

Spring cycles in: Are you ready?

Don't wait for spring to go cycling. "That's a copout," said Murray Davis, racing cyclist, former triathlete and owner of Performance Resources in Bel Air.

The 57-year-old graduate of Calvert Hall College High School in Towson offers coaching services for endurance athletes, runners, cyclists and triathletes. His bike log shows 9,000-10,000 miles a year spanning six days a week.

Mr. Davis offers the following tips for equipment, training, group riding and purchasing a new bike.

Preparing your body

"You can't wake up one morning and say, 'I'm going to start riding two hours a day, five days a week,'" said Mr. Davis. "Start out doing what you can physically handle. If Monday you ride for an hour and Tuesday you're extremely sore, you went too long and too hard."

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