

# Training for your *big* weekend



## How to be Comfortable "Down There" in Six Steps

### 1. Use Padded Shorts

- Invest in a Chamois that fit you and your shorts.
- NEVER wear underwear under your riding shorts.

### 2. Invest in a good Chafing Cream

- Chafing is the result of skin rubbing against skin or clothing. There are many anti-chafing products that can be applied prior to riding to help prevent this from happening.
- [Junk Jam](#) is an in-kind donor for Tour de Pink. They create an all natural, chemical free anti-chafing cream that be applies before, during, or after chafing occurs.

### 3. Get a Professional Fit by your Bike Shop

- This is SO IMPORTANT! Improper fit on your bicycle is often one of the number one reasons for being uncomfortable in the saddle.
- Take your bicycle to your local shop and ask the bike shop technician to do a [Bike Fit](#) for you to ensure that your bicycle is adjusted to meet your specific needs.

### 4. Find the Right Saddle

- More cushion does not mean more comfort. Do the [research](#) to ensure that you're using the right saddle for your body type.

### 5. Ride your Bike

- The more you ride, the less it will hurt as your muscles get used to sitting in the saddle for long period of time.
- There is no replacement for time in the saddle. The best way to prepare your muscles is to put in the miles.

### 6. Know You're Not Alone

- Every cyclist has been uncomfortable in the past, share your tips with other riders and ask when you're feeling sore.



### Advice and Words from Liv Riders:

“Here is a big one: shower immediately after your bike ride!”  
**Radka Vodickova**

“Almost every cyclist has experienced some kind of saddle soreness during or after riding. The best thing we can do is share our experiences about saddle sores. What works for some may not work for others, but at least we know we are not the only one!”  
**Renee Baker**

“When I found the bike that was the right size for me, as well at the right seat height and tilt, it changed everything.”  
**Taylor Staus**

“There is a bit of ‘grin and bear it’ in getting used cycling and a new saddle. Your crotch has to acclimate to riding a bike. After a few weeks of consistent riding, you should be feeling comfy. If you’re not... well it’s back to the bike shop to do some saddle searching.”  
**Adrienne Smith**

Read more [here](#).

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