

WHAT I WISH I'D KNOWN WHEN I STARTED RIDING

“GEAR MATTERS.”



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Syd Schulz, 28
FORMER PRO ENDURO
MTB RACER

A dropper post makes everything way more fun. I didn't get one until I started racing enduro and riding more technical trails. I felt they weren't necessary for XC racing, but you have much better range of motion on the bike, and you're less likely to develop bad habits like throwing your weight way too far back. And it can really save you when things go wrong, because your seat isn't up there ready to kick you over the bars.



THE STUFF
I WISH I HAD

BEATSX EARPHONES \$120 I know some people are a little turned off by headphones on the bike, but I love to have good music when I ride. Imagine life without it.

“YOUR BODY WILL TELL YOU WHEN IT'S TIME TO PUSH AND WHEN IT'S TIME TO REST.”

Gideon Massie, 37
TWO-TIME OLYMPIC
TRACK CYCLIST

Several months before my second Olympics, I distinctly remember tweaking my back during a squat session. I would feel an intense pain just above the side of my left glute whenever I twisted my torso. I just kept pushing. I wish I could go back and tell myself to be less stubborn. I eventually opted to have back surgery. Aggressively pursuing any sport can take its toll over time, so don't be reckless.

