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## Bike jump plans

Uber is increasingly in the latest sharing economic trend: bike-sharing. The company is partnering with Jump, the start of an electric bike-sharing based in New York. Together, the two walked a pilot in San Francisco who intellectually tested the desire for this product. Shared bikes, both pedal-aid and kind of good old leg power, are cranking up in cities across the country. They often follow routes carved out of a company-run dock bike station called Motivate-and branded under other names such as Ford GoBike or Citi Bike. But the new trend is dock-less bikes: on-demand bike systems scattered around cities, left on the sidewalk and unlock through the app. The latter is what Uber is coming in through through its new partnership. Despite the more user-focused approach to bike sharing, it comes with its own problems. That is, this bike hoard can be a public outage. China, which embraced bike-sharing ahead of the United States, has developed a significant pile of bikes on the sidewalk. Already, similar things happen in U.S. markets like Seattle, where some dock-less bike startups are already competing for riders. Uber and Jump hope to avoid piling issues by creating zones where people are supposed to leave the bike when they finish using them. However, without penalty, it is not clear that people will comply with these rules. Read more: The Brewing Fight Over Who Controls The New Wave Of Dockless Bike Sharing Photo via TwitterEarlier this month, Lyft announced the acquisition of bicycle-sharing company Motivate -- the most widely used bike company in the United States. Now, the company is ready to incorporate bicycles and squashers completely into its apps. Although Lyft has yet to give a concrete date when this will happen, it may happen soon. Soon you will be able to get real-time transit information, plan multiple capital journeys, and use Lyft Bikes and Scooters to connect to a local transit store or share a travel pick-up location, write the company in a blog post. Moreover, Lyft offers incentives and discounts to users using new bike and squash programs, in an attempt to promote the platform. The company said it would consider discounts of up to 100 [percent] for rides that start or end at designated transit stops such as MUNI, BART, or CalTrain. The company's goal is to make living without a private car easier than ever, and also to remove cars from the road. By the end of next year, Lyft hopes to take a million cars by the wayside. New last year, Lyft reported that 250,000 handing over their private cars. Lyft said it would also invest \$1 million in a bid to advance transport equity to people in underserved communities. Companies will work with nonprofits like TransForm to develop programs to support low-income residents. In addition, the company is working to promote its rides sharing features. In June, the company re-worked in an effort to encourage more users to share rides. Currently, 35 percent of all Lyft rides are shared, although the company hopes to push that to 50 percent by 2020. As Lyft is working to incorporate bike and scooter features into its app, the company hopes to be better prepared to bridge the first and final gaps. The purchase of Motivate's fast-growing bike-sharing industry comes after Uber bought an electric bicycle company without a Jump dock earlier this year. At the time of the purchase, Uber CEO Dara Khosrowshahi explained that the company's ultimate goal was to facilitate living without owning a private car. Lyft then acquired Motivate -- the country's most widely used bicycle company -- for \$250 million earlier in the month. Motivate is the company behind the New York Citi Bike Program, Washington D.C.'s Capital Bikeshare, and Boston's Blue Bikes -- as well as six other cities across the country. With Motivate, bicycle docks are activated by credit cards at strategic locations across major cities. The strategy appears to be working for the company, as New York City reported a huge increase in bike passengers last year thanks in part to the Citi Bike program. Lyft and Motivate have both committed for years to the same goal of reducing the need for private car ownership by providing reliable and affordable ways to move around our cities, said Lyft co-founder and president John Zimmer. Getty ImagesWhat the hottest thing on two wheels? You, say poll: About 45 percent of bike owners aged 28 to 45 are women. Today, there are more cycling groups and cycling products for women, and more bike shops meet the needs of beginners, who continue to attract women, said Erin Sprague, women's product manager for Specialized Bikes. It's also a super way to get in shape: you'll carve out your bottom half and liquid fat. Cycling is a huge low-impact aerobic activity, and you can build your cardio without pounds, a note running physiologist Carl Foster. And if the new celeb-studded cycling studios are indicative, cycling is the coolest and most female-friendly trend around. Come together for a ride! Is It Appropriate? Ensuring you have a suitable bike will help prevent injury, improve performance and improve your overall riding experience, says Matt Gehling, a pro bike player for Track Bikes. You'll get a custom if you're shopping at a bicycle shop. Buying online? First go to the store where you can get a professional consultation for a small fee. Basics: Handle width: Your hands align with bony bumps on your shoulders. If your handlebar is too broad, it increases your risk of neck, shoulder, back and/or wrist issues. Handlebar Height: Depending on your flexibility, you want your back to be quite flat. If you need to back it up, raise handlebars. Reach: This is the distance between your seat and handlebars. Sitting upgike may seem more comfortable at first, but it actually increases stress your back, making it harder to pedal. Leaning forward a little will involve glutes and creating power. Your shoulders should form about 90 degree angles between your upper arm and your torso. Keep the elbow a little bending. Saddle width: Match you with the width of your pelvic/sitting bone. You can have this measured with saddle assembly tools at the bike shop. Seat height: You need to have a little bend on your knees at the bottom of the stroke of the pedal, and when you extend your legs completely, with your knees locked, your heel should decrease to about 3/4 inches from the ground. Choose your perfect journey Looking for a set of wheels? Before you go shopping, consider how you plan to ride (for fitness, fun or racing) and where (roads, routes, mountains), said Janette Sherman, women's marketing manager for Liv/Giant, a company that designs bikes exclusively for us women. These suggestions will steer you towards your best match. If you're going to ride mostly on the Cari:A drop handlebar road: It offers more options where to put your hands up and make you comfortable on longer rides. Endurance road geometry: This form puts your body in a higher (less aerodynamic) position that is best suited for long and steady rides. Aluminum or carbon frames: It is responsive and lightweight and can handle both hilly and flat routes. Lots of gear: You can use a hard or simple when riding downhill, downhill or in a pangs. One to try: With a lightweight aluminum frame, endurance geometry and eight-speed drive, Lexa Track is a great entry-level road bike. (\$740 and above; trekbikes.com) If you're going to ride mostly on the Search trail: Rugged-tread 700c tires: Thin and smooth road tires, while mountains are fat and bruising- you want something that's between the two. Disc brake: They allow you to stop faster on dirt. Whether it's a drop or a flat handle bar—which feels better to you. One to try: Ariel Sport's Disc crossover bike specially combines mountain bike features (hydraulic disc brakes, short-term brake levers) and road bikes (female-specific aluminum frame and nine-speed drivetrain) to ensure a safe and comfortable journey. (\$830; specialized.com) If you're going to ride mostly on the Search mountain trail: Knobby, big tires (either 27 1/2- or 29-inch): this makes it easier—and more enjoyable—to roll up obstacles. Suspension: It adds bounce effects and cushions. Hard bikes only have front suspensions; Full suspension bikes provide more stability, but they are also more Disc brake: They offer more grip when braking. One to try: Designed with a new female-specific aluminum frame and 27 1/2-inch wheels, Liv/Giant Tempt 5 doesn't mess around. This hardtail bike offers front suspension, mechanical disk brakes and eight-speed drivetrain. (\$570; giant-bicycles.com) Next Page: 3 Ways to bike stronger [ pagebreak ]3 Ways to bike stronger Muscle imbalance increases the risk of your back pain, neck or knee and reduces your efficiency on bikes, notes celebrity coach Michelle Lovitt. This moves your body and help improve your cycling capabilities. Do 3 sets of 15 representatives each, 3 times a week, on those days when you are not cycling. Start with light weight (5 pounds) and build. Jason Lee Gear Up!: Seven requirements for the next trip 1 Buttery soft, moisture-wicking and supporting, Pearl Izumi W's Symphony tank is universally everywhere. We also love the back pockets of three rooms. (\$70; pearlizumi.com) 2 Specialty Aspire helmets are lightweight and created, and it adapts to any head—or ponytail—comfortably. (\$65; specialized.com) 3 Transition from sneaker shoes to cycling shoes with female-specific Shimano SH-CW40. Breathable style has a revised uncl that makes it a cinch for incoming and outgoing clips—and it's easier to take a walk around the bike. (\$90; shimano.com) 4 The Topeak Deluxe Kit has everything you need to set a flat lever—two tires, a mini pump, six tire spots and a seven-function multitool. (\$30; rei.com) 5 Skip tight shorts and try the comfy Terry Bella Knickers. It is a flat-sewn clogs with elastic-free waist, reflective actos and breathable bulk free chamois. (\$120; terrybicycles.com) 6 Carry your energy gel, map and tyres set-it kit in the saddle pack of XT Timbuk2 Seats, which hurls backwards of your saddle. (\$28; timbuk2.com) 7 Reduce pressure on the wrists and hands with Bontrager Solstice gloves. Highlights: pads of gel foam and soft terry thumbs to wipe the sweat. (\$25; bontrager.com) bontrager.com)

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