

# Helpful Hints for Transitioning to Outdoor Cycling



As you've dreamed about Wheels of Love 2021, you have kept in shape by cycling all winter indoors on your stationary bike. The weather is slowly warming up, which means it will soon be time to trade in the indoor workout for a ride out on the road. Before you head out, check out these tips:

1. **Get your bike tuned up or make sure your chain and gears are cleaned up and lubricated.**
2. **Check your helmet – Does it have any cracks? Is the foam inside still intact? Does it still fit properly? It might be time for a new helmet.**
3. **Warm up and cool down. Start and end with a few good stretches.**
4. **Start off slow. Make your first ride outdoors a gentle one that gives you the opportunity to “find your legs” again.**
5. **Check your posture – you might sit differently on your road bike than on a stationary bike – drop your shoulders, make your spine long and engage your core.**
6. **Remember the rules of the road.**
7. **Have fun!**

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