

# ASK A PRO: PHIL GAIMON

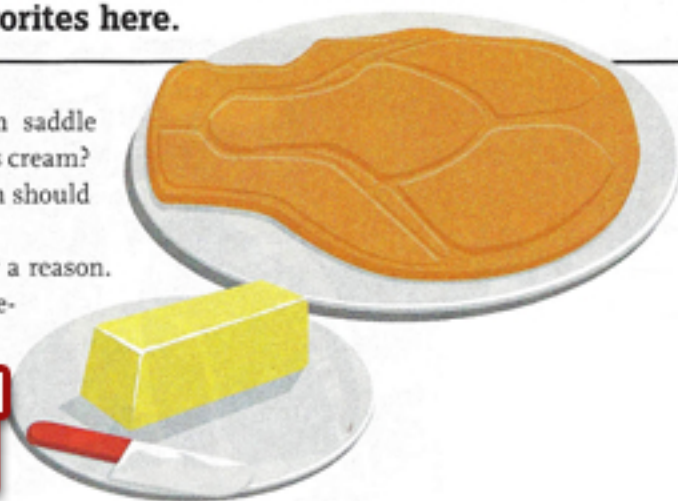


Kenda-Geargrinder racer Phil Gaimon receives random emails through his blog, [philthethrill.net](http://philthethrill.net), and his online store, [sharethedamnroad.com](http://sharethedamnroad.com). Each month he posts a few of his favorites here.

**Q:** I've been suffering from saddle sores. Do you use chamois cream? What's the best brand? How much should I use? — *Michael, Atlanta, GA*

**A:** Chamois cream exists for a reason. It lubricates the area to reduce chafing, and some of the fancier ones kill bacteria.

I use Chamois Butter for good performance at a reasonable price,



Avoid some of the old-school cheap solutions, like bag balm and plain Vaseline. They'll stop the symptoms and you'll save a few bucks, but your saddle will get all slimy and disgusting, and you'll quickly find yourself tired of explaining it when someone touches your bike, and then recoils in horror. Your nether regions are important. Spend the money.

Also, be careful with quantity. Don't spread it all over your shorts like it's Country Crock. Put the shorts on, then reach in and apply directly to the sensitive areas of your skin.

In most states, it's a good idea to avoid eye contact with anyone nearby while your hand is in your pants.

