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Date: April 05, 2000 03:49 PM
Author: Marcus Wohlsen (marcusw@gorp.com)
Subject: Are clipless pedals worth it?

I'm seriously considering buying clipless pedals, but before I do, I'd love to hear people sound off on whether they're really a worthwhile investment. Is it a pain having to change your shoes to ride your bike? Does it really make your pedalling more efficient? I ride a mountain bike on my daily commute from Brooklyn to New York City.

Thanks in advance!

(http://gorpforums.gorp.com/forums/Index.cfm?CFApp=52&Message_ID=34516)

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Date: April 05, 2000 10:09 PM

Author: Vann (vann@schaffnerfamily.com)

Subject: RE: Clipless pedals

I really like them, and I held off for a long time. I change my shoes to ride anyway, and leave a pair of shoes at work. I also ride a mtn bike with commuter tires to work. I notice the biggest difference climbing. I used them off road the first time and fell over, of course.

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Date: April 07, 2000 10:01 AM

Author: Norm Zurawski (normZurawski@yahoo.com)

I had no problems learning how to use them. The guy at the bike shop said it would take about 2 weeks to learn to use them. It took about 30 seconds. You learn real quick that all you need to do is twist your foot or your going to fall like a moron. Getting them into the clip was harder than getting them out for me.

As far as the feel, they feel better. I have not used them enough to say if I notice a big difference in various situations. But I'm willing to take it from everyone who's ever commented on them that you get more power with them. They are more comfortable than the toe-clips, that's for sure. And the bottom of the shoe is rigid so that instead of having the flexible shoe, more of the power is supposed to transfer into the stroke instead of the arching of the shoe.

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Date: April 18, 2000 07:15 PM

Author: Ethan Gelber (ethang@gorp.com)

Subject: Clip Art: It's a Feel Thing

My feet were strapped to a bike for years and years in standard issue toe clips with straps. I grew to love these clips and feel like there was no alternative, especially not the techie clipless pedals that clicked and clacked alongside me at every street corner, at every threat of oncoming traffic or unheeding pedestrians. Then, one day, colleagues of mine insisted that I too go the way of technology into cliplessness. I gave it a try. I fell a bunch. But now I love them. I don't think that I could ever go back to clips.

A number of you have already made your feelings known. It looks like it's a tie ballgame at this point. Care to break the tie?

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Date: August 21, 2001 02:30 PM
Author: Paul (Paul-Wallace@mediaone.net)
Subject: re-clipless

Once you have mastered them, the power you gain on hill climbs makes it worth it. Until then, take it slow. I paid the price a few times and it hurt. My suggestion to new riders is to keep both sets of pedals, ride the clipless in your back yard and extreme flats until you know you can get out. Ride the clips when you need to challenge yourself. If there is a point in which you feel you can get out comfortably, push slowly.

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Date: April 12, 2000 05:26 AM
Author: Steve (joneses@ngweb.net)
Subject: Clipping In

As someone who rides a mountain bike - but hardly ever on pavement - I have mixed feelings about the use of clipless pedals.

First of all, there is no doubt clipless pedals make pedaling more efficient. The legs can work - pull upward - in part of the rotation that normally does not have the off-leg helping power the bike. This can be a significant increase in efficiency, and a racer would not ever be without clipless pedals.

But using CPs merely as a commuter? I don't know. If you're fairly happy with how quickly you're getting to where you want to be and you don't find your foot coming off the pedals accidentally, I'd say let well enough alone. Some people adapt to clipless quicker than others, but there is a learning curve involved. And if you happen to forget to twist your foot out of the mechanism properly, do an Arty Johnson, and fall over just when a vehicle is cutting it a bit too close in your lane; well, it could mean more - much more - than your pride is injured.

I've experimented with clipless and toe clips, but have chosen to go back to the old-fashion method of wearing rigid shoes with a tread that meshes well with my pedal. I like its simplicity. My foot comes off - every time - when I want it to (okay, occasionally when I don't want it to) and I have had no mechanical problems adjusting to or repairing the device that locks my shoe onto the pedal. I remember one time in particular when a friend of mine who uses clipless pedals had a screw work loose in the plate that fits into the sole of the shoe. He was tool-less as to how to fix it, and if I hadn't been along and carrying my own set of tools, he would've had a very long and uncomfortable ride back to the car. A clipless pedal is nothing more than the locking mechanism that fits into your shoe. It provides a very narrow point of contact, and if it is not securely fastened into the bottom of your shoe, which can be done only with the plate that is attached, it makes for a very poor pedaling surface.

As I said, my own remarks are coming from a strictly off-road use of the bike. And the philosophy I've always tried to adhere to is to keep it simple as possible without sacrificing any significant quality or efficiency. As GORP's Mountain Bike Expert, I'll be introducing this topic later on in a purely off-road context. Be sure to check it out and let me know how you feel.

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Date: April 18, 2000 05:53 PM

Author: ken (kenwburke@aol.com)

I do not think that clipless pedals are worth it. I have used both, and I think that clip pedals are best. They are easier to use. Pedals with toe clips are lighter than clip type pedals. k

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Date: April 19, 2000 04:52 PM

Author: leo

Subject: get them now!

if not sooner, you will sorry you waited so long. They are easy to use, and you will ride in a higher gear right off the bat. They help you spin more effciently, when you go over bumps you will have much more control, you feet stay fimly planted on the pedals. My wife just got a new bike, the bdg and I talked her in to going clipless, she was a bit unsure about the whole thing, until she got to the first real hill, when she got to the top, she look at me and could only say 'WOW, these things are great!' once you go clipless, you will never go back.

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Date: May 05, 2000 08:46 AM

Author: Ben (bchayes@genuity.com)

Subject: Yo quiero clipless!

I have clipless on my mt bike and the old fashioned strap version on my road bike. Clipless is the way to go.

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Date: May 12, 2000 08:41 AM

Author: Chris

Subject: Definitely clipless

I road for ten years with toe clips and straps. Ugghh! Riding off road with clipless pedals is tougher because of the unexpected sudden stops. They are very easy to use for road riding. For city riding I recomment using two sides mountain bike pedals. They are easier to engage and walking is much easier with mountain bike/touring shoes and cleats. I commute 150 miles a week with clipless pedals and would never change back to straps. The only time I don't use them is during winter months when there is extreme cold, snow and ice. Then I use extra long Power Grips, which

work great with snow shoe boots.

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Date: May 17, 2000 03:04 AM

Author: kj (algonquin26@hotmail.com)

Subject: clipless

im new to the whole mountain bike ridding thing. i bought clipless peddles about six months ago and love them. i love that they keep my foot in the right position on the peddle, which is important seeing as i have knee probablems. when im ridding tricky routes i loosen the clips so that i can get out quick if need be. my advice to people who are new at the whole clipless pedle thing is to practice lots.

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Date: May 28, 2000 09:02 PM

Author: Greg (gfadams@mciworld.com)

Subject: clipless pedals

I have ridden on-road for about ten years and switched to clipless pedals in '93. Loved them from the start. I rode faster and better. Then, three years ago I started riding mtn bikes off road. I'm not sure if I never figured out the shimano clips (I've always used Look on road bikes) or if I am just a roadie with lousy low speed bike handling but I ended up on my back innumerable times. Now I ride clips and loose straps off road and clipless on road. My back and butt are much happier.

(http://gorpforums.gorp.com/forums/Index.cfm?CFApp=52&Message_ID=36684)



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