

Selecting the proper bike for the Police Unity Tour

If you are new to the Police Unity Tour, you may wonder what is the best option for a bicycle to complete the 300+ mile trek to Washington D.C.

The easy answer is.... what ever you will be comfortable on and be able to complete the ride at the pace and distance set each day.

Our experience in this allows us to offer you the following suggestions. Be sure to consult with your local professional bike shop for your individual cycling needs.

Beach Cruiser



This will not work!

No matter how strong you believe yourself to be, this style of bicycle will only land you inside a van, probably before the first break on day one.

High End Road Bike



This is not necessary!

Although a road bike style is the most popular and for most, the best option, a high-end bike is not necessary and will leave you disappointed. There are a few times during the trip that all bicycles are loaded on to box trucks so there is potential for scratches and such. In addition, tires, tubes, and other parts that are most prevalent and prone for replacement are in stock in the repair trailers but may not accommodate what you are riding.

Better Choices

Mountain Bike



This is ok

A good mountain bike can serve you well for the ride, however, be wary of the following:

The suspension on a mountain bike absorbs a certain amount of the energy of every pedal stroke you make. In other words, some of the energy you put into propelling the bike forward will be lost in the suspension's reaction. Secondly, the tires on mountain bikes are wider and usually more aggressive which equates to more road drag, meaning – it slows you down. These bikes are made for off-road use, not 300+ miles of pavement. You should be a pretty strong rider if you choose to use this for the tour.

Hybrid Bike



Better Choice

A good hybrid can serve you well for the tour. Hybrids are middle of the road between a road bike and a mountain bike. Generally, they only have front fork suspension, which is different than that of most mountain bikes that have seat & fork suspension. The tread on the tires is less aggressive than that of a mountain bike, but more aggressive than a road bike and generally wider. Both the front suspension and the tires offer a compromise when it comes to energy to propel the bike forward. Hybrids are designed for light road riding and less aggressive trail riding. Still, the hybrid is a comfortable and good choice overall.

Road Bike



Best Choice

The road bike is the most popular & best choice for the tour. The bike is designed specifically for the road...yes....the road. That is what you will be riding on. There is no suspension and the tires are the least aggressive out of all the bikes. This ensures that the energy you put into each pedal stroke is maximized into propelling the bike forward. The drop handle bars gives the rider several positions to ride, which is a benefit when on the bike for long periods of time, but some prefer a flat bar set up.

Training

Whatever your choice is, you must ride it. Yes, ride, ride, and ride. Training is the most critical component of the tour. The more you train, the less you will suffer and the more you will enjoy this unique experience.

Please refer to the training document listed under the training tab for tips on training.