

Video Resources on the Web, re. Summer Cycling Tips Compiled by Linda McGrane

All of these Youtube videos listed here are produced by Global Cycling Network (GCN)**.

“How to Ride in Hot Weather”

https://www.youtube.com/watch?v=2Zld2LE_Rro

This covers the topics of hydration, use of sunblock, adjusting the time of day to avoid peak heat, etc.

“How to Dress for Hot Weather – What to Wear for Cycling in the Heat”

<https://www.youtube.com/watch?v=R-J5yAKcl1s>

This covers how to choose every item, from helmet to socks, for optimal ventilation.

“How to Ride Long Distances”

<https://www.youtube.com/watch?v=8TTGRLcXFyk>

and

“How to Train for Long Rides”

<https://www.youtube.com/watch?v=GvZzgeIBh68>

These two videos will help you to prepare for long-distance event rides, which are scheduled more frequently in the summer.

“How to Pack Your Bike in a Bike Box Like a Pro”

<https://www.youtube.com/watch?v=J40V2r1TiGA>

and/or

<https://www.youtube.com/watch?v=m5kldjYzGUA>

These two videos demonstrate how to disassemble your bike to pack it in a travel box, if you are planning to take a bike vacation!

**If you enter “GCN” (Global Cycling Network) in the Youtube “Search” field, a wide variety of interesting and practical cycling topics will result. The presenters in each video are informative and entertaining.

GCN is NOT the ONLY producer of this type of training video, however, this company appears to be very prolific in the production of a broad selection of topics.

Enjoy! Linda McGrane