

**Bike race hack unlock all bikes**

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Built for recreational riding on flat, smooth terrain, a comfort bike (often called a "cruiser") has higher handlebars than a race or road bike and a lower seat, all of which provide better handling and stability. Wide, knobby tires and thick frames for off-the-beaten-path cycling are the trademark design elements of a mountain bike. They are strong and usually heavy bikes with good stability. Popular even on city roads, mountain bikes have suspension, which helps cushion road or trail bumps. The handlebars are usually upright and wide, providing stability. With larger wheels, narrower tires and often lighter and less bulky frames, a hybrid provides more efficient travel over long distances than its mountain bike cousin. While a hybrid is stable enough for the occasional ride on unpaved terrain, it's a good choice for casual riding in neighborhood parks. The handlebars have an upright stem, which lets you pedal in a comfortable upright position. Although considered the most comfortable of bikes to ride, it can take some time to get used to the feel of riding this long and low bike. The wide, high-backed seat evenly supports and distributes the weight of your torso, relieving pressure on the arms, shoulders and back. Think of sitting in a reclining chair and pedaling in that position. Some pricey recumbent bikes also have an electrical power feature that provides automated pedaling assistance. Among the most expensive of the group and available in a variety of designs, these bikes are partially driven by a battery-powered motor and your own pedal power. The advantage is the ability to take a break when needed and pedal with less effort while the battery powered motor does most of the work. Media Platforms Design TeamMay is National Bike Month, and today is National Bike to Work Day. So if you've been thinking about starting to ride your bike around town, or you have a friend who'd like to start riding more, it's the perfect time to get going. But when you think about it, the logistics—from gear to route—can seem overwhelming. So stop thinking—here's a list of things that you don't need to worry about, even for an instant.1. Special Athletic Abilities Sure, bike riding can be an athletic activity, but it doesn't have to be. Walking down the street to get lunch is a very different activity than going on a run, and bicycles can be used for a similar variety of reasons and exertion levels. Actually, bicycling is easier on your body than walking or jogging, which is why many people who have fallen on inactive times choose it as a first step toward fitness and freedom of movement. There is literally nothing physical that you need to do to prepare to get on a bike. Just go ahead and roll, and take it as slow as you need to. I'm here to give you the seal of approval.2. A Special Bike What kind of bike do you need? Any bike will do, as long as your feet reach the pedals. Find a bike, borrow one, pick one up at a thrift store, or even (gasp!) a big box store—whatever it takes to get yourself a bike. If you have the money, or need the motivation of an investment, by all means go get yourself a fancy bike, but that isn't a prerequisite to get going. As you ride more and more, you'll figure out what you need and want.3. Special Clothes Quiz time! What should you wear while riding? A) Special stretchy bike clothes; B) Sweatpants and a ragged old T-shirt; C) Business casual; D) A tweed suit and fedora; E) All of the above. If you chose E, you're right—but there's no wrong answer or wrong outfit. Wear whatever you want to wear. You'll quickly figure out what's comfortable and what just doesn't work—and not all of it will work. You'll also figure out what sort of special clothes you might really want, and you'll enjoy wearing them all the more for having made the decision based on your own experience rather than someone else's idea of what is correct.4. Special Bike Accessories You don't need anything special. Ignore anyone who tells you otherwise. Sooner or later, or maybe immediately, you'll probably want basics like locks and lights, which I've written about elsewhere. You don't need to get a particular brand or type, though. And you don't need anything at all in order to get on your bike and ride it.5. Special Gearing It's unreal how many supposedly entry-level guides to bike riding want to talk shop right off the bat about your gear ratio. Take it from me: When you are just starting out, it doesn't matter. Even after you've been riding for years, it won't matter. (Unless you love nerding out about that stuff, in which case, nerd away.) Otherwise, you can safely enjoy riding your bike for many decades without giving the words "gear ratio" another thought.6. An Electric Assist Live somewhere hilly, have terrible knees, or pedal around with several children in your heavy cargo bike? Think you need an electric assist? Give riding a try with a regular bike with gears first, starting small if you have to. Like everything else on this list, you may find that an electric boost is not as essential as you think now. On the other hand, it's possible you do really need an electric assist on your bike. Whatever your reason, if there is no way you are going to even try hiking without one—or without a full spandex kit, or a specific kind of bike with a specific gearing, or a handlebar-mounted coffee-cup holder, for that matter—and you have the money to get one, then by all means go for it. There are lots of valid reasons to want and need all the things I've just told you don't need, and everyone's experience is different. Do what it takes. If anyone tells you your choice is wrong, then you've just learned that you don't need their advice, either. What do you need to ride your bike? You need to ride it the way you want. And to have fun doing it. This article was written by Ally Blue and originally appeared on [Bicycling.com](#). RELATED LINKS: [The State of Bike Commuting](#) [Learn to Bike Share](#) [How to Organize a Bike Train](#) [Essential Bike Commuting Tips](#) [Scroll down to continue](#) [Share Pin it Tweet Share Email Bikely](#) is a new site to share bike routes. It's so simple, and yet, it's really useful. Seeing a MAP of a route is of little value to me, because I don't know from the map whether the route will be scenic, whether there are elevations that are going to force me to over-use my granny gears. But a site that simply lets you share the routes you like? Put very simply, Bikely helps cyclists share knowledge of good bicycle routes. It can be quite tricky traversing a car dominated city such as Melbourne on a bike, particularly when you need to travel an unknown route to a new destination. But the chances are, someone has cycled that way before you. Bikely makes it easy for him or her to show you the best way. Bikely - [via Daily Mashup] [Share Pin it Tweet Share Email Media Platforms Design Team](#) You know the saying "slow and steady wins the race"? Well, there's a new trend that takes this to heart: Slow bicycling races are popping up across the country. In slow bike races, riders of any age and fitness level compete to advance as slowly as possible without falling off their bikes or rolling backward. Unlike regular races, the last to reach the finish line wins. The suspense, spirit, and costumed cyclists make the events fun to watch and great for fundraising, says Cyd Raschke, director of the annual Coastal Trails Coalition Slow Bike Race in Newburyport, MA. But are there any actual benefits of peddling so slowly? Turns out, slow cycling regularly can improve your balance to make you a safer, more confident bike rider, says Nadia Sullivan, the women's cycling coach at FasCat Coaching & Performance Cycling Center in Boulder, CO. And if you peddle uphill, you might even increase your strength and endurance, she says. Just don't expect any aerobic benefits—or quick results if you're trying to improve your fitness or burn calories. See, snail-paced cycling isn't that much better than doing nothing at all, says Marni Sumbal, M.S., R.D., exercise physiologist and triathlon coach. A more efficient way to spend your time, she says, is walking or—duh—cycling faster, which can boost your metabolism, burn fat, build aerobic endurance, and strength—without putting a ton of stress on your body, says Sullivan. Of course, there's nothing wrong with riding slowly for fun. So tell us: photo: iStock/Thinkstock More from Women's Health: [Race for a Cause](#) [The Danger of Mud Runs](#) [Reasons to Start Bike Riding](#) It's a bike with battery power, integrated lights and radar, an app and the potential for more... but it's not an ebike By Duncan Bell • Last updated 24 January 22 Earlier this week we covered a bicycle that can't be stolen because the lock is part of the frame. But what if you want to hack the bike you already have? In the spirit of technology upgraders everywhere, we've whipped up a list of ways to enhance your ride with products and concepts that are available now or currently raising money via crowdfunding. Helios Smart Handlebar The Helios is a handlebar replacement that comes in Straight, Bullhorn, or Drop Bar style flavors. Equipped with front- and rear-facing LEDs that serve as forward illumination and rear turn signals. The handlebars are equipped with Bluetooth and GPS that enable you to track your position, distance traveled, and more with the accompanying app. Hammerhead Navigation The Hammerhead is named for its appearance: it's a small T-shaped accessory that locks on to your existing handlebars and helps you navigate. LEDs on the face of the Hammerhead give you turn-by-turn directions that correspond with a route you've chosen or created using the paired iOS or Android app. Hammerhead also syncs data with popular cycling app Strava, so you can send routes to friends and compete for bragging rights. Skylock Bike theft is clearly a serious concern for cyclists. Skylock protects the bike you already own and features cool upgrades like "keyless entry" and bike sharing via smartphone app. An accelerometer notifies you when someone is manhandling your bike and knows if you've taken a spill, offering to call for help. Power comes from a solar panel on the side of the unit, so you don't have to worry about getting locked out because of a dead battery. Its price is as hefty as its protection, though; this Indiegogo-backed product will retail for \$249 when it goes into mass production. Double O Bike Light This circular light serves multiple purposes. A front- and rear-facing light ensures maximum visibility in low light situations. The LEDs are spaced farther apart than on traditional lights so you don't blind oncoming traffic, whether pedestrian or vehicular. It can be fixed to various positions on the bike itself as well as to your body or bag and the circular design allows you to leave it dangling on your U-lock when you want to leave it behind. Patchride Flat Tire Repair Preventing bike theft and staying visible at night have been covered. What about getting a ride-runing flat? The patchride is a small handheld device that can be inserted into a tube tire of any kind to permanently patch the hole. All you need is a handheld pump to refill the air and you're back on the road in no time. The Indiegogo project has blown its goal fund out of the water with almost 1000% funded with plenty of time to go. Klamp Camera Mount For more adventurous cyclists, this high-grade mount allows you to capture your ride in ways not possible before. The patented design lets you strap your preferred recording device to various sections of your bike for epic angles. The mount also supports Wi-Fi and GPS devices and includes a high-quality light for nighttime action riding. LifeBEAM Helmet Smart bike upgrades can enhance your ride but you still need to take precaution against accidents. This smart helmet protects your noggin while tracking heart rate, distance, and calories without requiring you to wear an uncomfortable chest strap or other restrictive device. It pairs with most fitness apps to sync data effortlessly to your smartphone, sport watch, or cycling computer.



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