

# *CYCLE HARDWARE*

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# Types of cycles



**Mountain Bike**



**HYBRID**



**Road Bike**

# Road Bike



Lightweight, efficient bike with drop handlebars and narrow tyres, for recreational riding, mostly on paved surfaces.

Made for speed, with narrow tyres that do not have knobs on tread for rolling fast and far on paved surfaces.

Rider seating position is aggressive, with raised saddle position and drop handlebar, for improved aerodynamics to avoid drag and enhanced speed. May be uncomfortable for some riders in the beginning and on long distance rides.

Price range: around £450 to £4,500 for decent road bikes. Price variation primarily due to frame material and groupset.

## Styles of Road bike:

Aero - for racing or time-trialing

Ultralight - for long climbs

Endurance - upright rider position, wider tyres

Touring - for all-day comfort and carrying capacity



# Mountain Bike

Durable, rugged bike with flat handlebar and wide, fat knobby tyres for riding narrow dirt trails.

Made for mountain biking on rough terrain, with wide tyres that have knobs on tread for comfort and better grip on the surface.

Often have shock absorbing suspension in the front (fork) and back of the bike for better handling and comfort.

Heavier than road bikes, not fast on paved surfaces due to their wide knobby tyres that increase rolling resistance.

Price range: around £400 to £4,000 for decent mountain bikes. Price variation primarily due to frame material, suspension and groupset.

## Styles of Mountain bike:

Hardtail - suspension forks on a rigid frame

XC Full Suspension - for improved climbing efficiency

Trail Full Suspension – for balanced climbing efficiency

Enduro/Gravity Full-Suspension – for maximum control when descending



# Hybrid Bike

Named because it shares features of road and mountain bikes, including the upright rider position, broad-range gearing and flat handlebar of a mountain bike, and narrower, fast-rolling tyres with light tread without knobs of a road bike. Not as heavy as a mountain bike and not too light as a road bike

A cross between the speed of a road bike and the strength and gearing of a mountain bike, hybrids are lightweight but sturdy with smooth tyres for paved or light dirt paths.

The upright riding position makes them ideal for cycling in traffic and commuting through town. A good everyday option for comfortable riding and good handling.

Price range: around £200 to £1,500 for decent hybrid bikes. Price variation primarily due to frame material and groupset.

## Some not so expensive hybrid bikes:

Carrera Subway

Boardman MTX

Giant Escape 3 2021

# What is the best option for me?

Depends on your objective

Mountain bike - for off-road riding on rough and mountainous terrain

Heavier, fat knobby tyres, more traction and drag on the paved surfaces, not for fast riding.

Road bike - for racing and endurance on paved surfaces

Very light, narrow smooth tyres, less drag, aggressive seating position, not very comfortable

Hybrid bike - allrounder bike for varied use on paved and light gravel surface

Lighter than a mountain bike, narrower tyres, easier to handle than a road bike.

Comfortable upright riding position

For a beginner and all types of riders, hybrid bike may be the better option.

Relatively cheaper than the other two, more comfortable to ride in upright seated position and flat handlebars.

# Road Bike Frame Size Guide

# Mountain and Hybrid Bike Frame Size Guide

# Bike Pedals

Standard flat pedals  
for any bikes



Clipless flat pedals  
for mountain bikes



SPD SL pedals  
for road bikes



# Bike Breaks

V Brakes



Disc Brakes



Both work equally well under normal conditions. Disc brakes have some advantage in rain. V Brakes are cheaper and easier to maintain, most common and yet very reliable

# Bike Lights



Rechargeable lights are slightly expensive, but cheaper in the long run as no need to replace batteries

Cost varies, starting around £20 each

Should check how long one charge lasts, the longer the better

Need to be visible to other road users, particularly cars. The brighter the better, usually front lights in excess of 200 lumens and rear in excess of 70 lumens is good

# Other Considerations

Can buy soft gel covers that go on top of the saddle if it is too uncomfortable in the beginning.

Can buy front and rear mud guards to protect from splashing water.

Bike tyres are usually clincher foldable type tyres used for road and hybrid bikes. When changing tyres, choose the one right for your wheel.

Most commonly an inner tube is placed inside the tyre, but tubeless tyres are also available that can self repair minor punctures while you ride. Tubeless tyres are expensive.

Keep the bike and drivetrain clean and the chain lubricated.