



How to Make a Neck-weight

Ingredients:

- For neckweight up to 2.5kg(5.5lb) you need mountain bike inner-tube, about 60 cm/2 feet long; for neckweight up to 1.5Kg(3.3lb) use racing bike inner-tube;
- 2 pieces of nylon strap (pictured green) about 30cm/1foot long;
- 1 small 'snap clip' (available from most camping stores and department stores);
- 2 or more 'cable ties';
- kg/ lb lead-shot, depending on desired weight of neck-weight (available from gun stores). Small round fishing sinkers can also be used, but because they are bigger in diameter than lead-shot you cant fit as much into the set length on inner-tube);

Process:

- 1) Attach one half of the snap clip to each of the nylon straps by a simple overhand knot.
- 2) Insert strap(knot end first) into the tube until the outer edge of the knot is about 8cm/3" in from the end of the tube;
- 3) Tie one of the cable ties, as tight as possible, over the tube at the outer edge of the knot, thereby crimping the tube to the strap. (the know will prevent the strap pulling out);

- 4) Trim off the excess cable tie;
- 5) Fold the extra 8cm of tube back over on itself to cover the cable tie and give the neckweight a neat, streamlined look;
- 6) Grab the other(open) end of the tube and pour in the desired amount of lead-shot;
- 7) Before this end is permanently fitted with strap and clip, try to fit tube around neck to check that there is not too much lead-shot inside, which will result in too long a neck-weight that hangs out of the bodies slipstream. It would be better to have two 2kg neckweights that fit neatly under the chin than one long 4Kg neck-weight that hangs around ones chest (unless you could find tubing of a greater diameter than the average mountain bike inner-tube.
- 8) Secure the second end as you did the first. Finished...

To waterproof the neck-weight (which really only prevents dripping) use more cable-ties, and secure both sides of each knot(not just the outer sides). Injecting silicone also helps.