

# Why do Cyclists look So Weird and wear lycra ? ? ? ?

## Lycra Shorts:

Tight fitting shorts made with a stretchy material are ideal for comfort and aerodynamics. Shorts have a special padding insert around the crotch to protect the nether regions from the ravages of the narrow racing saddle! Do not wear anything under your shorts – they should be comfy enough. Lycra is perfect as it expels sweat and rain and dries really quickly.

Shorts with built-in braces are called bib-shorts and are a must-have for experienced riders as they never fall down or leave a gap well bending.

## Lycra Tights:

Tight fitting leggings at either full length to the ankle or  $\frac{3}{4}$  to the calf. Tight fitting to ensure they do not flap in the wind and are flexible with you. Made from lycra for the same reasons as above. Also, Bib-tights come with built-in braces/bib to keep up and keep you covered when bending.

## Helmet:

Modern helmets are so comfortable it makes no sense not to wear one. In winter, try and find a thermal skull cap to wear underneath.

Gloves: Summer fingerless leather or suede gloves to grip the bars,

Fancy Sunglasses:  
No real reason – some just like to look cool!

## Jersey:

Usually made from Lycra for a tight fit to ensure it does not flap in the wind. Lycra also dries out quickly and is flexible and stretches with you. Jerseys usually have pockets at the back to keep a few tools/spare tube, food and a phone safe. Some have full zips which are easier to put on and take off (especially when wet) and come in short and long sleeves.

## Skinsuits:

Time Triallists who are determined to be as aerodynamic as possible wear a one piece skinsuit. The have no rear pockets and do not leave a lot to the imagination – but are very comfortable.



## Shoes:

Most cyclists wear shoes that have a meshed upper for cooling and a rigid or semi-rigid sole to ensure all your leg power is transferred to the pedals. Most shoes have a clip on the bottom called a cleat which clips/snaps into the pedal and is released with a twist of the foot. This locking mechanism means you can push and pull with your foot on the pedals but does mean you walk a bit like a penguin!

## Over Shoes:

Worn over the top of cycling shoes. In the winter heavy weight overshoes are made from neoprene to keep out the rain and in summer some wear lycra overshoes for a little warmth but mainly for aerodynamics and looks/