WAKE UP HAPPIER EVERY DAY
New Tricks for Better Sleep

Eat More, Lose More
Why You’ll Never Diet Again

Sculpt Tighter ABS, BUTT & THIGHs
The 8 Ultimate Moves

IS THE GYM MAKING YOU SICK?
Eew... The Dirty Truth You’ve Got to Read

Healthy Meals in Less Time Than Takeout

Win This SUV!
Details, pg. 135

Beauty Finds We Swear (and Sweat!) By

OCTOBER 2012 FITNESSMAGAZINE.COM
Join the Revolution

Use our no-excuses roundup to ride high this fall.

Supercool Cycling Studios
Hip sweat shops, like SoulCycle (soul-cycle.com), Fly Wheel Sports (flywheelsports.com), Cycle House (cyclehousela.com) and Go Cycle (gocyclestudio.com), have proliferated recently. Locate spin-spirational classes near you at Spinning.com.

Biker Gangs
Check your local bike shop or manufacturers’ sites, like Giant-bicycles.com and Trekbikes.com, to find free clinics in your area. Or go to the League of American Bicyclists (bicycleleague.org) to link up with other riders. Looking to race? Join a team at usacycling.org/clubs.

New Routes
Blaze a trail by using Google Maps, which gives directions for bike routes, or Map My Ride (mapmyride.com). You can also download the Bike Maps by Maplets app ($1, iTunes App Store) for access to a variety of urban and rural rides.

Loiner Wheels on the Fly
The Zipcar method has finally arrived for cyclists: Bike-share programs, such as B-Cycle (bicycle.com), are now available in more than 10 major cities. Become a member and borrow a set of wheels from a docking station, like the one shown above (membership and usage fees vary by city), then leave your ride at any designated drop-off spot when you’re done.

Guided Virtual Classes
Download 30- or 60-minute Get Cyc'd! podcasts from MotionTraxx (free or up to $10, motiontraxx.com) to use at the gym, or pop in a cycling workout DVD ($30, spinervals.com) for that stationary bike at home.

Get Your Shift Together
Cruising can be confusing when your bike has more gears than you know what to do with. Use this simple decoder from Troy Jacobson, the head triathlon coach of Life Time Fitness, for your smoothest cycling yet.

- For starters: Your handlebars have a right shifter, which controls the gears on the rear wheel, and a left shifter, which controls the gears connected to the pedals; changing the gears alters the resistance on your chain, making pedaling easier or harder. The main thing to remember is that if you want a big change, shift on the left; for a smaller change, shift on the right.

- For flat roads: Adjust your left and right shifters to a medium resistance, around the middle settings on each, for push behind every pedal stroke.

- For Uphills: As you approach and before you actually hit an incline, shift your right shifter to a lower gear or number to make it easier to pedal, then shift your left shifter to a lower gear as well. Once at the top, go back to the middle setting on both.

- For downhill: If it’s a gradual slope, adjust your right shifter to a higher gear. If it’s a steep drop and your wheels are still spinning a bit out of control, adjust your left shifter to a higher gear as well.

Put Your Pedal to the Mettle
The Trek Women Breast Cancer Awareness Ride is a family-friendly 10- or 25-mile cycling tour; it kicks off on October 13 and 14 at Trek retailers throughout the United States and benefits the Breast Cancer Research Foundation. ($25 entry fee, trekbikes.com/trekwomen)

YSC Tour de Pink gives you the choice of riding from one mile to hundreds of miles in events throughout the country—for example, from Philly to D.C.—now through October to benefit the Young Survival Coalition, a nonprofit that supports young women facing breast cancer. You can even participate virtually. (Entry fee from $40, ysc.tourdepink.org)

The Susan G. Komen Ride for the Cure, with distances ranging from 30 to 100 miles, takes place throughout the year in several states, including Connecticut, Colorado, Massachusetts and Michigan, and benefits local affiliates of Susan G. Komen for the Cure. (komen.org; check local chapter for details)