

Buying Accessories

Please Note: All prices in information in this document reflect data collected in 2005 when this document was first compiled.

Your MS150 Booklet has a *short* list of accessories to make your ride more comfortable. Here's the real lowdown:

***The only accessories you need are a helmet and biking shorts.

Helmets

Don't bother getting the most expensive helmet. All helmets must meet the CPSC (Consumer Product Safety Commission) standard to be sold in the U.S. So every bike helmet you see in a store is already designed to protect your head. However, if paying more \$ gives you a better fit and more stability go for it. Paying more will give you better styling and more air vents (most helmets provide adequate cooling). Weight isn't an issue any more with modern helmets. Price can range anywhere from a **Target \$8.99** helmet to a **Giro Atmos Lone Star 5 Helmet** (Lance Armstrong) for \$225. For more info check out the Bicycle Helmet Safety Institute <http://www.bhsi.org/>.

Gloves

Gloves are great. They help prevent blisters and absorb sweat. Short-finger gloves (that don't cover your fingers) are great because your hands don't get too warm. Gloves also provide some protection in case you fall. You don't need to bother getting expensive ones (like the **Pearl Izumi** ones). For great deals on decent gel gloves check out Walmart or Big 5 Sporting Goods (\$7-\$10). For more info check out E-How's Bike Glove buying tips: http://www.ehow.com/how_14094_buy-bike-gloves.html



Hydration Packs (backpacks that carry water)

A Hydration Pack is like an expensive backpack and water bottle combined into one. They are NOT necessary on the tour. They're great because you never have to reach for a water bottle (there's a tube that goes straight to your mouth), the insulation pack (where the water is stored) keeps you cool, and it can store various items like a wallet, keys, cell phone etc. (BTW, never keep your cell phone in your jersey pockets. The sweat will drown it). For some people, Hydration Packs are an added luxury.



Air Pumps/Bike Tools

Probably not necessary on the tour. There will be mechanics on motorcycles and bikes throughout the tour that will provide support for things like tire flats and broken chains. However, help may be a long wait when in unknown territory like Camp Pendleton and the unfamiliar neighborhoods of La Jolla. Your best resource will be experienced Team Disneyland and other MS150 bikers.

Spare Tire

Spare tires are rolled up when packaged and barely take any space at all. I prefer carrying one because I can change a tire faster than I can fix one. However, in the 2 years I've done the MS150 I've never had to change a tire.

Saddles (Seat)

A good, comfortable saddle is important on a long ride like the MS150. Any discomfort/pain may not be obvious for the first few miles, but it'll eventually show if you have a bad seat. Choosing a seat can be a hard, subjective process, so if you plan on getting a new one do it early so you have time to train/break it in. For a great seat, try www.koobi.com. Their most popular/successful seat (the SI Classic) is also their cheapest at \$69.95. Their saddles are great for guys afraid of getting "numb". Click on the image to view it on the Koobi website.



Bike Computer

Not necessary. If you like tracking how far, how fast, how slow, and how many rotations your wheels are going then get it. This is nice for training, but a bunch of statistics won't make the tour more enjoyable for you. Also, they're a pain to install. Bike computers count the number of times your front wheel makes a rotation...but if you really want to track your progress, get a more accurate and install-friendly gadget like the Garmin Forerunner 201GPS unit:

<http://bodytronics.com/shop/index.cgi?code=3&cat=21>

2-Way Radio's

Some members of Team Disneyland carry Motorola Talkabout Radios to chat and report biker crashes. There are 2 kinds of Motorola Talkabout radios: the 2 Mile Range (\$29-\$49 a pair) or the 5 Mile Range (\$59-129 a pair). To chat, you may need an optional headset to keep both hands on your bike while chatting. Most of the radio's also have a auto-transmit feature that will activate the radio the moment you speak into it (Unfortunately, the wind can trigger it too).



With 108 bikers, it may be necessary to assign channels such as:

Channel 14-1 Team Captain Dorothy

Channel 14-2 to 14-5 Group Leaders

Channel 14-12 Your friend Bob

Channel 14-14 Your friend Sally

AM/FM/CD Radio or MP3 Player

In the MS150 2002, my brother Jose brought along an Apple Ipod and a portable speaker system attached to his backpack. It was the coolest thing ever and one random rider thanked him and stated that “it was the music that kept me going up that hill [at Torrey Pines]”. When you’re out of breath or out of things to say, nothing beats having *upbeat music* break the silence (In 2002, I tried listening to audio books and it just didn’t work).



You’ll want a way to broadcast the music (using speakers) because headphones can be dangerous to use in high-traffic areas. Battery life can be an issue too, so get a music player that can use regular batteries or a device to extend its power (if using a recharge-able player).

Pedals – Clipless Pedals or Toe Clips

Clipless pedals and toe clips provide an *excellent* way to maximize biking efficiency. These pedals allow most of the power you generate from your legs to make it to the pedals. Clipless are obviously the best but they can be expensive and once you have Clipless Pedals, you’ll always need special shoes just to ride your bike around. Fortunately, some Clipless Pedals allow both special shoes and normal shoes to be used with them. Not needed for the MS150, but you’ll notice a difference when using them. Here are the differences:

Toe Clips: Toe Clips are basically straps or plastic cages on your pedal that you stick your foot into. You can use any kind of shoes with Toe Clips.



Clipless Pedals: Clipless Pedals have to be used with special shoes that click/lock onto them.

**Road Tires**

Some mountain bike owners prefer to switch their tires with durable, yet thinner road tires for the MS150. The tour will mostly be on pavement, so this is a great option if you want to go faster/use less energy. However, it can be expensive. Not necessary for the MS150.

Chapstick/Sunblock

Necessary.

Biking Shorts: Baggy or Tight Lycra

Either one will do as long as it fits well and the padding feels okay. Baggy biking shorts resemble Quicksilver-style Boarding shorts/swimwear. It's just a matter of preference. Baggy shorts can cost more too. Some prefer to wear normal shorts over tight lycra. Shorts that cost more \$\$\$ provide a better fit, breathe better, and last longer.

**Sunglasses**

This is a great accessory to not only protect your eyes from UV-rays, but from objects such as small rocks, dust, flying insects, and other debris. Get sunglasses that fit well (with lenses that don't hit your cheeks when you smile). Any cheapo pair will do just as long as it provides UV-ray protection.

Snacks

There will be more snacks/health food/drinks in this event than you can hope to carry.

No matter if you rent, buy, or borrow a bike, make sure you get yourself properly fitted by having the right seat post and handle bar height. And also make sure you get any used bike tuned-up. Once the tour starts, you may find little time to properly adjust your brakes and shifters, inflate your tires, true your wheel spokes, oil your chain, etc.