



## Transporting your bike

Your bike is the only mechanical component of your triathlon, so getting it into transition safe and working properly is of paramount importance; the last thing you want to be doing is adjusting your bike as you go out onto the bike! Here we'll explore how to make sure your bike arrives in tip top condition.

1. Make sure your bike is clean – a clean and lubricated bike will always run better than one that has been sitting in your garage, plus it means your car won't get dirty. Cleaning your bike is also a good time to check for breakages and wear, if you do this the day before your event, you've still got a bit of time to replace or sort any issues out.
2. Getting your bike in the car – unless you have an external rack, you'll need to put your bike in your car, the easiest way to do this is to take the front wheel off and lay the bike with its left side down, your derailleur's and shifting are all on the right hand side, so you don't want any weight on them! A blanket or towel can also be a good idea if you want to keep your car clean; and another blanket or a wheel bag is a good idea for protecting the spare wheel.
3. Make sure your bike is secure! – be it in the car, or on a rack (follow the manufacturer instructions) if your bike is not secure, it's at risk of damage. And this does happen, we've lost count of the amount of times we've had an on the day hire because someone's bike has fallen off. For bikes on external bike racks, a good test is to "lift and jiggle" the bike about, this could emulate going over a speed bump on a windy road.
4. Allow a bit of extra time getting to your venue – having a car on a roof rack can slow your car down and increase fuel consumption, so allow for a bit of cautious driving.
5. Check your bike upon arrival – Put your bike back together and check that it's as you left it. Cars on roof racks can be susceptible to low swinging branches and debris, so always be aware of this.
6. Ride your bike – If you're happy with your checks, go for a slow speed ride around the car park or course if allowed. This will allow you to immediately see if there are any issues in a safe environment.
7. If all else fails, bring it to us – For 2017 British Bike Hire will be offering free safety checks for your bike at all events



## Upgrading parts of your bike

Everyone's always on the hunt for "free speed", though we can't quite do "free" we can give you a few upgrades that will allow for the "speed" part, at as cheap as possible prices:

1. Tyres – Upgrading your tyres will give you better road feel, better cornering, and lower rolling resistance. Good rubber can make all the difference when chucking your bike into a turn, so if you want to improve your road confidence as well, upgrading to tyres such as the Continental GP 4000s II or the Schwalbe One is a must.
2. Wheels – You can see a pattern here, the next closest thing to the tarmac after your tyres is your wheels. Lighter and more aerodynamic wheels are one of the easiest to install upgrades, as well as one of the most effective. Lower rolling weight will allow for faster acceleration and of course make the climbs easier; improved aerodynamics mean your bike will be providing less air resistance for you to push through. The Zipp 404 is a great compromise between aerodynamics and lightweight.
3. Clipless Pedals – If you don't already have them, you must at least try them. Clipless pedals allow for a smoother pedalling stroke by allowing an upward pull to take place, most cycling shoes are also stiffer than regular shoes allowing for further efficiency.
4. Chain and Cassette – These improvements can be marginal at best, but getting a new chain and cassette can save a few vital watts (pieces of energy). Though keeping them clean and well lubricated is the key to long lasting success. At British Bike Hire we use WD40's range of cleaners, degreasers and lubricants, all with great success.
5. Carbon Fibre seatpost – A good quality carbon fibre seatpost will dampen vibration and flex a little bit, allowing for more comfort on your bike and therefore keep you feeling fresher for longer.
6. Brakes – A good set of brakes will allow you to brake later into corners and feel more confident when taking a corner, at the more affordable end of the spectrum is Shimano 105's, however if you're willing to spend a bit more, the Sram Red and
7. Handlebar tape – Okay, so this last one won't necessarily make you faster, but it might well make you feel faster! Nice, fresh handlebar tape can make a tired looking bike look like it's got a new lease of life.