

## Step 1 Getting Started

Start by having a look at these typical bicycles styles.



Road Bike



Mountain Bike



BMX Bike



Track Bike



Cruiser

Which bike appeals to you and your style of riding?

Not sure? Flip to step 2 to find out more about different types of bikes.

## Step 5 Finishing Up

Now it's time for some customization. Personalize your bike with handlebars, tires, rims, baskets, and fenders which reflect your personal style!



# GEARIN' UP BICYCLES

### About Gearin' Up Bicycles

Gearin' Up Bicycles purpose is to create career development opportunities and teach essential workplace skills to teenagers from underserved communities, while encouraging cycling as a practical, healthy means of transportation. Gearin' Up provides access to quality, affordable, used bicycles for those in need and hosts various community outreach programs throughout the year.

For more info please visit us at  
[gearinupbicycles.org](http://gearinupbicycles.org)

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# Bike Buying For Beginners

A Gearin' Up Guide



## Step 2 Things to Consider

What type of terrain are you planning riding on?

- Road, track, trails, mountains, volcanos, etc.
- Are you in a city or the countryside?

What is your purpose in buying a bike?

- Are you biking for fitness? Leisure? Commuting? Racing? Tricks?

How much do you plan on using your bike?

- Consider frequency and length of bike rides

How experienced are you with biking?

- Bike? What's a bike?  
(If this is you, see step 1).
- I ride occasionally.
- Riding is my life.

## Are you interested in a fixed-gear bicycle?

A fixed-gear is a type of bicycle that has a fixed hub (like an exercise bike). Pedals, wheels, and chain all move in tandem. This means you can pedal backwards and forwards, but you cannot coast (if the wheels are moving, so are your feet).

People who prefer fixed gears choose them for their level of control, and difficulty. While beginners may ride fixed gears, this is only advisable for models with breaks.

Single speeds are similar to fixed gears because both of them lack additional speed settings. However, you can coast or backpedal on a single speed, while on a fixed gear you can't.

## Step 4 Find a Frame That Fits

Finding the frame that's right for you is important for both safety and comfort.

Some things to be aware of:

Weight of the frame

- The type of metal used usually determines weight of the frame.
- Heavier frames may make it more difficult to climb hills and may reduce speed.

Height of the frame

- Determines comfortability, and access to the bike.
- Too tall frames may be harder to mount/dismount, and may make it difficult to reach the pedals.
- Too short frames may make your ride uncomfortable and painful.

Style of the frame

- A step-through frame provides a low cross bar which makes getting on and off easier. (These are typically known as "women's" bikes).
- Diamond frames have a more level cross bar.

Despite these guidelines, the best way to find a frame that fits you is to test ride different types and find your own comfortability.

**See the back for Customizing Your Bike**

## Step 3 More Things to Consider

Road Bike	Track Bike	Single Speed	Mountain Bike	Cruiser	BMX	Hybrid
Best for roads and paved trails	Use for indoor (or outdoor) tracks	All surfaces	Best used for mountains, all surfaces	Beach, Boardwalk, flat surfaces	All surfaces. (Best in the air)	Best for city biking
Good for commuting, exercise, and racing	Best for racing	Exercise, leisure, commuting	Steep or rough rides, commuting	Best for leisure and sightseeing, commuting	Best for tricks	Best used for commuting
Best for long bike trips	Not ideal for long trips	Depends on comfort and experience level	Can be used for camping/long bike trips	Long leisure rides.	Not ideal for long bike trips	Long leisure rides
All experience levels	Must be an experienced cyclist to ride	All experience levels	All experience levels	All experience levels	All experience levels	All experience levels