

Walking and Bicycling Resources



PICKING THE RIGHT BIKE

Here are some considerations when choosing the right bike for you:

- Use: will you be riding recreationally, going to work, or biking in muddy conditions?
- Carrying capacity: do you need to carry groceries, work clothes, children, etc.?
- Weight: do you have to lift it up the stairs to your apartment?
- Position: how upright do you want to be when riding?

Always test ride a bike before buying – the longer the ride, the better – but below are some guidelines for types of bicycles:

CRUISERS

They're classic, cute, and can carry groceries home from the store, but if you're going more than a couple of miles, you might want to think about getting a different bike. Cruisers are heavy and often don't have many gears, so they can make climbing hills difficult. The step-through design and nearness to the ground make them excellent for people who haven't ridden in a while.



MOUNTAIN BIKES

Mountain bikes have wide tires to provide traction and stability in dirt or gravel. This also means they are less efficient for on-street riding. Mountain bikes also are equipped to handle all conditions: their brakes, drive-train, and pedals will continue to function well while covered in mud.



HYBRIDS

Combining the stability and traction of mountain bikes with the efficiency of road bikes, hybrids are optimal for on-street commuting or riding around town. They provide an upright position and have clearance for a rear rack so you can carry anything you need to take with you.



ROAD BIKES

Whether racing, going for a long ride with your friends, or heading to work, road bikes are the fastest, lightest option out there. The dropped handlebars provide a variety of hand and body positions to maximize breathing, comfort, and pedaling power. Some modern road bikes have a more relaxed geometry, putting you in a more comfortable position and letting you carry more stuff.



WOMEN'S BIKES

While women can (and regularly do!) ride any type of bicycle, women's specific frames can make a huge difference in comfort and speed. Women tend to have a longer leg-to-torso ratio, so having a shorter top tube just makes sense. With a lower center of gravity and less upper-body weight, women are more comfortable sitting more upright. Women's bikes also come with woman-specific details: shorter brake levers, a wider, shorter saddle, and sometimes a sloping top tube to help with mounting and dismounting.

