

Bike Riding

Some handy hints

Going on a bike hike or thinking about it, or got a bike you hardly use because you don't know how?

Serious Bits

When you are riding a bicycle on the road keep in mind that a bicycle is a proper road vehicle and you are sharing the road with other vehicles.

You have the right to use the roadway, obeying the law, and you have the right to expect that other road users will-do likewise.

However, bear in mind that rights do not protect arms, legs or heads if something hits you. It only means you'll get Transcover for the accident. For this reason it's a good idea to develop defensive riding. Always allow for the worst

- keep constantly alert,
- give clear hand signals,
- be realistic - you are not protected by a vehicle structure and even a minor -collision can cause severe injury.

Do's and Don'ts

DON'T

- ride on footpaths unless it is a shared bike and pedestrian path;
- ride two abreast when over taking other vehicles;
- carry passengers or goods when you bike is not specially equipped to do so;
- cycle while under the influence of alcohol or drugs;
- ride to close to parked cars if a motorist opens their door you need to be far enough away to not leave a perfect mould of your knuckles in the door frame;
- hang on to other vehicles – while moving or stationary

DO

- keep both hands on the handlebars;
- keep both feet on the pedals at all times (excluding when you are not moving)

Essential Bits

- Bells or alarms (to signal impending doom)
- Brakes (preferably two in working order)
- Handlebars (no wider than 63.5cm)
- Lights (to get you home after raging -without alcohol of course).
- Carrier (great for carrying the family pizza home)
- Bike locks - need I say more?
- Recording of the bike serial number is a good idea.
- Wear bright clothing.
- Wear a helmet with a design approved by the Australian Standards Association -this should have a hard outer shell to protect your head, an inner of firm crushable lining

Dangerous Bits

Be on the lookout for uneven or gravelled road surfaces. Be careful of gutters, railway tracks, storm drains and grates - all these things make it easy to become unbalanced when hit. Red Hot Chilli Peppers are great, but listening to music is dangerous you can lose concentration easily and also you are not aware of what is going on around you, such as vehicle noise and car horns



Maintenance Bits

Monthly

- wipe down the whole bike
- a drop of oil will prevent rust but do not leave oil on your wheel rim or your brakes won't work;
- lubricate pedal and wheel bearings with bicycle grease;
- grease chain with special chain oil or light oil - wipe of excess;
- lubricate brake cables thoroughly;
- check and adjust steering as required.

With thanks to Guiding in Australia.



Annual check up

Make sure that the following parts of the bike are checked and repaired at a bicycle shop; front and rear hubs, steering column bearings, pedals, bottom bracket axle, chain, brake bolts, brake lever bolts, brake cables.

Best Bit

There are many enjoyable places where you can go on long bike rides and there are an increasing number of railway stations that have bicycle racks.

For further information on bicycle touring and maintenance contact your local bike shop or club or find a good book in your local library.