

GETTING A BIKE

Choose Wisely: Opt for a dependable bike from brands like Trek, Specialized, Felt, Giant, or Cervelo. Ensure proper fit for comfort and performance.



Road or gravel bikes are permitted on Gear Up Florida. **Only gravel bikes** are permitted on Journey of Hope.

BIKES THAT ARE NOT PERMITTED



MOUNTAIN



HYBRID



TRIATHALON

FOCUS ON ESSENTIALS

Prioritize components like Shimano Tiagra or 105 groupsets. Understand brake options (rim vs. disc) and wheel materials (aluminum vs. carbon fiber).



RIM VS DISC

BE SMART WITH YOUR GEAR

Invest in quality pedals, shoes, and cleats. Consider Shimano SPD for versatility and reliability.



Essentials like cycling shorts, helmet, sunglasses, water bottles, and saddlebags are indispensable for comfort and safety.

WHERE TO GET YOUR BIKE

Sign up for the Cycling Incentive through The Ability Experience x NYC Velo

Head to your local bike shop

Look on Facebook Marketplace

Borrow from a brother/local Pi Alpha

Don't forget to get a proper bike fitting, and look into bicycle insurance!