YEAR 9 CYCLING:

BIKES AND ACCESSORIES

If you are buying a new bike: our strong recommendation is that you visit one or more of the reputable bike shops.

Advantages:
1. Expert advice on the range of suitable bikes at a range of prices (ie, from $400)
2. The bike will be properly set-up for your child
3. After-sales service, eg, minor adjustments immediately after sale, free check and service after 6 weeks, warranty work.

Some additional advice:
1. Be careful about buying from Target, K-Mart, Toys R Us etc. Their bikes are often not set up properly and have inferior parts.
2. Don’t buy low-price bikes which feature elaborate-looking suspension and disk brakes. On cheap bikes, these components are heavy and unreliable.
3. Exercise caution if buying second hand. However, you may get a real bargain on ebay or Bike Exchange, and pay only half the price of a new bike.

TYPES OF BIKES

Broadly, there are four types:
1. BMX are not suited to distance riding or to this Program.
2. Road (racing) bike. Fast, light and expensive. Not suited to inexperienced riders on bike tracks.
3. Mountain bikes. Easiest to control by inexperienced riders. Flat handlebars, thick tyres, smaller wheels (26 inch) and more gears make for a more comfortable ride, especially if fitted with non-knobby tyres (called “slicks”). However, these bikes can be heavy and slow, and the low cost versions are not suited to rough treatment, eg, the wheels buckle easily. Many students in the Program ride mountain bikes.
4. Hybrids or Flat-Bar Road Bikes. These are a compromise between road and mountain bikes. Typically, they have road bike-size wheels (700c) and a light frame, but with slightly thicker tyres, (eg. 25 to 32 mm), flat handlebars and mountain bike gearing. They are faster than mountain bikes and well suited to the Year 9 Program.

If buying one of these, make sure that it can take 23 mm tyres which may be needed for greater speed as the rider improves.

ACCESSORIES

1. Helmet. Absolutely essential!
2. Minimum of one bottle cage mounted to the frame, and drink bottle.
3. Basic tools:
   a. two spare tubes, puncture repair kit and two tyre levers.
   b. multi-purpose tool (and a shifting spanner if the axles are not quick release).
   c. all kept in a saddle bag.
   d. a pump attached to the frame.
4. Bike gloves are recommended.
5. Sunglasses are essential to protect the eyes from the sun’s rays and from insects and dust.

Recommended bike shop:
Dickie at Waverley Cycles, 306 Stephenson Road, Mt Waverley, 9888 2453.