

Pre-hill preparation

The right bike

- It must be correctly adjusted
- And in perfect working order
- Check brakes, tyres, gears and saddle height

Cleats/clip-in pedals

- Special cycling shoes that let you pedal more efficiently
- Pull up and push down on the pedal
- Allows you to 'pedal in circles'

Clothing

- Lycra knicks, riding gloves, comfortable socks, a properly adjusted helmet and some ear/neck protection

Physical preparation

- Start now – conquer hills by doing hills
- Build up slowly, each time tackling longer and steeper hills
- Ride with others: it's more fun and you're bound to pick up extra tips
- Middle Distance Cycling Club (<http://home.vicnet.net.au/~mdcycle>), email sally64@vicnet.net.au organises 60-100km Sunday rides
- Melbourne Bicycle Touring Club (www.mbtc.org.au, ph 9517 4306) organises weekend rides of varying distances