

Ask the coach

G.G. writes, "I'm going on vacation soon, renting a bike when I get there. Any tips?"

Hi G.G.

Vacation time. When traveling with your bicycle, or, when renting a bike via bike shop or tour group, give it a quick "once-over"

BEFORE: If you have had a recent bike fit, have the fitter write down the measurements of your bike.

Else, write down some critical numbers such as

- size of frame
 - crank arm length
 - stem length
 - Stack & Reach to the handlebars as well as to the saddle, or
 - distance in cm from center of the handlebars to the tip of the saddle
 - distance in cm from center of bottom bracket to top of saddle (measure in line with the seat tube as a reference)
 - saddle setback
 - AND, its OK to bring specific items with you such as your own saddle, GoPro and mounts, etc.
- 0) Give the mechanic your bike measurements either before you arrive or when you arrive. This will help them find the correct-sized frame as well as adjust it to your size before you arrive.
 - 1) Place the bike on the ground (most mechanics will adjust everything on a work/repair stand) and open/close each skewer. This will not only center the wheels in their dropouts but also allow you to verify/adjust the skewers to a correct amount of pressure.
 - 2) Squeeze and release brake levers. Check to see that brake shoes are not touching the rims when they shouldn't be
 - 3) Make sure that the brake calipers are centered so that when you squeeze the levers, the shoes touch the rims at the same time.
 - 4) Check the condition of all cables. For safety, double check the brake cable/caliper attachment bolts.
 - 5) Take a quick spin around the parking lot checking sizing, shifting and braking. Make any last-minute adjustments now.

Make sure you have a tool kit, fill up your water bottles and go and enjoy!

Rick Schultz
Bike Fitness Coaching

