

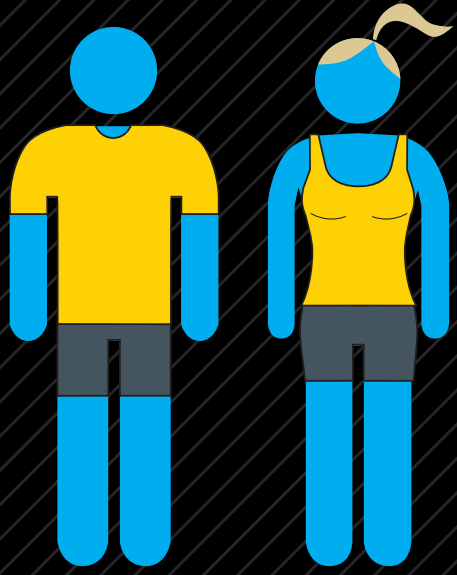
# TRYING ON CYCLING SHORTS THE RIGHT WAY.

A friendly public service announcement from your friends at **Canadian Cycling Magazine** and **Giordana Cycling Apparel**.

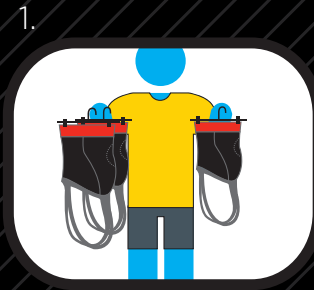
Please use these easy to follow steps and tips to ensure you're buying a pair of shorts that fit and work for you.

## Step by Step

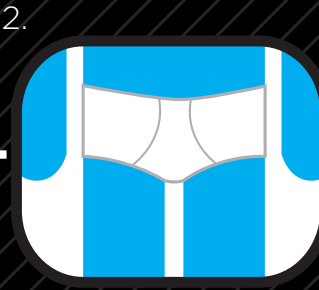
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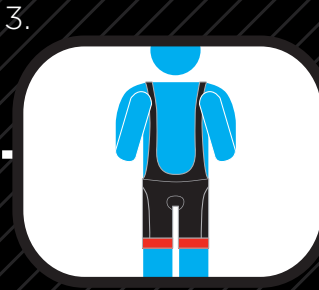
Joe and Jane Cyclist



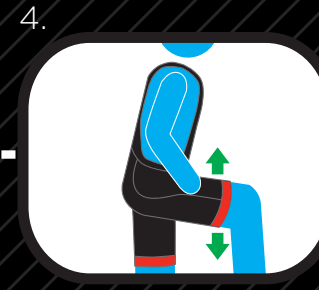
1. Bring three sizes of your desired short into the dressing room. The size you think you need, the next size up and down. Did you only get one size? Go get another!



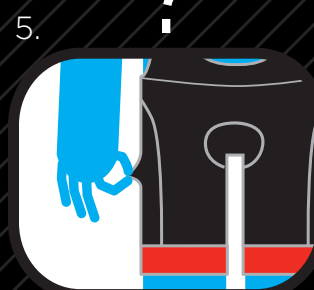
2. Always leave an under garment on while trying on cycling shorts and bibs. It's a hygiene thing. Did you take your's off? Put 'em back on!



3. Take a moment to make sure all straps, bands, and cuffs are laying flat against the skin. Bibs and shorts should feel a bit snug while standing.



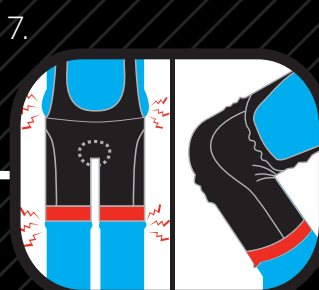
4. Stand in place and do a few knee raises with both legs. This allows the lycra to "warm up" and the leg hems will fall into a position similar to what you'll find on the bike.



5. Pinch the lycra along your outer thigh and release. The material should snap back tight against your skin if you have the right size.



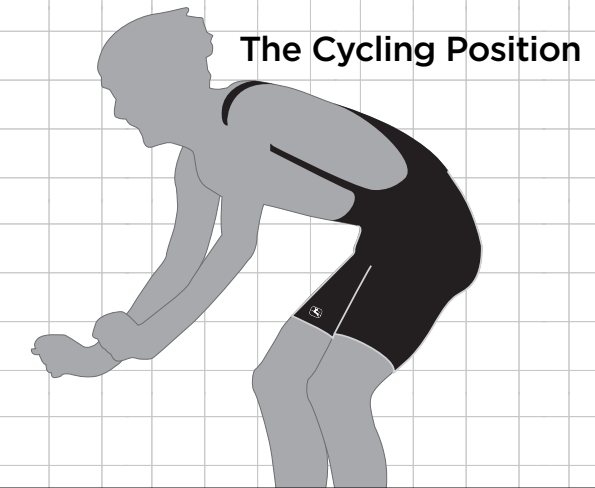
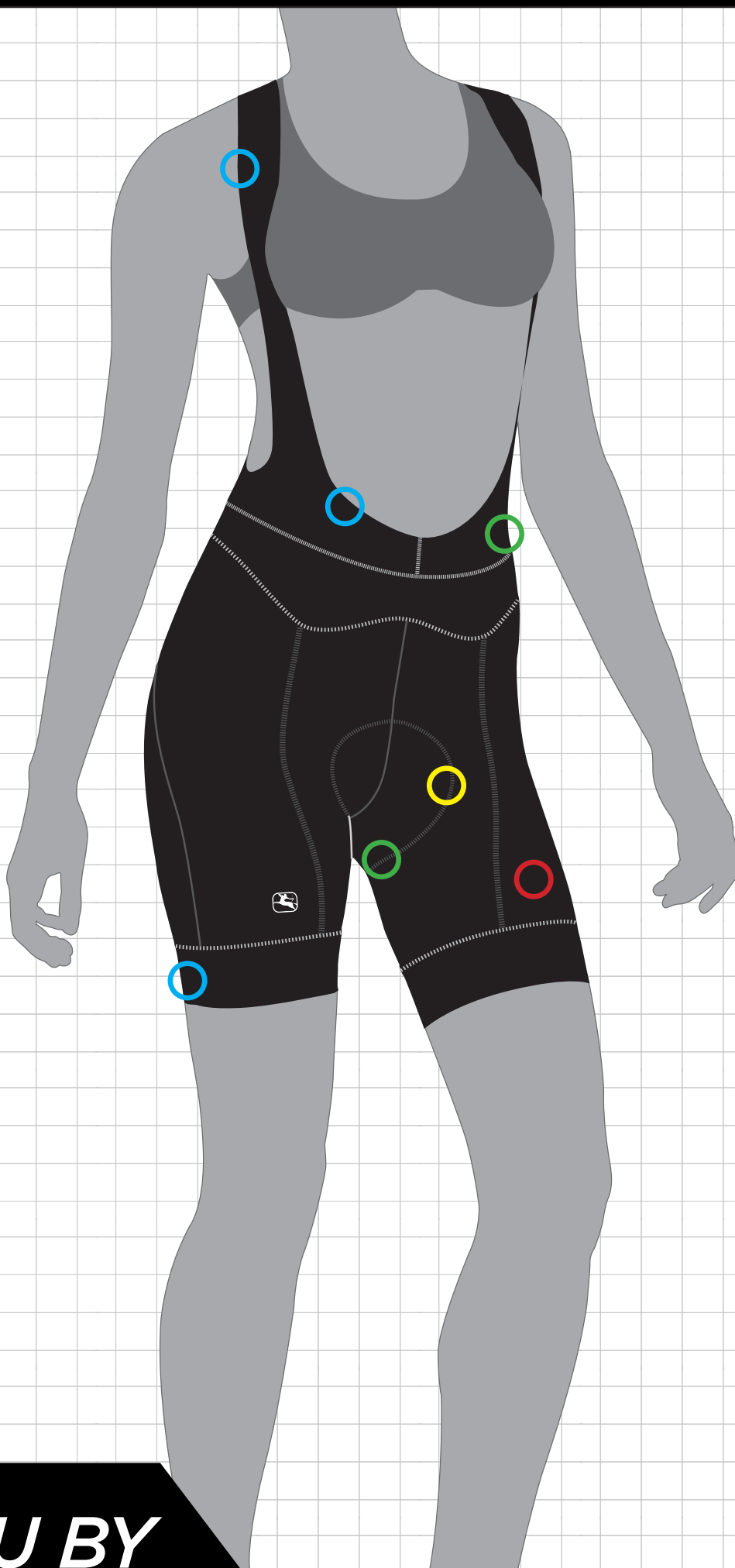
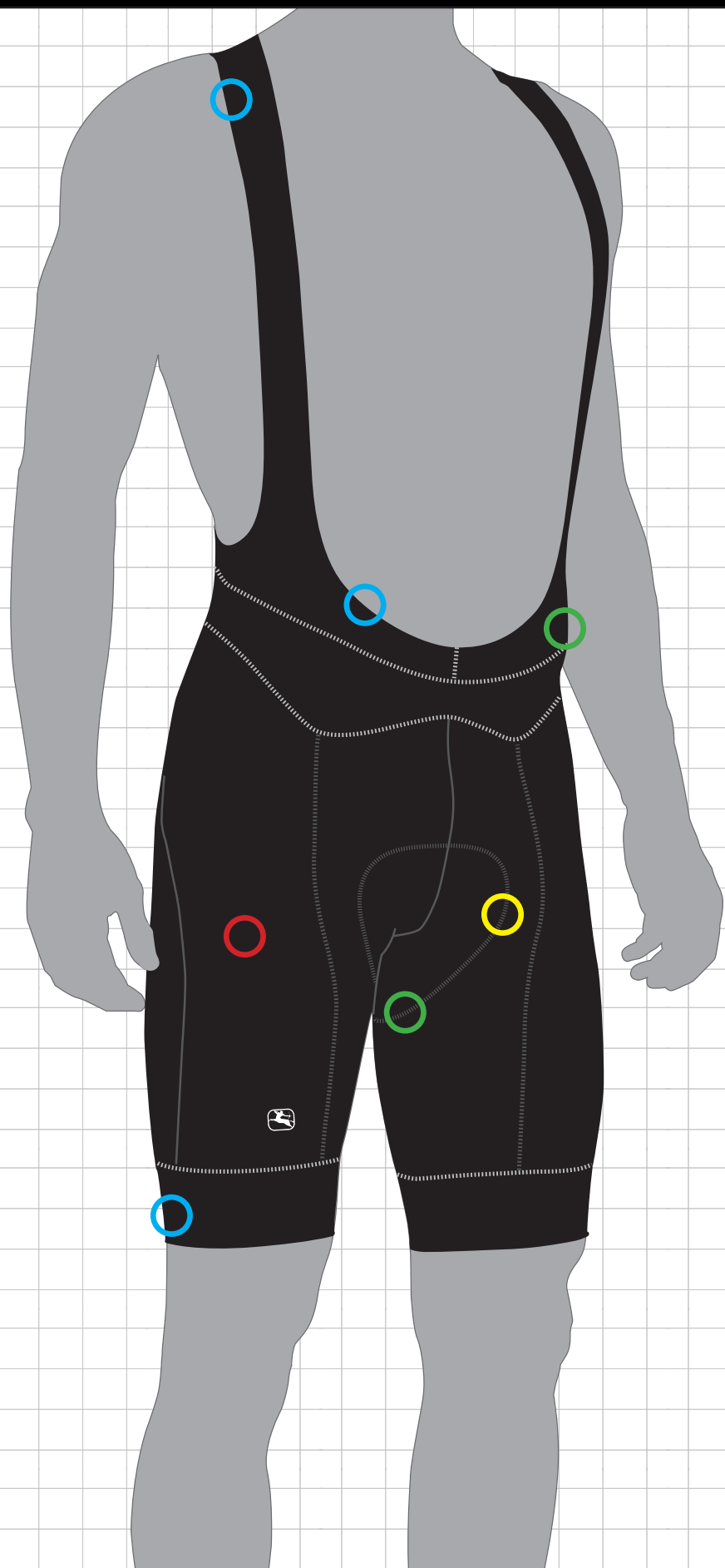
6. Try standing in the cycling position. Most shorts are designed to fit a rider who's on a bike. If the short feels comfortable you've found your size!



7. If you feel any pinching, chafing, or see the seams stressing and pulling hard, try on that next size up. If you see wrinkles, lumps, or sagging panels try that next size down. Either way, repeat steps 3 through 6.



8. Once you've found the right short for you, get out there and ride it! The right pair of cycling shorts that fit properly can make all the difference in your riding experience.



## QUICK TIPS

- Bib uppers, waist bands, and leg hems just love to roll, flip and turn as you're stepping into a garment. Make sure the garment is in the proper place before making any decisions on the fit.
- Remember lycra is meant to be tight and compressive, this is what allows the material to do its job of supporting and micro-messaging your muscles for increased circulation and endurance. At least that's what Giordana brand bibs and shorts are designed to do!
- An insert/chamois should be elastic and conform to the body in motion. Exterior materials should be soft with no exposed stitching or hard edges, this can become irritating over the course of a ride. Padding should be substantial enough that it doesn't bottom out under your weight, but minimal enough that it's not obtrusive. Look for stitching that is interlocking so that if it's slightly damaged it won't unravel. The insert needs to wick moisture and breathe efficiently to help keep you dry, avoid chamois that have printing or any ink applied to them.
- Always reference the garment's tag before washing your shorts. Generally avoiding the use of a dryer is suggested, many performance materials will be degraded by its excessive heat. Chamois cream is another item that can cause the materials of your short to be damaged. A pair of Giordana cycling shorts doesn't need any cream or ointment. Our chamois technology is designed to work best when directly against the skin. With no secondary barriers or lubricants in-between. That's right, underwear before you buy, but not when you go for a ride!

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