



# Team Rynkeby Wear guide



Get the most out of your new Team Rynkeby bike wear

# Washing the clothes

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That bike clothes should be washed occasionally gives itself, but how is it approached, and how often should it be done? First and foremost, it is important to note that clothes often wear more during the wrong kind of washing than by practical use on the road and in the woods. It is therefore worthwhile to follow this advice, so the laundry is done as gently as possible.

- Follow the advice on the garment (on jersey/jackets/vests it's often placed on the left side), while on shorts/pants they are placed on the inside of the pants/belts.
- Turn inside out - it wears less on the outside.
- Close the zipper before you throw the clothes in the machine.
- Wash clothes at 30 degrees (though pants at 40 degrees) and keep the number of revolutions below 800. Underwear typically washed at higher temperatures (60-95 degrees).
- Avoid dryers, and use instead drying rack or clothesline..
- Use a very gentle and neutral soap (If possibly use a detergent developed for sportswear).
- If you wash gloves, shoe covers or other garments with Velcro along with other clothes, they should be placed in a laundry bag

## Tips for removing foul odor from bike wear

By frequent use of bike wear, it can quickly gain a sour odor of sweat - especially if not washed immediately after training/race. Follow this short guide, and get rid of the smell.

- Soak the bike wear in a mixture of lukewarm water and Rodalon for about 30 minutes.
- Then wash the clothes as described above, and both the odor and bacteria are removed.

## To remove stains on bike wear

Have you ever ridden on wet tarmac? Then you certainly know that the water sprays on both pants and jersey/jacket - with the result that your clothes get a lot of mud stains. These stains can be difficult to get rid of by ordinary washing, but there is a more effective solution.

- Rub dishwash detergent (without dye) into the stains.
- Put the bike wear in a plastic bag, push all air out of the bag & close
- Leave the clothes in the bag for a day, wash it and repeat the process if necessary..



# Fitting

## Fitting

So you get the best experience with your new Team Rynkeby clothes, we have made a number of guidelines to fitting and using the clothes, that you should follow.

You could optionally watch the video on the intranet of Team Rynkeby (The pictures here, are from the video).

## Jersey

Your jersey constitutes the most visible part of your bike wear, so it's important that it fits correctly on your body..

- *The jersey should be tight to prevent it fluttering in the wind.*
- *The length should be appropriate, so that it is neither too long nor too short.*

## Pants/shorts

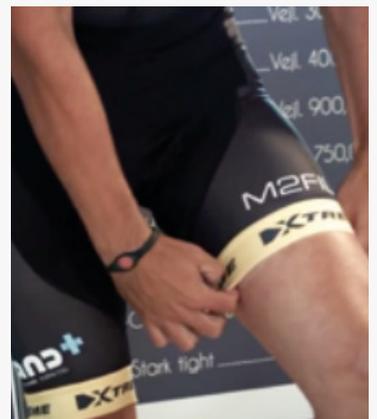
Bicycle shorts are the most important part of your bike wear package, and it's therefore very important that you make sure they are properly fitted on your body.

- *Pull the elastic band up on the thigh (mid thigh muscle) so that it fits tight on the leg.*
- *Pull up the pants (rear), so the pants are in place, and the pad is pressed up against your skin. This prevents unnecessary friction, which increases the chance of chafe.*
- *Make sure the braces are slightly tight, so the shorts are kept in place while riding..*

## Windbreaker

The wind breaker is worn over the short-sleeved jersey on cooler/ windy days

- *It should be fitted tightly to prevent it from fluttering in the wind.*
- *The wind breaker has 3 open pockets and microfiber back, which makes it extra stretchable.*



# Fitting

## Arm warmers

The arm warmers is used on cooler days when there is no necessarily need for a long-sleeved jersey.

- *Pull the warmers up under the sleeves of the jersey.*
- *The fitted silicone band keeps the Arm warmer in place.*

## Gloves

The gloves will be helpful to protect your hands if you should be so unfortunate to crash.

- *The gloves should be fitted tightly to the hands..*
- *If the gloves are too small, you risk getting chafings between your fingers.*

## Helmet

The helmet is an essential part of your equipment package and you must always wear a helmet when riding your bike.

- *Start by loosening the occipital stabilizer (expand to max).*
- *Place the helmet on the head.*
- *Tighten the occipital stabilizer until the helmet fits firmly on the head.*
- *Adjust the buckles on the straps at the side of your head, so it's placed just below the earlobe.*
- *Adjust the chin strap to fit your head size.*

