



BEGINNING CYCLING

SHIFTING AND GEARS

Front derailleur

- Left shifter controls the front derailleur and which chainring your chain is on
- Used less frequently than rear deraillieur
- Shifting requires more attention than the rear derailleur but is done less frequently

Rear derailleur

- Right shifter controls the rear derailleur; this is the fine tuning of the gear range
- Used most frequently to account for minor changes in terrain
- Two or three shifts down is equal to one shift down on the front derailleur

Chainrings up front

- Bikes come with two or three chainrings; three is for mountain biking and touring
- These are low, medium and high range or low and high for road bikes with two
- Small ring is low gear for climbs, middle ring for flats, big ring for descents

Cassette in the rear

- The smaller the cog on the cassette, the harder the gear is to push
- Most bikes have 7, 8, or 9 cogs; rear derailleur moves the chain from one to another
- Many front and rear gear combinations overlap

Pedaling

- Pedal at about 90 rpms both climbing or descending; it's faster than you think
- Shift into an easier gear before you need it; before a climb instead of during one
- You should be using the same pedal force and cadence to climb as you do to descend

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