

...yourself and  
your bike

### SPLURGE ON SHOES, SAVE ON PEDALS

All the retailers we talked to stressed the importance of contact points—any place the body touches gear. Compared with pedals, which vary in weight but work similarly across all prices, shoes differ more in quality and fit—and you feel them with every pedal stroke.

...work with you to try different ones," says Davitt.

### SPLURGE ON BOTTLES, SAVE ON BOTTLE CAGES

Standard alloy cages are nearly as light as their carbon counterparts and get the job done with no fuss. Pay a few extra bucks for your water bottle, on the other hand, and you'll get practical upgrades or, even better, fun graphics that inspire you to get out and ride.

...tion, which translates to greater comfort and a more pleasant ride experience.

### SPLURGE ON LIGHTS, SAVE ON HELMET

Both are designed to protect you. But every cycling helmet sold in the US has to satisfy the same regulations regardless of how much it costs. Spend more on lights, however, and you'll get brighter, more effective illumination with longer battery life.—N.B.

...your tires faster and require less pumping effort than basic models.

## 4 ANATOMY LESSON

KNOW YOUR BIKE PARTS

