



Starter Pack

Road Biking

Road Bike



- Disc brakes
- Get good components/ groupset (brakes, shifters, derailleurs, shocks): Shimano
- Get fitted in a bike shop regardless of where you buy
- Clip pedals – more power in stroke
- Frame –
 - Aluminum/carbon fork – cheaper
 - Carbon – expensive, light, strong

Brands: Trek, Giant, Specialized, Fuji

<https://www.cyclingnews.com/features/best-budget-road-bikes/>

Helmet



- Snug fit around head and easy adjustment
- Easy chin strap adjustments
- Full coverage low on the back of the head
- Pricy helmets have “Rotational Impact Protection Systems”

Brands: Specialized, Smith, Bell, Fox

<https://www.outdoorgearlab.com/topics/biking/best-mountain-bike-helmet>

Gloves



- Full finger provides more protection
- Fit is important
- Padding on knuckles

Brands: Giro, Dakine

<https://www.outdoorgearlab.com/topics/biking/best-mountain-bike-gloves>

Bike Pump/Kit



Brands: Pumps – Topeak, Lezyne; Kits - Crankbrothers, Bikehand

<https://www.outdoorgearlab.com/topics/biking/best-frame-pump>

<https://saferoad.org/best-bicycle-tool-kit/>

Shoes



Brands: Pearl Izumi, Giro, Ride

- Velcro vs Laces
- Solid soles for more power transfer
- Clipless better for new riders

<https://www.outdoorgearlab.com/topics/biking/best-road-bike-shoes>