

## Have a Safe Ride

### Braking

Feather braking is safer, especially when going downhill or when it's wet. You could cause a tire blowout if you brake too hard. Use both brakes. While the front brake may provide the most stopping power, you easily can be thrown over the handlebars if you do not use the back brakes. You always should apply more power to the back brakes than the front brakes when stopping quickly.

### Gears

Don't be afraid to shift gears! Don't pedal in high gear for long periods. It can lead to knee injuries. Shift gears going uphill! And stay in your seat.

### Bike Sizes

You can adjust the handlebars, saddle, wheels, gears and breaks to match your size but you should have the right size of frame. Check with your bike shop if you are unsure. When you straddle the bike and stand flat-footed, there should be one to two inches of clearance on a road bike and two to three inches on a mountain bike.

### Body Positions

Change your hand and body position frequently. This will stop strain on your back, neck and arms. Keep your arms relaxed and don't lock your elbows. This will help absorb bumps from the road. And stay in your seat!

### For Your Comfort

Don't coast downhill without pedalling. As you climb up the hill, lactic acid builds up in your muscles and can cause muscle soreness. Pedalling constantly will remove the lactic acid. Padded or gel saddles and proper cycle clothing will also take some of the pain out of cycling.

### Take Short Breaks

For long tours, short breaks will help refresh you for the next leg. However, do not spend too much time at each stop. A 5 to 10 minute stop every 20 miles is a good guide. If you linger too long at stops, your muscles will tighten up and make your ride more difficult.

### Drink Water

Drink more water than you think you need. Learn to grab your water bottles and take sips every 15 minutes while riding.

### Wear Quality Sunglasses

They will protect your eyes from air-borne objects, harmful sunrays and windburn.

### Stretch before Riding

Do a few leg stretches before each ride and avoid cramps and sore muscles later. Also stretch your neck and arms.

### **Road Sense**

**Give the right of way to cars. They are bigger than you. Ride with traffic and obey all signs. Use hand signals. Don't ride side by side. Be careful of railway tracks as they can be slippery when wet.**

### **Riding in Groups**

**Riding in groups can be dangerous. Even though it feels as if the bike tour has temporarily taken over the road, it has not. Early in the day, bikers are closer together. As you near the end of the day, fatigue sets in and it becomes difficult to concentrate. Be aware of this situation and pay special attention to the condition of those around you.**