

2010 Schlumberger Education Expedition Cycling Tips

Have a fit with your bike.

Being fitted to a bike is just as important to rider comfort as having the right kind of bike. A bike should be appropriately sized for its rider. The saddle, stem, and handlebars should also be properly adjusted. All Official BP MS 150 Bike Stores offer free basic bike fitting.

Your bike is talking. Are you listening?

Any unusual sounds – such as squeaks, popping, grinding, creaking or rattling – are warning signs of a problem and should be inspected by an Official BP MS 150 Bike Store. A complete overhaul is recommended annually or every 2,000 miles. All Official BP MS 150 Bike Stores offer free professional inspections along with estimates on routine maintenance or repairs for your bike.

Water you waiting for?

All riders should ensure their bikes have water bottles and cages. The cage secures the water bottle to the bike and provides convenient access as you make your trek along the route.