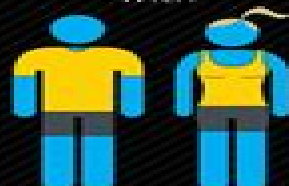


TRYING ON CYCLING SHORTS THE RIGHT WAY.

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.

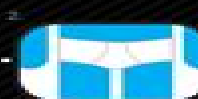
Step by Step with



Joe and Jane Cyclist



1. Bring three dolls of your planned shorts into the dressing room. That's right, think you need the next size up (and down). Did you enter yet one more? Get outta here!



2. Always leave an undergarment on when trying on cycling shorts and bibs. It's a funny game thing. Did you lose your shirt but not your pants?



3. Take a moment to make sure all straps, bands, and cuffs are doing the business. Leg, seat, and shorts should feel a bit snug while standing.



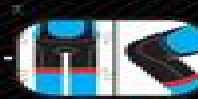
4. Stand by your seat and do a few knee raises with both legs. That's right, the leg is not meant to be used and the leg there will tell you a position error to reflect you're not on the bike.



5. Pinch the lycra along your crotch and adjust. The material should snap back right against your skin if you have the right size.



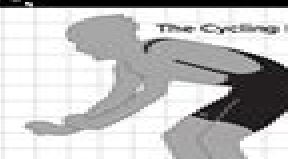
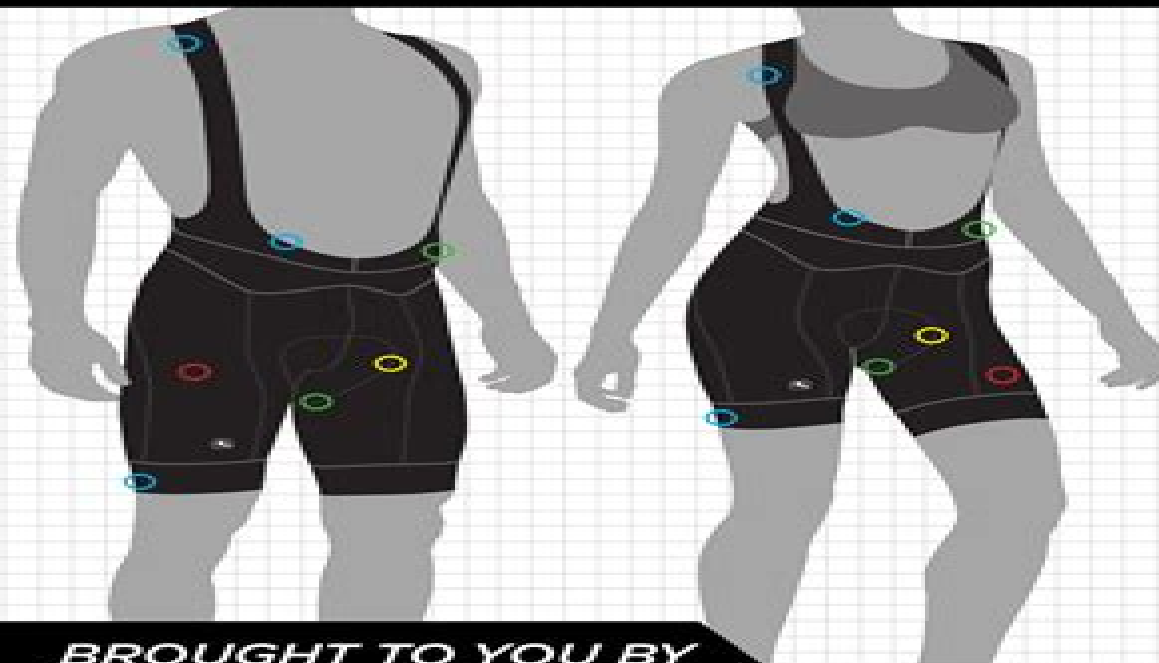
6. Try standing in the shorts and then sit down. If you're wearing them, you'll know if you're found your size.



7. If you feel anything swelling or hot, it's time to stop and pull the seat back on that heat down. If you're wearing them, you'll know if you're found your size.



8. Once you've found the right shorts, get out there and ride. If you're not riding, you're not riding. That's the only way to know if you're riding experience.



The Cycling Position

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. Exposed materials should be soft and not 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 obstructive. Look for stitching that is reinforcing 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 shorts 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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Cycling Shorts Fit Guide

Terry C. Jones



Cycling Shorts Fit Guide:

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