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Biking merit badge

Cycling is a great way to go outdoors, whether on a bike ride by road or by bike in the mountains. Learn more about cycling on the cycling channel. Getty Images What's the hottest thing on two wheels? You, a survey says: About 45 percent of bike owners age 28 to 45 are women. Today, there are more cycling groups and cycling products for women, and more bike shops are serving novices, which continues to attract women, says Erin Sprague, women's product manager for Specialized Bikes. It's also a super easy way to get in shape: you'll sculpt your bottom half and melt the fat. Cycling is a great low-impact aerobic activity, and you can build your cardio without the punch, says exercise physiologist Carl Foster. And if new celebrity-filled cycling studios are any clues, cycling is the coolest and friendliest trend for women. Come for a walk! Is that a good fit? Making sure you have a proper fit for your bike will help prevent injury, increase performance and improve your overall driving experience, says Matt Gehling, a professional Trek bike installer. You'll get a custom one if you shop at a bike shop. Buy online? First head to a store where you can get a professional consultation for a small fee. The basics: Handlebar width: Your hands should be aligned with the bony bumps at the top of your shoulders. If the handlebar is too wide, it increases the risk of problems with the neck, shoulder, back and/or wrist. Handlebar Height: Depending on your flexibility, you want your back to be relatively flat. If you have to round it, lift the handlebars. Range: This is the distance between the seat and the handlebars. Sitting upright may seem more comfortable at first, but it actually increases the pressure on your back, making it harder to pedal. Leaning forward a little will engage buttocks and create power. The shoulders should form a 90-degree angle between the upper arm and the torso. Keep your elbows slightly bent. Saddle Width: Combine yours with the width of the pelvis/sit bones. You can have this measured with a saddle mount tool in a bike shop. Seat height: You should have a slight curvature in the knee at the bottom of the pedal stroke, and when you fully extend the leg, with the knee locked, the heel should be submerged about 3/4 inches away from the ground. Choose your perfect ride Looking for a set of wheels? Before you go shopping, consider how you plan to ride (for fitness, fun, or and where (roads, roads, mountains), says Janette Sherman, women's marketing manager at Liv/Giant, a company that designs bikes exclusively for us ladies. These suggestions will guide you to your best match. If you're riding mostly on roads Look for: A Drop Handlebar: It offers more options on where to place your hands and keeps you comfortable on longer trips. Resistance Road Geometry: This shape places your body in a higher (less aerodynamic) position that is more suitable for stable longs and stables An aluminum or carbon frame: It is sensitive and light and can cope with mountainous and flat routes. Lots of gears: You can use hard or easy ones when riding downhill, uphill or on floors. One to try: With a lightweight aluminum frame, resistance geometry and eight-speed transmission, the Trek Lexa is a great basic level road bike. (\$740 and more; trekbikes.com) If you're riding mostly on roads Look for: 700c sturdy tread tires: Road tires are thin and smooth, while mountain tyres are fat and bumpy, you want something that's between the two. Disc Brakes: Allow you to stop faster in dirt. Whether it's a drop or a flat handlebar, whatever feels best for you. One to try: The Specialized Ariel Sport Disc crossover bike combines the characteristics of a mountain bike (hydraulic disc brakes, short-range brake levers) and a road bike (women-specific aluminum frame and nine-speed powertrain) to ensure safe and comfortable driving. (\$830; specialized.com) If you are riding mostly on mountain trails Look for: Knobby, large tires (either 27 1/2- or 29 inches): These make it easier, and more fun, to roll over obstacles. Suspension: Adds bounce and cushions impact. Hard-tailed bikes have only front suspension; Full suspension bikes provide more stability, but are also more expensive. Disc Brakes: Offer more grip when braking. One to try: Designed with a new women-specific aluminum frame and 27 1/2-inch wheels, the Liv/Giant Temp 5 doesn't get in. This hard-tail bike offers front suspension, mechanical disc brakes and an eight-speed transmission. (\$570; giant-bicycles.com) Next page: 3 ways to ride a stronger bike [pagebreak]3 Ways to ride a stronger bike Muscle imbalances increase the risk of back, neck or knee pain and decrease your bike efficiency, celebrity coach Michelle Lovitt notes. These movements strengthen your body and help increase your cycling ability. Make 3 games of 15 repetitions each, 3 times a week, on days when you're not cycling. Start with a light weight (5 pounds) and accumulate. Jason Lee Gear Up!: Seven essentials for your next smooth Buttery trip, moisture-absorbing and supporting, the Pearl Izumi W Symphony tank is universally flattering. We also love all three back pockets. (\$70; pearlizumi.com) 2 The Specialized Women's Aspire helmet is lightweight and ventilated, and fits to comfortably fit any head or ponytail. (\$65; specialized.com) 3 Shoe Transition cycling shoes with the women-specific Shimano SH-CW40. The breathable style has a recessed heel that makes it easy to hold in and out, and easier to walk off the bike. (\$90; shimano.com) 4 The Topeak Deluxe Kit has everything you need to fix a floor: two tire levers, a mini pump, six tire patches and a seven-function multi-tool. (\$30; rei.com) 5 Skip the tight shorts and try out the comfortable Terry Bella Knickers. They are flat-knit capris with an elasticated, elasticated waistband, accents and a breathable, volumeless suede. (\$120; terrybicycles.com) 6 Carry energy gels, maps and your tire fixing kit in the Timbuk2 Seat Pack XT saddle package, which is fastened on the back of your saddle. (\$28; timbuk2.com) 7 Reduce pressure on wrists and hands with Bontrager Solstice gloves. Highlights: gel foam padding and a soft plush thumb to remove sweat. (\$25; bontrager.com) This traditional crafts of girl scouts/boy scouts got a remake this year thanks to Etsy fabric labs. If you missed making one for someone you love last year or for the annual international meetings, you can still buy the fabric here. You can also make one yourself by drawing the tea cup bottoms on waste cloth. This is a great way to stretch those odds and leftover ends that you can have around your sewing room. You will need: Fabric (Scraps Are Fine) Pen Scissors Thread Safety Needle Optional (Teacup or small circle to plot on fabric)Place the two pieces of the badge together and use a blanket stitch to sew around the edges. A blanket stitch is a modified version of a normal stitch that is oversized over the edge to hold it in place. If you weed, this should look familiar. If you don't, watch this short youtube video on how to make a blanket stitch. Grab a security pin and place it in the back. Voila, you're done. A nice easy browser project that takes 10-20 minutes to complete on average. Great group project. Hello, I have this bike and I have no idea what model it is. I was wondering if anyone knows what it is. f_auto,w_620/v1495536303/fkejsljkduzq3ixbb.jpg Thank you! Remember your Girl Scout days? Go to camps, roast s'mores and sell cookies. For me, the best part was merit badges. They were a source of pride and achievement. But now what? Where are our badges for being mothers? Credit: Stephen Campbell Sure, we are proud to introduce the world with a model citizen (touching on wood), however, we have to put up with a lot along the way: discussions about the value of underwear, tantrums in the frozen food aisle, and vomit that always lacks the toilet. Nobody gives prizes for this. So the parents created some. Do not worry. You don't have to be a supermamá. These are prizes that any mom can win, we bet you've already scored some of them. Advertising credit: Stephen Campbell Who doesn't want to hear their son bragging that his mother shook the cake sale? On the other hand, the only thing is tomorrow and no one told you. In addition to having a nutritious dinner, you have help with homework and see Mad Men. Like you have time to make homemade cupcakes. You've earned it if: You ever bought a box of muffins in the store, individually repackaged each treat into a colorful plastic wrapper, and then put them all in a nice basket. Voila - only Home! Chances are your cupcakes were the first thing they got. The real point is that you let go of the guilt, and you still had some energy left to have a conversation with your husband. In addition, that experience gave you the courage to suggest an um baked cake sale for the next time to that intimidating group of mothers who do it all. And they ate it. Credit: Stephen Campbell, do you know the seashells your son brought from the beach? The ones you forgot until your room smelled like a dock? What about the piles of art projects with metal paint and shiny glue? Let's not even discuss the thousands of baby images that are still stored on your computer's desktop. Someone has to organize their children's memories and memories before they forget what belongs to whom. You've earned it if: You kept it simple but you did. Let's say, every year (even if you skipped a few and just started today) you took a box of acid-free photos and in it you put pix vacation, postcards, little souvenirs, and e-mails that you sent your husband about something nice that your son had just said. Did you make an album online? Or maybe you spent an hour on a Saturday afternoon ordering the preschool art projects worth saving (baby steps, baby steps). Advertising credit: Stephen Campbell Do you consider the Family The Wiggles? You mean yourself as a mom when you talk to other adults? Then it's time for a night out. But it's not so easy to get lost in the film when the image of your child's tear-stained face whipped against the living room window is sealed in his soul. You've earned it if: You've realized that one night out, with your husband, your girlfriends, or as hell, just yourself. Maybe you've taken them to the store and let them choose a great booty, shiny nail polish or plastic dinosaurs to be opened just by the nanny. Or you've gone further and found someone who knows how to make kung fu moves, in other words, someone more fun than you. Smart. You may have signed up not only one but two nights out. Credit: Stephen Campbell We all know we need to work out. Not only that, but our children need us to be good role models. On the other hand, your workout shorts are in the washing machine, they never play your favorite TV channel in the gym, and it's hot outside (or cold, or foggy, or it looks like rain). All the good excuses, of course, but somehow the bathroom scale doesn't matter a bit. You've earned it if: You've recently played monster chase with your 4-year-old son, taken aerobic walks, or joined in a high-stakes etiquette game. Exercise is natural for a child, so you've solved that for 30 minutes a day, on most days, you'll act like one. Yes, you got your ass. ass. but what a workout! It's true, you could have mowed the lawn or sucked in to burn last night's blooming onion and ice cream flavors, but as your son might say, that's a little lame, Mommy. Credit: Stephen Campbell With tight money and bleak economics, scoring a lot on something you really need gives you more money to spend on - well, other things you really need. When you find a bargain so good you play the game guess how much I paid for this with your husband (see below! No, even lower!), then you may be eligible. You've earned it if: Take advantage of your inner bargain hunter on a regular basis. For example, you have planned your visits to the Goodwill Store based on the days newcomers receive. You skipped the Eggstractor and a compilation of The Brady Bunch episodes (you must stay focused!), but you caught an impressive and brilliant 3-speed Huffly for just \$5. Your kids always have fun because you let them try on funny hats and boas, which you secretly buy and then save for Halloween 2010. Above all, you don't forget where you hid all those great finds. Advertising credit: Stephen Campbell If you have young children, a break can be as skillful as a calorie-free chocolate bar. But like a nice hot shower, a few minutes of downtime will leave you refreshed and ready to face any madness that comes to you next. You've earned it if: You've completed the Fit in Fitness badge and then your ass made contact with the couch for 15 full minutes. (Sorry, it doesn't count if while you were on the couch you were refereeing a hot Candy Land game.) If you're a baby's mother, you've earned it if you've accepted the sleeping rule while they sleep. Do you have a little boy? Your efforts need to be more creative, like reviewing some cool story CDs outside the library and then making sure you hear them in the other room. Credit: Stephen Campbell Oh, unsolicited advice. The endless and free comment that begins as soon as it is displayed and ends, as far as we know, um ... never? Your baby is too hot/cold. Stop breastfeeding. Keep breastfeeding! You're too soft (or too hard) when it comes to discipline. Your son stays up too late!

You need to take this with a grain of salt. You've earned it if: You've stopped caring what other people think (unless you've asked). You have this skill telling yourself, I'm the expert on my son over and over until you believed it. The rear-seater's breeder is probably trying to help and may be right (even a stopped watch is correct twice a day). So you have a phrase of educated list. For example: Interesting idea! o I'll have to think about that. So, you've learned to divert the conversation by saying something like, where did you buy those shoes? I love you, as you resisted the urge to tell him that you probably paid too much. Credit: Stephen Stephen Do you want to organize the New Year's Eve party? Can you take care of your neighbor's kids all day? As important as chip in and contribute, you need to know your limits. This is for the wise mom who knows what to say is not as important as saying; Of course I will be the father of the class again. You've earned it if: You said the magic word without sounding or feeling guilty. You've gained the much-earned knowledge that you're pulling your weight without signing up for all the committees. You've realized you're not doing anyone any favors if you overexeded and then burn completely. And you don't have to find excuses or stutter I'll think about it (although that's better than a yes smeared with regret). You understand that if you can say no with a clear conscience, then when you say I'd love to, it's because you mean it. Originally published in the May 2009 issue of Parents magazine. Advertising

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