



Clothing & Equipment Requirements

Clothing/Equipment – required for all practices and races

- Helmet (properly fitted and clasped)
- Eye Protection (riding specific glasses or inexpensive protective lenses from Lowes/Home Depot)
- Cycling Gloves (fingerless or full finger – which increase grip and protect hands from scrapes)
- Appropriate riding shoes (i.e., closed toed, rigid soled, grippy sneakers for flat pedals and cleated cycling shoes for clipless pedals)
- Water bottle or hydration pack – with plenty of water!
- Team Jersey for races (league requirement if entering a race)

Clothing/Equipment – highly recommended in addition to the above

- Bike Shorts (chamois / padded shorts)
- Riding jersey or athletic t-shirt for practices
- Clipless pedals for advanced riders
- Spare tube, tire lever, and small bike pump
- Cycling multi-tool
- Spare chain link(s)

Recommended additions as we get into our colder months of the season:

- Warm socks (not cotton) and/or neoprene toe covers (If you have clipless shoes)
- Thicker full finger gloves
- Thermal Skull Cap
- Arm Warmers
- Athletic Jacket or Long Sleeve Shirt (appropriate material, form fitting, and allows for movement while in biking position)
- Cycling or running tights that can be worn over your padded shorts / under your baggy shorts – and never loose, so not to get caught in a chain

Since our season goes to the beginning of November, it's important that you learn how to layer appropriately and stay warm while cycling. Your teammates will be depending on you to anticipate weather conditions and dress appropriately to make our group rides successful and our races fun!