

make your biking experience an ordeal.

According to the National Bicycle Dealers Association, these are the most common types of vehicles available today.

• **Mountain bikes:** Built with traveling off the beaten path in mind, a mountain bike will offer optimum performance on the trails. You can still use them on pavement but don't expect to achieve high speeds.

• **Road bikes:** For those commuting on smooth terrain, a road bike will offer speed, comfortability and premium handling.

• **Hybrid bikes:** A type of bike offering a blend of both mountain and road bikes. They are meant for general commute but will perform similarly to both styles.

• **Cruisers:** these bicycles are meant for leisurely rides around town. Many of them have wider tires paired with a comfortable seat.

Health benefits

Now that you know which bicycle will perform best for your specific needs, you can

prepare for the awesome health benefits cycling provides. Check out some of the advantages you'll feel when cruising on two wheels, per the Harvard Medical School:

• **Aerobic workout:** Riding a bike creates a workout for your heart, brain and blood vessels. You also will release endorphins, which are chemicals associated with good feelings.

• **Build muscle:** The down stroke part of pedaling builds muscles in the buttocks, thighs and calves. When on an upstroke, you will work hamstrings and flexor muscles in your hips. Holding yourself upright and balancing will work your arms. It's basically a full-body workout every time you go for a ride.

Maintenance tips

In order to keep your bicycle in its peak condition, general maintenance is required.

Check with our dealer to find bicycle-specific lubrication and apply it to the chain, cables, shifters and brake pivots. Make sure to wipe the area clean if

See RIDE, Page 4C



A motorcycle

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