch and snacks, and toys and books get rotated. The beauty of bicycling with your child is that the seasons take on a new meaning: we experience the first chill in the air firsthand, and that first hot cocoa on a cool day tastes all the better for it.

When traveling on two wheels, our surroundings come to life in new and meaningful ways. And all it takes is a bike, a child carrier and the willingness to go.

Our daughter loved the ride, and it was me who needed a few more outings before I felt confident and secure in my baby bike chauffeuring abilities.

<http://momentummag.com/start-biking-with-your-baby/>



# How to Learn to Ride a Bike as an Adult

WRITER: JACKIE KANYUK PHOTOGRAPHER: JONATHAN SPOONER



Janine Pham has always wanted to ride a bike. The desire had always been at the back of her mind.

She remembers watching her parents teach her older sister to ride, but by the time her turn arrived, they had started a restaurant and work commitments left little time to spend with her and her younger brother. It wasn't until Pham was 23 years old that her desire to ride was rekindled. She was walking across campus, when, suddenly: "There was an entire Quidditch team, like from Harry Potter, on bikes. I remember watching and thinking, 'Wow! That looks like so much fun! I would give anything to join in. If only I could ride a bike!'"

Inspiration struck again when Pham picked up a copy of *Momentum Mag* issue 28, with Vancouver's Little Woo featured on the cover: "There was a photo of her dressed as a pirate, with a three-cornered hat. She talked about learning how to ride a bike in her 20s; and she used the metaphor of feeling like a sea captain on her own little ship. That article totally inspired me."

Inspiration and determination came together in summer 2011 when Pham spent an entire day learning to ride, with her sister and

friend at her side. She started slowly, learning to glide first and then starting to pedal: "I was absolutely determined to do it. I was wobbly. I couldn't stay up on the bike and pedal very far until about two in the afternoon. Once I was able to get up, things got so much easier and fast; and it was easier to control.

"It was hard. When you're younger, you're much more driven by your motor skills. You don't have so many thoughts or doubts. I remember trying to stand up over the bike just felt so unnatural. Once I was able to just cruise on the bike, it was great."

Pham now goes on recreational rides, where she challenges herself to improve her skills. Her younger brother has yet to learn, but she knows that he'll pick it up quickly once he tries.

She also looks forward to being part of what she calls the "beautiful people bike stuff" this summer, doing things such as riding along Vancouver, BC's, Stanley Park seawall: "It's so fun. You totally gain that new sense of freedom and mobility. It's such a visceral experience."

<http://momentummag.com/bike-curious-how-to-learn-to-ride-a-bike-as-an-adult/>





# EXPLORE

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Add bikes to your next travel plans. Bike share, crowdsourced bike rentals, and fun excursions by bike are all covered over the following pages.



# Why You Should Include Bikes in Your Vacation Plans

WRITER: MIA KOHOUT ILLUSTRATOR: DOUG SCOTT



Does your next vacation or weekend excursion include riding a bike? It is getting easier and more desirable to see new sights by bike thanks to the increasing access to loaner bicycles and bicycle infrastructure all over the world.

Exploring a new city or town by bicycle was once deemed a fringe activity but has become an attractive and sought-after option. Bicycle travel reaches a wider audience of vacationers seeking fun – even family-friendly – adventures.

Bike share, city bike tours, social rides, bike-friendly hotels, bike maps, events, and attractions that cater to tourists (and locals) arriving by bicycle have all contributed to the fast growth of urban bicycle tourism. There are now more than 600 bike share systems around the world. While rental bikes are more suitable for all-day adventures, bike share gives the option to hop on and hop off throughout the day. Some bike share operators estimate that approximately 20-25 percent of trips on bike share are made by visitors.

Canada and the US are home to more than 120 bike-friendly hotels. Many of these hotels have a loaner fleet of bicycles that guests can

borrow during their stay – often included in the price of a room. The Fairmont Pacific Rim Hotel in Vancouver even has a Bike Butler to help guests sign out bikes and navigate the city's streets, parks, and seawall. With over 60 city bicycle tours (and growing) throughout the US and Canada, there are plenty of ways to experience one of the most fun options to get to know, and to get around, a city.

Most city tours by bike are 2-3 hours and no more than 10 miles (16 kilometers) long. I always suggest taking a tour at the beginning of your visit to become familiar with your surroundings and take note of places that you want to go back to. If you have yet to experience a city by bicycle, then be sure to consider the bike-friendliness of a place as a factor in your travel plans.

While walking is a fantastic way to take in a new place, you can see so much more in a relatively short time on a bicycle. You do not need to pack anything special to ride; all you may need is advice from a local and your sense of adventure.

[http://momentummag.com/  
next-vacation-include-bicycle/](http://momentummag.com/next-vacation-include-bicycle/)



# How to Crowdfund Your Next Bike Vacation

WRITER + PHOTOGRAPHER: CHRIS BRUNTLETT

When it comes to traveling to a new city, getting your hands on a bicycle has never been easier. The rise of the sharing economy has put dozens of tools at your fingertips, allowing you to connect directly with locals, and save yourself some money in the process. Long gone are the days of disassembling your bike, boxing it up, loading it into the oversize cargo section of an airplane, and hoping for the best. Now, you can simply hit the ground, pull out your smart phone or tablet, and within a few clicks, find yourself pedaling around the streets in no time.

First and foremost, consider finding yourself accommodations that include complimentary access to a bicycle (or two). Peer-to-peer platforms such as Airbnb, Couchsurfing, and Tripping allow you to skip the expensive and nonspecific hotel room, and rent a character home, private suite, or shared room directly from the owner. And, an increasing number of these listings are sweetened with a pair of wheels, particularly in neighborhoods with a bike-friendly reputation.

During a December trip to Venice Beach, CA, our family specifically choose an apartment on Airbnb that included the use of four beach cruisers for the duration of our stay. Facing a six-hour drive down to Los Angeles

from San Francisco on Christmas Eve, tracking down an open rental shop became one less thing we had to worry about. The four of us then spent an extraordinary Christmas Day riding the Santa Monica Boardwalk in the California sun, a break from the norm that we won't soon forget.

If you're looking for a little more flexibility and variety, the Spinlister site and app offers just that. A simple search by zip or postal code allows you to rent a ride from the owner. You can find something for everyone: road bikes, mountain bikes, beach cruisers, city bikes, kids' bikes, cargo bikes, and even tall bikes. Not only are the prices reasonable, but borrowing directly from a resident provides an extra level of service, giving you access to advice about route planning and local hotspots.

Last (but certainly not least), it is increasingly likely you will be traveling to a place with its own bike share system. Most systems offer 24 and 72-hour casual memberships, which start at just \$7 per day. This includes an unlimited number of trips with no extra fees if kept under a half hour during that period. Smart phone apps, like Spotcycle, can help you track trip distances and find stations. However, some cities, such as Toronto and San Francisco, have fairly limited service



areas, so be sure to weigh the pros and cons before committing to this option.

Undoubtedly, the growth of collaborative consumption is changing the way we travel, something abundantly clear when attempting to explore a new city by bike. The traditional methods of renting a room and/ or a bicycle can be expensive, time-consuming, impersonal, and

rather inconvenient. The peer-to-peer marketplace – meanwhile – has the undeniable benefits of saving time and money, while facilitating personal connections that will help make your trip a memorable one.

<http://momentummag.com/crowdfund-your-next-bike-vacation/>



# How to Rent or Share a Bicycle

WRITER: **DUNCAN HURD** ILLUSTRATOR: **DOUG SCOTT**

As cities around the world implement cycling infrastructure and travelers understand that a new place is best experienced by bike, the demand for short-term bicycle rentals continues to rise.

Bike share systems, where stations of identical, upright bicycles are placed around a city and are available for short trips for a fee, are expanding almost everywhere. Using a bike share system is relatively easy once you understand how you are supposed to use it. The bikes are intended for short trips, from station to station, similar to hailing a cab or taking transit. Some bike share systems offer a rental option where you can use the same bike for extended periods of time, but most are designed to help you cover distances under 30 minutes apart, returning the bike for the next person to use.

To start using a bike share system, purchase a membership, ranging from 24 hours to a week, at a kiosk using a credit card. A code lets you release one bicycle at a time that can be returned to any station within the system. There are typically time limits on use of a released bicycle before additional charges are applied, so be sure to find out the time frames you are allowed to use a bicycle before fees are added.

Also, a select few bike share systems are designed for use by residents only, so be sure to understand the rules before trying to purchase a bike share membership.

Bike share is best used in a similar way to taxis or public transit. If you want to ride for extended periods of time or longer distances, then a bicycle rental is the best option. Renting a bicycle lets you use the same bicycle for a set amount of time. Bike rental companies will provide locks and sometimes extras like lights and baskets. Bike rental companies are also a great option for the variety of bikes on offer. From upright city bikes to road or mountain bikes, rental companies can help you find a bicycle best suited to the activities you plan to undertake on your trip.

Recently, the rise of peer-to-peer rental has made finding unique accommodations easier. This same technology is also making bike rental easier, be sure to check out [spinlister.com](http://spinlister.com). And one other option for finding a bike while traveling is to stay at a hotel that offers a fleet of loaner bicycles. Often included with the price of your room, these bikes can be borrowed for short periods of time to explore local neighborhoods.





# How to Plan a Picnic by Bike

WRITER: MELISSA DAVIES PHOTOGRAPHER: ZARA ANSAR

A gentle breeze and sun that wants to warm your back is calling. What would be better than a picnic by bike?

The plan sounds dreamy, but I worry over the details. How many deviled eggs? Should I bring my lace parasol? Hypoallergenic or anti-bacterial baby wipes? I'm a sweaty mess even before I touch the saddle.

I'm not much of a planner so I have learned that I need to get my pack assembled in fifteen minutes at to avoid fretting too much. First, I plan for a familiar picnic spot. A day courting recreational sunstroke goes much better when you can count on some familiar creature comforts. A functional restroom and water fountain are picnic gold.

My happy-fun-sunshine outdoors time is bound to be ruined if I get stressed trying to make a Pinterest-worthy lunch spread. I skip the fancy glasses and leave the decanter at home. A trusty water bottle is perfect.

I avoid the chips and dip. Scooping spilled hummus out of a pannier is no way to spend an afternoon and potholes on the way make chips crumble into savory dust. Bananas are also too delicate for me.

For a boozy afternoon picnic, I ban the glass bottles. In romantic scenes they never mention the pain of carting around a bottle that adds 40 percent undrinkable weight!

Beer comes in delightfully portable and collapsible drinking contraptions. There need to be more options for wine, like in a box or in a fabulous pink can with its own straw.

Today's alfresco occasion does not call for daintiness or precision. Besides, a sandwich is like nature's edible plate: Peanut butter and jelly, Parmesan and prosciutto, Nutella and pear. Go with shelf-stable spreads, hard cheeses, and cured meats. These pre-made combos benefit from a bouncy trip on your rack.

Am I really short on time? Grab a loaf of bread, a hunk of cheese, and an apple. If I feel like sharing, a pocketknife comes in handy.

I'm a hippie who balks at the thought of disposable plastic wrap so I prefer a reusable sandwich cloth made of organic cotton and beeswax. A zip-top plastic bag does the trick too, as long as you promise to reuse it.

Sandwiches will soothe some of the hunger pains, but working on a base tan is more tiring than you think. The fight against hangriness requires vigilance. So I grab a couple of tasty little treats, like a packet of savory almonds or a chocolate bar.

Dining while reclining appeals to my decadent inner Roman. I pack a thin, cotton coverlet or tablecloth. No one likes a wet blanket, so I slip a bike poncho or a Mylar safety



blanket between the cloth and soggy ground. I add this bundle to my pannier last so it is first at hand when reaching my destination.

Bonus points are awarded for setting up on a gently sloping hillside. Angle your blanket just right for a natural chaise longue. My helmet makes a surprisingly comfy

support for my head and neck for reclining while people watching.

Or maybe this is too complicated for today ... maybe I'll just find a nice bench and order a couple of pizzas to the park.

<http://momentummag.com/plan-a-bike-picnic-in-15-minutes/>



# How to Camp by Bike

WRITER: **RON JOHNSON** PHOTOGRAPHER: **DAVID NIDDRIE**

**C**amping: It's an adventure and an opportunity to unplug and get away from the city for a few nights. Bike camping is all of that plus you're on a bike. How great is that?

Bike camping does not have to mean bike touring. There is no requirement to overload your bike with bursting panniers and a sky-high backpack slowing your speed to that of a svelte box turtle. This is bike camping with the emphasis on camping. For those who don't have the time to plan a grand odyssey, all you need is a minimum of gear to bike to a nearby campground, spend the night or the weekend, and bike back home. Easy. Here are a few details to help get you on your first bike camping adventure.

## The Gear

Lightweight, compact gear is best. For camping: a tent, sleeping bag, camping pad, toiletries, food, a cooking vessel, a single-burner stove (optional), and a headlamp are essential camping items. For cycling, take: a repair kit including pump, bike tool, tire levers, spare tube, and patch kit. Ideally, all of your gear can fit quite easily into two rear pannier bags and on a rear rack if required. Keeping your back free of a pack will ensure a more comfortable, less sweat-drenched ride. Now is as good

a time as ever to leave your laptop at home. A phone for emergencies is acceptable. A good book is a must. We will allow a book on a phone, but you have to make the page turning sound yourself. Remember what Robert Browning said, "less is more". Lay out all of your gear in one place before you start to pack to ensure everything is as it should be. Check the relatively short list you'll put together right after reading this article.

## The Escape

No one is suggesting that cycling straight from your door to the great outdoors is the only available option. Most public transit systems will whisk bike campers to near the city limits or beyond. This lets you bypass the exhaust fumes of four-wheeled weekend warriors. In addition, passenger trains are starting to appeal to passengers with bicycles by providing easier boarding on some routes. Consider options within two to three hours of urban centers so that your time on the trip isn't robbed by too much travel.

## The Route

Sometimes the most direct route is not the most comfortable or accessible. Plus a safe and scenic route to your campground is going to be more enjoyable. There are



a number of resources that can help you find a suggested route including Google Maps, Bikemap, and Bikely. There are also a slew of established and new cycling routes with helpful websites or printed maps. The ideal is, of course, a pleasant off-road trail or rail trail to your destination. Try to choose

locations with this in mind and plan possible stops along the way for refreshments. If your campsite is within a few hours from home, leave in the afternoon after a strong espresso. Leave time for transit troubles, minor repairs, and general this-is-maybe-farther-than-I-thought issues. And the final step, have fun!



# How to Camp with Kids by Bike

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There is special joy to be found in getting out of the city with your family and away from your daily routine. Sharing our wonder of natural landscapes and being in the wild is something that I, and many parents, love to do with our children. Camping by bike offers an excellent way for my children to witness the transition from urban to natural landscapes at a pace that allows us to appreciate the entire journey.

Camping by bicycle is not without challenges, though these are often offset by the rewards. Like any challenge, there are ways to prepare that can help make the experience more predictable and enjoyable.

## Work Your Way up to an Overnight Adventure

Carrying your gear and children is

often the most daunting challenge of camping by bike. Start by planning a picnic by bicycle at a nearby park or beach. While only a day trip, you'll find that you are packing many of the same essentials needed to camp by bike. Use these single day adventures to help you practice packing your bikes and your children at the same time.

## Pack Light

Simplicity is the hardest thing to master when packing for camping with your children. Keep asking yourself the same question for each item; is this a need-to-have or a like-to-have? After packing, take a minute and weigh your bags, as an overloaded bike can be hard on both your body and your bicycle.

## Your Destination Matters

Many cities are within a day's ride to natural spaces and may even be accessible by a trail or path from your home. To help cover longer distances you can combine your bike ride with public transit to shorten the needed riding to get to your destination. While trains are often better at accommodating bikes and trailers, many buses have racks that can hold 2 or 3 bicycles at a time. In my experience, a destination 20-30 miles (30-50 kilometers) away, depending on the terrain, is a good distance for riding with children.

Start with well-established campgrounds that have amenities such as picnic shelters, running water, and possibly even electricity. In some

areas, campgrounds will have special sites reserved for the exclusive use of cyclists and hikers. Another option is to camp by bike with several families and stay on a group campsite.

## The Journey is Part of Your Destination

Just like any kind of travel, children will need to stop more frequently. Plan to have lots of snacks and be sure to have identified good locations to take breaks along your route. Try to include stops with activities to give your little ones time to play while you rest your legs.

Getting into nature with your kids, even if it's just camping in your friend's back yard, is a way to share new and exciting experiences with your children by bike.

## GREAT GEAR FOR CARRYING CHILDREN AND MORE

### Racks and Panniers:

Racks and panniers help take the weight off of your back and distribute it across your bike. A double kickstand mounted near the center of your frame provides greater stability when loading and unloading.

**Hook'em Up:** For children able to ride on their own but not quite strong enough to cover the entire distance (typically between ages 5 and 8) the Trail Gator is an attachment that allows you to hook a small bicycle to yours when a child is too tired.

**Bike Trailers:** Bicycle trailers can do double duty carrying both children and camping gear. Most are covered and also provide shade, rain protection, and allow kids to sleep during the ride.

**Cargo Bikes:** Cargo Bikes such as longtails, Long Johns, and even some tricycles can be more stable than pulling a trailer and allow you to carry more than one child per bike.



## SEE WHAT'S IN STORE FOR YOU

*Momentum Mag* has ventured into new territory and launched an e-commerce store. Our goal is to provide our readers with easy access to the great products that we feature in our magazine. In fact, many of the products in our store are not readily found at most local bike stores.

We love our local bike shops and ask that you support them when you are considering your next bicycle or accessory purchase. They keep our local communities pedaling safely on properly tuned equipment and often act as a hub for local cycling communities. We know that not all bicycle shops have opted to cater to the everyday cyclist and that's why you can always look to the *Momentum Mag Shop* for many of your daily riding accessory needs.

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