

# Niagara's Big Move

cancer ride

## Before the Ride

- Are your tires pumped up to proper psi, any cracks/worn areas?
- Do the wheels turn smoothly?
- Do the brakes work properly?
- Is the seat at the proper height – knee slightly bent at bottom of stroke?
- **WHAT TO BRING** - Water, spare tube, levers, pump, energy bar, tire irons, tools for removing the wheel (if necessary), small first aid kit and multi-tool can come in hand.
- Have a test ride before longer ride
- Between rides maintenance- clean, lube, check all bolts/nuts to ensure they are not loose
- Learn how to change a flat tire at home before getting on the road. See videos on YouTube.
- **BE VISIBLE** – Wear bright clothing. Have a bright red rear facing light on your bike
- **Be very familiar with how your bike works** (e.g. gears up and down, brakes steering.)
- **Drink lots of water before a long ride.** Drink before you get thirsty.
- **NUTRITION** – Eat carbohydrate snacks during the ride. Bananas, orange slices, granola bars and dried fruit are all good natural foods to eat during the ride. Use the back pockets of your jersey for your snacks. Make sure every 15 minutes you have a drink.

## On the Road Safety

- Follow the instructions of road marshals.
- Know and obey all traffic signals, signs, markings, laws and regulations. **Remember to always ride on the right side of the road.** except to pass other cyclists. The exception to this rule occurs when preparing for a left turn or avoiding unsafe road conditions (potholes, construction, etc.).
- Always stop at stop signs and look both ways before entering the road. Make left turns from the appropriate left turn lane. **Rules of the road apply to bikes as well.**
- **Be aware** of your surroundings, including other cyclists, vehicles and road conditions. Watch what others are doing and react accordingly. Wearing headphones impairs your awareness.
- **Signal/point** to upcoming hazards or voice to others
- **Use the bell** to let pedestrians/runners know you are coming up behind them
- When passing walkers or other cyclists, announce **“on your left”** so they are aware of your presence. Always be aware of surroundings especially behind - cars and bikes coming up to pass – voice warnings e.g *Car up, Car Back!*

- When passing parked vehicles, be on the lookout for someone in the driver's seat. Drivers can open doors suddenly or pull out into traffic without checking for cyclists.
- **Always use hand signals** to indicate you are going to make a right or left turn or are about to stop. Motorists and cyclists need to know what you intend to do. If your hands aren't free as you slow or stop, call out "SLOWING" or "STOPPING."
- Look ahead for potholes or debris and plan to avoid them. Swerving at the last minute doesn't give other road users a chance to react.
- Always ride predictably and in control. Ride in a straight line and consciously try to avoid excessive weaving back and forth.
- Move completely off the road to rest or make repairs.