

## Bicycle Clothes: What To Wear When Cycling

Biking is a great sport. Whether you cycle for pleasure or in competition, it provides a thorough aerobic workout and gets you outside in the fresh air. Though bicycling has been popular for literally hundreds of years, only lately have we seen such attention paid to the sport. We can basically thank Lance Armstrong for bringing cycling such prominence in the United States. With its astronomical rise in popularity has come an increasing demand for bicycle clothes. Racers need the technical advantages that scientifically designed materials provide, but bicycle clothes are also snapped up by everyday riders and with good reason. Bicycle clothes make you more comfortable so you can enjoy your ride to the fullest.

Many pieces of bicycle clothes are able to be worn by either sex, although there are some pretty spiffy designers tailoring their clothing to women. Items from shorts, shirts, vests, jackets, thermal gear, and suits are designed for bikers. The high tech fabric is UV reflective, a very critical attribute these days with all the warnings about sun exposure dominating the media. The fabric is also lightweight and breathable, a boon in any weather. Bicycle clothes fit close to your skin to cut down on wind resistance. A streamlined silhouette makes you faster.

Do you have to have specially designed bicycle clothes to bike? Of course not, folks have been able to bike for a couple of centuries without them. But if you ask experienced cyclists, they will tell you that sleek, form fitting bicycle clothes make for a more enjoyable, swift ride.

## About the Author

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