

Tips for safe and enjoyable riding

Be sure that your bike is in good working order before you go for a ride.

When cycling on shared paths:

- Give way to pedestrians and give them plenty of room when passing
- Keep to your side of any dividing line
- Be prepared to slow down or stop if necessary
- Be careful at junctions, bends and entrances
- Use your bell to alert other path users and pass on the right

When cycling on roads:

- Follow the road rules and ride as close as practicable to the left hand side
- Give hand signals when turning left or right and it's a good idea to signal that you are about to stop
- If there are bicycle lanes marked on the road, please use them, they assist motorists and bicycle riders to share the road
- Look for other vehicles and signal if you need to leave a bicycle lane to turn, merge with other traffic or avoid an obstruction
- Riding two abreast is permitted unless dangerous.

Bike riding, the fun way to get fit!

Remember cycling is an excellent way to reverse some effects of ageing.

People who exercise regularly live longer and have a better quality of life.

For more information on places to ride, people to ride with and road rules in your state, visit the website or contact the cycling organisation in your state.

NSW

Bicycle NSW, Tel. 02 9283 5200
www.bicyclensw.org.au

QLD

Bicycle Queensland, Tel. 07 3844 1144
www.bq.org.au

SA

Bicycle SA, Tel. 08 8232 2644
www.bikesa.asn.au

TAS

Bicycle Tasmania,
www.netspace.net.au/~dmurphy/bt.htm

VIC

Bicycle Victoria, Tel. 03 8636 8888
www.bv.com.au

WA

Bicycle Transport Alliance Tel. 08 9420 7210
www.multiline.com.au/~bta/

Produced by Cycling Promotion Fund
www.cyclingpromotion.com (03) 9755 3557



the fun way to get fit!

A guide to cycling for the young at heart.



Developed by
Cycling Promotion Fund

Cycling, good for your health!

Riding a bicycle is an excellent way to exercise, maintain your fitness and reverse some of the effects of ageing.

Riding a bicycle

- uses all the large muscle groups
- eases loads on joints
- helps prevent osteoporosis and relieves effects of rheumatoid arthritis
- is a great way to improve cardiovascular fitness
- helps you to cope better with stress

Remember to start slowly, and if you are concerned, see a doctor before your start.

To start with

- choose a route which is flat and smooth, a shared off road path is a great way to start
- ride slowly for the first 10 minutes, gradually increasing your speed as you finish your warm up
- as a beginner, cycle for 20 minutes and aim to cover about 5km
- finish off by warming down and stretching for 10 minutes
- Slowly increase your distance and speed over time, but do not over exert yourself
- Riding three times a week is better than a once a week outing

Remember confidence grows as your muscles adjust to the new use

Select a bicycle which is right for you

Buying a bicycle can be a challenge, there are so many different types and brands to choose from. The good news is, bicycles today are much more comfortable, versatile and flexible.

Before you buy a bicycle consider a few things:

What style of riding interests you?

- Leisurely ride on the local bicycle track
- Off-road exploration
- Long distance touring
- Trip to the shop or the bowling club
- Serious performance oriented cycling

The range of bicycles available include

- Road Bicycles
- Mountain Bicycles
- Hybrids
- Fold up Bicycles
- Power Assisted Bicycles

Accessories

- A helmet, which is compulsory
- A good lock
- Water bottle and cage
- Cycle computer to keep track of distance travelled and speed
- Tool kit for the unexpected puncture
- Pump to fit your valve
- Panniers and baskets to carry things
- Lights if you travel at night
- Bike carrier for the car

A bicycle retailer is the best place to get professional advice and they will be able to tailor the bicycle to your needs and your budget.

Be comfortable and have fun

Whatever bicycle you choose, be sure that the frame size is right for you and it is adjusted for your comfort.

Seat height

Adjust the height of the seat by placing your heel on the pedal (at its lowest point) with your leg at full stretch. Lower the seat until your hips/pelvis no longer sway from side-to-side as you pedal.

Seat position

Adjust the seat so that your feet are placed naturally above the pedals. Some riders prefer their seat tilted slightly forward or backward.

Handlebar height

Set the height of your handlebars higher than the seat if you prefer a more upright position. Setting them at the same height as the seat, will give you a slightly forward riding position and some prefer this.

Don't forget to have fun

Cycling is a great way to get around, explore your neighbourhood, visit friends and maintain mobility.

On a bicycle you can stop and have a chat, smell the scents, hear the water running in the creek and the birds singing and you do not have to worry about finding a parking spot.

Company to ride with

Riding with a friend can double the enjoyment or riding with a social group is a great way to make new friends and keep motivated.

Ask the recreational officer at your Local Council if there is a regular cycling group in your area to join. Many undertake leisurely rides with stops on the way to recharge your batteries.