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Good technique and advanced preparation is necessary, if you really wish to be more confident and fast on your bicycle. Beginners often tend to commit simple mistakes that end up costing their valuable time and effort on the trails or the road. A little bit of practice is all you need to master the art of cycling. First of all, you must understand that cycling is not about sweating and toiling hard to get fitter. Rather, itâ€™s about right techniques and ensuring less energy consumption and great speeds.

Before we delve further in to the topic of the right bicycling techniques, it is important to check your bike is in perfect condition. In order to ensure this, you will need bike servicing to fix any fault in any part of your bike. In some cases, you might feel like doing bicycle repairs on your own, but in others you might require professional help.

Quick Tips for Cycling & Repairs

To have maximum fun while cycling, you must ensure your bike doesnâ€™t need repairs and is serviced to perform as per your expectations. Regular bike servicing will help ensure that you donâ€™t lag behind your friends while racing with them. Having ensured that your bike is in excellent condition, the next thing is to learn the right techniques of cycling.

Here are a few tips to help you have a great cycling experience:

Make sure you take corners in a smooth manner without losing much pace. To be able to take corners safely and smoothly, it is important to adjust your speed while approaching the turn. Never brake as you corner

While on a track or road close to traffic, use the whole space and drift across to reach the corner and then speed up out of the turn

Donâ€™t brake sharply on a descent, as doing so you might lose control over your bike. Itâ€™s advisable apply gradual pressure on brakes during the learning phase

Itâ€™s recommended that you practice only on the hills you are familiar with and ensure to apply bakes as less as you can. If possible, try practising with expert and experienced riders and learn to follow their line of travel

Make sure you are in the correct gear while approaching a climb. Donâ€™t keep holding it. Once you begin climbing, switching from high gear to low may risk dropping the chain

Now that you know the right bicycling techniques, donâ€™t miss out on pre race preparation. Also, you must check your bike for any repair or servicing that might be needed. Check if all the bolts are tight, chain is oiled, pedals are secure, and saddle is placed at the right height and angle. To be more confident about the condition of your bike, make sure it is serviced by the professionals such as those at Bicycle Nation.

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Side

Bicycle Nation - About Author:
Bicycle Nation (http://www.bicyclenation.co.uk/) is a business dedicated to making a bicycle repair and maintenance as convenient as possible for our customers. We make a bike service and repair our main focus which is why we aim to carry all the tools and spares we need to do the job.

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