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MOUNTAIN BIKE SPRING TUNE UP TIPS



If you don't ride in the winter, you've probably spent the winter months on the couch eating chips and watching television. Before you know it, spring will be here and a new season of mountain biking will begin. Even though your body may not be in shape, these tips will ensure that your bike is.

Before you take your bike out, check the wear and tear on your components and adjust them if it's necessary. Start off with your chain. If you haven't replaced it in a year or more, it's time to do so. Over time, the individual parts in the chain will get worn out, increasing its effective length.

As this happens, the chain is no longer able to conform to the cog and the teeth of the chain ring, so it wears those teeth out to fit the profile of the chain. If you can

CLOTHES FOR WINTER RIDING

Mountain biking in cold weather has always been a challenge. The problem is that you'll start out cold then warm up and break a sweat, making yourself wet. Then, when you travel downhill, the combination of wet skin and wind chill will be quite chilling.

Below, you'll find a list of the cold weather clothing that will make winter riding less of a bone chilling experience.

Booties

In cold temperatures, your feet are the most vulnerable part of your anatomy. Pressure from pedaling will tend to cut off the circulation to your toes, which can put you at a risk of frostbite. In cold conditions, neoprene booties are a must have. They will zip over your shoes and even have a pattern in the sole where you can cut out a piece for cleats.

Gloves

There are several manufacturers that make "lobster gloves", a hybrid glove that separates your index finger and thumb from the rest of your hand. These gloves are warmer than regular gloves, and the distinct index finger will allow you to operate your shifting and brake levers.



MOUNTAIN BIKING ACCESSORIES

When you first start out with mountain biking, it can be a bit overwhelming when you walk into a bike store to buy your first mountain bike and see all of the available accessories you'll need when you first start riding.

There are several mountain biking accessories and related products that you can purchase. Although the sales staff will try to sell you anything they can, the real question for those on a budget isn't what's cool, but what accessories you need to make your rides more safe and enjoyable. By starting with these accessories, you'll be just fine when you hit the trails.



Bike helmet

The bike helmet is the most important mountain biking accessory that you can buy. No one should ever be on a bike without a helmet. There have been many people who have experienced serious head injury, when it could have prevented by wearing a helmet. All mountain bike helmets are comfortable and stylish and everyone who rides on the trails wears one.

THINGS TO TAKE WITH YOU ON A MOUNTAIN BIKE RIDE



When you decide to go mountain biking on a long days ride, there are several things that you should take with you. Below, you'll find the essentials that you should have with you.

1. Back pack - a camelback or mule is a good idea here.
2. Waterproof - the type that packs down very small is the best to have.
3. Water - you need at least 2 liters for a long ride.
4. Food - sandwiches and energy bars are the best to have with you to eat.
5. Pump - take a good one with you, as the small mini pumps are a waste of time and money.



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