

SpokeGIRL Speak

Step Two: The Right Clothing

Who knew clothing would make the difference that it does? But, believe me, there are reasons for why certain types of fabrics and materials are recommended.

Shorts

I would say the number one most important piece of clothing for a good ride is bike shorts. Whether they are the baggy bike shorts or the Lycra shorts, they have one feature that is a must- a chamois. There is a lot of different brands and styles of chamois out there for women.

1. If you are comfortable with Lycra bike shorts, they are great because they don't ride up. They are form fitting and comfortable. One thing to think about when buying a pair- the length. Cycling shorts come in various lengths. Make sure you get the right length for your comfort level.
2. If you are a little more modest, consider a baggy cycling short. Both Mt. Borah and Terry Cycling offer great women specific shorts with chamois.
3. A third option is to buy a liner short. You can wear it under your favorite pair of shorts or workout pants, and it has the comfort of a chamois and is lightweight like a pair of underwear.

Jersey/ Shirt

For comfort, nothing beats a cycling jersey or wicking t-shirt. They're cool and functional.

Cycling jerseys are made of a polyester blend which "wicks" or pulls the sweat away from your body. A cotton t-shirt will get soaked with sweat, a jersey won't. Jerseys also provide pockets in the back so you can keep your cell phone, money, or even a snack with you. There is also a front zipper if you want to open the jersey a little to let more cool air in.

Cycling jerseys can be spendy, so if you can't afford jerseys, there is always the option of wicking t-shirts. Although they lack the functionality of a cycling jersey, they will also wick the sweat away, keeping you cooler and more comfortable.

Socks

Just like the rest of you, your feet will get hot when you ride. To keep your feet cool, buy a couple of pairs of wicking socks. Trust me; your feet will thank you for it. Just like cotton t-shirts, cotton socks leave your feet wet when your feet sweat. Wicking socks will keep your feet feeling cooler and drier.

Notes:

Please remember that you should never embark on a fitness program without getting a check-up with your doctor.

In addition, SpokeGIRL endorses the wearing of helmets!!!! You should always wear a helmet when riding.