

Selecting the Proper Bike for the Police Unity Tour Chapter IV Ride

If you are new to our Chapter you may wonder what the best option is for a bicycle to complete the 230-mile trek to Washington D.C.

The easy answer is.... whatever you will be comfortable on and be able to complete the ride at the pace and distance set each day. However, since we ride a very hilly route, your absolute best choice is a road bike. Strong riders could get by with a Hybrid bike if they regularly train on one.

Road Bike: Best Choice



The road bike is the most popular and best choice for our route. The bike is designed specifically for the road...yes.... the road. That is what you will be riding on. There is no suspension and the tires are the least aggressive out of all the bikes. This ensures that the energy you put into each pedal stroke is maximized into propelling the bike forward. The drop handle bars give the rider several positions to ride, which is a benefit when on the bike for long periods of time or when faced with a headwind. The lighter overall weight of the bike and gearing will greatly benefit the rider when climbing hills. Additionally, our outstanding mechanics can perform nearly any necessary repairs on a road bike and have many parts readily available.

Hybrid Bike: Acceptable Choice



A hybrid bike can be an appropriate choice for our route but the rider would need to compensate for a likely heavier overall weight and an upright position. Some riders prefer a more upright position but this can be a detriment in a headwind or when seeking a more aero position. Riders choosing a hybrid bike need to be especially strong and regularly train on hills.

Beach Cruiser and Mountain Bikes: **NOT** Acceptable Choices



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These bikes are simply not acceptable for our Chapter IV route. It has been our experience that riders who attempt to use these bikes usually end up in the Penalty Van on the first day, which causes difficulty for the entire group. While these bikes are great for what they are designed to do, riding 230 miles over very hilly terrain and averaging 15 mph is not one of them.

Training

Whatever your bike choice is, road or hybrid, you must ride it. Yes, ride it a lot. Training to improve your fitness level is the most critical component you have control over. Riding indoors or on a spin bike is highly encouraged throughout any extended periods of inclement weather. The more you train, the less you will suffer and the more you will enjoy this amazing experience.

Fitness Forum emails that cover a wide variety of cycling topics will begin showing up in your in-box once you have made the commitment to ride with Chapter IV. These are optional to read but most riders have found them to be helpful and informative, especially newer riders.

Live to Ride, Ride to Live