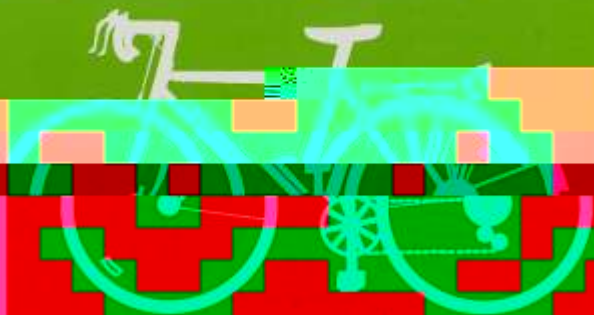


Bicycle facts for beginners



good

you're
practice

4 What do I do if I get a puncture?

Think about this before you go off on a ten mile ride

- brake blocks
- puncture repair kit/inner tube/valve/valve caps
- spare keys for your

- take a puncture repair kit – even if you don't know how to use it, you may get help from someone who does
- take a bicycle pump!

6 What tools do I need?

For simple repairs

5 What should I take on a journey?

If you are going to be more than a short distance away from help

- a pump
- lights
- brake and gear cables
- a few nuts and bolts

into small spaces

- Allen/hex key to fit saddle/handlebar
- puncture repair kit
- bicycle pump
- a rag to clean yourself

Can't maintain the bike yourself?

To help you, or find a good repair shop to do it for you

Further recommended reading

The Haynes Bicycle Book ISBN 1563921375 £12.00

The Highway Code ISBN 0115519777 £1.50

<http://members.snl.com/biketune/index.html>

do you – or would you – cycle in Reading?

If the answer is

Does your bike fit you?

Bikes come in many sizes – get the right one

Your feet must touch the ground when you are seated

- the saddle and handlebars should be at the same height
- the distance from the middle of the handlebars to the front of the saddle, should be the same as the distance from the handlebars to the front of the saddle

Is my bike safe?

Take regular checks

Examples

- do the brakes work and how good would they be in an emergency?
- are the brake blocks worn or not making contact with the wheel rims?
- are the brake or gear cables frayed – do they need lubrication or adjustment?

2 How can I stop my bike

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Interests

the 2016-2020 period, the number of deaths caused by road accidents in the UK has fallen by 10%.

the number of deaths

Highway Code

It details the 'prescribed' or 'rule' based driving standards that must be followed.

the Highway Code

the Highway Code is the 'rule book' for drivers.

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lines

• use of front and rear

lights at night (LEDs)

phone use at night

use of rear reflectors

• carry a passenger unless the bike is designed for it

• hold onto a moving

object

• use of rear reflectors

Know your bike

1 saddle

2 handlebars

3 seatpost

4 pedals

5 chain

6 wheels

7 frame

8 handlebars

9 chain

10 wheels

11 frame

12 handlebars

13 chain

14 wheels

15 frame

16 handlebars

17 chain

18 wheels

19 frame

20 handlebars

21 chain

22 wheels

23 frame

24 handlebars

25 chain

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29 chain

30 wheels

31 frame

32 handlebars

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