

# FREE WHEELING

with ron garbinski

Only two hours into our most recent freewheeling adventure, a fellow cyclist, who was riding a borrowed ten-speed too small for his six feet two inches, was totally exhausted.

We were pedaling west on Seven Mile on our way to Whitmore Lake, just north of Ann Arbor, when he stopped us.

Unfortunately, his exhaustion brought our weekly freewheeling adventure on a beautiful afternoon to a sudden end.

Our friend, an experienced rider from out-of-town, would be the first to tell you that a proper fitting bike means maximum riding comfort and power.

To help you achieve that, just a few hints before buying or riding your bike.

Buy a bike that is the proper frame size.

If you can comfortably straddle the crossbar, it is a good fit.

There should be no binding in this area. Preferably, when straddling the bike, there should be no more than two inches from top of inseam to the crossbar.

BEFORE SETTING out on those longer freewheeling adventures, check your

handlebars and seat for proper adjustment.

The straight touring handlebars don't afford maximum comfort during the longer rides.

The rider using these bars becomes tired more quickly because riding straight stretches out the cyclist's back.

On the other hand, when correctly adjusted, dropped handlebars allow a cyclist a maximum variety of positions, depending on the various riding conditions.

With this type of handlebar, steering control increases and breathing rhythm becomes easier because the rider uses the power of shoulders and arms rather than the back.

The best position for dropped handlebars is just about level with the seat tip.

Straddle height also is important and determines the height your seat should be.

Most riding experts say the perfect height is when you are able to sit on the seat, with the heel of your foot straight out on the down pedal, so that when you are riding with the ball of your foot on the pedal, your leg will be slightly bent.

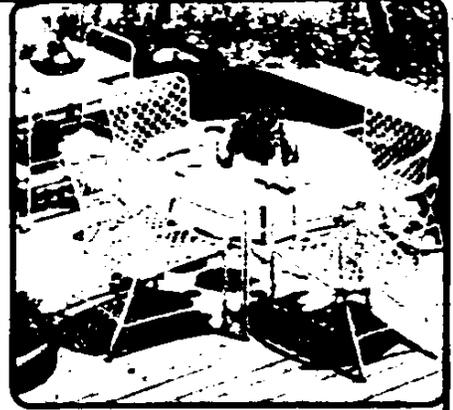
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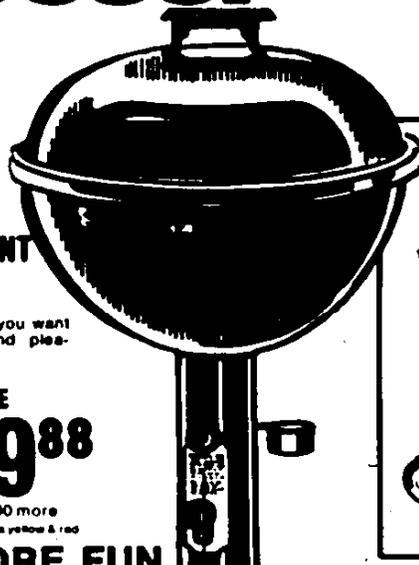
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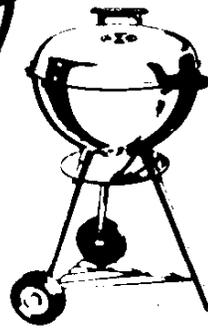
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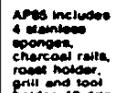
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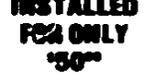
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