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Avalon bike review

Cycling is a great way to get out, whether on a bike trip or cycling in the mountains. For more information on cycling, see the cycling channel. Getty ImagesWhat's the hottest thing about two wheels? You, says the survey: About 45 percent of bike owners aged 28 to 45 are women. These days, there are more cycling groups and cycling products for women, and other bike shops are taking care of newcomers, which continues to attract ladies, says Erin Sprague, product manager for Bicycles. It's also a cool way to get in shape: You'll carve the bottom half and melt the fat. Cycling is a great low-impact aerobic activity, and you can create your cardio without pounding, notes exercise physiologist Carl Foster. And if new bike studios full of celebrities are any clue, cycling is the best and most feminine trend around. Let's go for a ride! Is it a good fit? Ensuring the bike fits properly will help prevent injuries, improve performance and improve the overall riding experience, says Matt Gehling, a professional bike fitter for the trekking bike. You get your own if you shop at a bike shop. Do you shop online? First, go to the store, where you can get a professional consultation for a small fee. Basics: Handlebar width: Your hands must be aligned with the bony bumps on your shoulders. If your handlebars are too wide, it increases the risk of problems with your neck, shoulder, back and/or wrist. Handlebar height: Depending on your flexibility, you want your back to be relatively flat. If you need to round it, lift the handlebars. Range: This is the distance between the seat and the handlebars. Sitting upright may seem more comfortable at first, but it actually increases the pressure on your back, making it harder to pedal. Lean forward a little plugging the buttocks and create strength. Your shoulders should form about a 90-degree angle between the upper arm and torso. Keep your elbows slightly bent. Seat width: Assign the width of the pelvis/bones. You can measure this with saddle tools in the bicycle shop. Seat height: You should have a slight bend in the knee at the bottom of the pedal stroke, and when you fully stretch your foot, with your knee locked, the heel should dip to about 3/4 inch from the ground. Choose the perfect ride Looking for a set of bikes? Before you go shopping, consider how you plan to ride (for fitness, fun or racing) and where (roads, roads, mountains), says Janette Sherman, marketing manager of Women for Liv/Giant, a company that designs bikes exclusively for us ladies. These suggestions will direct you to your best match. If you drive mostly on roads Behold:Drop handlebars: It offers more options where to place your hands and keeps you comfortable on longer rides. Road geometry durability: This form puts your body in a higher (less aerodynamic) position that is best suited for long, stable Aluminum or carbon frame: It is sensitive and lightweight and can deal with hilly and flat paths. Lots of gears: You can use hard or easy when driving downhill, uphill or on planes. One to try: With a lightweight aluminum frame, geometry durability and an eight-speed powertrain, the Trek Lexa is a great entry-level road bike. (\$740 or more; trekbikes.com) If you drive mostly on roads Look for: Rugged-tread 700c tyres: Road tyres are thin and smooth, while mountain tyres are thick and bumpy - you want something between them. Disc brakes: Allow you to stop dirt faster. Either drip or flat handlebars – which way you'll feel better. One to try: The Specialized Ariel Sport Disc crossover bike combines mountain bike features (hydraulic disc brakes, shorter-range brake levers) and a road bike (female-specific aluminum frame and nine-speed powertrain) to ensure a safe and comfortable ride. (\$830; specialized.com) If you drive mostly on mountain trails Look for: Knobby, large tires (either 27 1/2- or 29-inch): These make it easier - and more fun - to overturn obstacles. Suspension: Adds reflection and impact. Hardtail wheels have only front suspension; Full suspension wheels provide more stability, but are also more expensive. Disc brakes: Offer more grip when braking. One to try: Designed with a new, female-specific aluminum frame and 27 1/2-inch wheels, the Liv/Giant Tempt 5 doesn't mess around. This hardtail bike features front suspension, mechanical disc brakes and a veered, sleepless nomachine. (\$120; terrybicycles.com) 6 Carry energy gels, maps and your tire fix-it kit in the Timbuk2 Seat Pack XT saddle pack that switches to the back of the saddle. (\$28; timbuk2.com) 7 Reduce pressure on your wrists and hands with Bontrager Solstice gloves. Highlights: gel foam padding and soft terry thumb for sweat wipe. (\$25; bontrager.com) Hi, I have this bike and I have no idea what model it is. I was wondering if anyone knows what it is. f_auto,w_620/v1495536303/kejslljkduzq3ixdhbb.jpg Thanks! Active Travel Kyle Valenta Active Travel Caroline Morse Teel Active Travel Kate Sitarz Entertainment Carl Unger Sing your commute or electrify your mountain bike ride with ruthlessly efficient, affordable electric bikes for 2020 By Aoife Glass • 2020-07-25T11:38:07Z 2020-07-25T11:38:07Z

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