

## **Transition From Inside To Outside?**

Have you ever wondered what it would be like to ride outdoors?  
Have you been teaching indoors for a while and you're curious about "the road"?  
Are you ready to take your "hemi" for an outdoor spin?

You've worked hard training indoors. It's now time for you to take the leap and transition to the wild, wonderful outdoor world. Where do you start? A bike of course!

Do you already own a bike? If so, you're ready to go. If not, see if you can rent a road bike from a local bike shop(LBS) or borrow a friends. It's inexpensive and your LBS will "fit" you to a bike. Riding a bike that "fits" can make a significant difference in how you will feel on the road. So, you've got your bike, where should you ride?

First, never ride by yourself. Find a partner or start asking outdoor riders where they ride. Do they ride with a group? If they ride with a group, does the group offer beginner rides? If there group doesn't, they probably know of a group that does. You can check your LBS to see if they offer beginner group rides? If they do, get on board. Most group rides are on the weekends and during the week so there should be a time you'll be able to attend.

What should you expect? An amazing ride of course. Let the group know of your experience. Enjoy the outdoors and pay attention to the road! Don't ride more than an hour and a half. You want to feel good when you get back, not like you've been spun in the washing machine. Try to keep a good pace, but don't try to ride faster than what's comfortable. Most beginner group rides will have someone at the back of the pack, so don't worry about being left behind. Although, this would be a good question to ask before you head out on the ride.

Don't forget to take a water bottle, a little snack and a positive attitude. Enjoy the great blue sky!

*Article by Beverly Turbeville, for FitClasses.com*