

## Outdoor Cycling/Push Orientation

# Rules to Live By

### Shirley Ryan AbilityLab/Dare2Tri/Handcycle Chicago

#### What to have:

- Helmet – (never optional)
- Gloves (cycling optional, racing chair gloves or plastic ones)
- Water – Camelback or water bottle holder and water bottle
- Cell phone per group
- Seat Pack (butt luggage)

#### MUST HAVE!!!

- Tire levers
- Spare tube (650x23) and small patch kit
- CO2 Cartridge and delivery system/Frame pump
- Multi tool (metric and standard) Park tools
- Electrical tape and a few zip ties

#### Good idea but not mandatory:

- Money or a debit card
- Pocket knife
- Sun screen
- Nutrition
- ID

#### What to know: ABC's and cross your T's and dot your I's

- **Air** – make sure your tires are inflated to the proper PSI each ride
- **Brakes** – Check brakes to make sure they are properly aligned on the rim and applying even pressure to the wheel. Be sure you know where your parking brake is and that it's working properly. Wheels spin free.
- **Cables and Chain** – Check to see if your cables are frayed or impeded in any way and make sure your chain is lubed and taunt.
- **Tire changing** – you need to know how to change your tire and/or talk someone else through helping you to do it as well. Know what you need to know for you and to keep you moving.
- **Independence** – you are ultimately in charge of you, your bike, and your safety. Know what you need to do and how to be responsible for yourself. Also when and how to ask for help if you need it. Figure out your independent transfer on and off the bike.
- **Foot rests and back rests** – know how to adjust yours and help others with theirs if needed. Thank you!!

### **What to do: Handling skills:**

- Understand shifting and when and how to shift to make it pedal easier and harder.  
The chain rings by your chest are for the big adjustments and the cassette by your feet make the fine adjustments. With the bottom cassette, the big gears are easier. With the chest chain ring has the small gears are easiest (opposites attract).
  - Cross chaining is not the best for your bike so you may need to adjust both gears to ensure this isn't happening. Your gears should not make noise. If they do, shift to a different gear or make sure you are completely in a gear. If the noise continues, it may need a derailleur adjustment so make sure to see a mechanic or tell us if it's program equipment.
- Circle left and right – you must be able to complete a circle both to the left and to the right.  
When turning a handcycle you may not be able to make a complete pedal stroke. Pedal with short strokes over the top pushing forward with the cranks and pulling back keeping your hands on the top half of the pedal stroke only.
- Demonstrate riding in a figure 8 pattern continuously maintaining a comfortable speed.
- Stopping and starting in a designated marked area (8ft square)
- Stopping and starting on a hill – when starting and stopping on a hill it is important to use the proper gears. If you know you are going to be stopping on a hill, down shift several times before you stop so when you start again you are not putting an overdue strain on the chain. When starting on a hill go easy on the pressure you put on the cranks till you begin moving. Don't muscle up on it and put extra strain on the chain. (You may need that chain later in the ride ;))
- Group ride – demonstrate riding side by side as well as in a pace line comfortably at a safe speed in a circle as well as straight line. Hold your line. Front, side and back. Proper spacing so you are comfortable.
- Demonstrate hand signals for turning above and below the shoulder. (Simply point which way you are going) note you may need to point above your head to be seen by riders behind you.

### **Trail and Group Ride Etiquette – Communicate your intentions and TALK to each other always**

- You will always be in a group. Learn the skills and mannerisms of the people in your group.
- Always ride single file except when passing or it is safe to ride side by side. (Almost never will we ride side by side on the lake front path. Just too much traffic.)
- Talk to each other often to know where each other are at any given time or position change.
- Hand blinkers: Use proper pointing when turning left or right. (Can also be verbal as well. "right turn")
- Verbal Blinkers: Let the group know if you are passing. Ask "safe to pass?" then "Passing on your left." Make your pass quickly and get back into position when it is safe to do so. Second rider will let you know verbally when it's safe to move in by saying "you're clear" or "come on over".
- Communicate when there are others on the trail your group needs to pay attention to.  
"Bike (car, bus, walker, runner, rider, buffalo) up" – there is something ahead of us coming our way or we are about to overtake a bike so look up and pay attention.
- Always be courteous and safe with others on the trail. Tell them where you are and what you are doing.  
"Stopping!" "Passing on your left," "Bikes back" "I'm on your left" "coming around you fast".

- Never trust kids or animals on the trail. They never do what you expect. Slow down, talk to them and proceed cautiously when safe to do so.

**Where to ride:** All riders and pushers will have to pass the skills and assessment test to be designated as a Red, Yellow, or Green Rider. This designation will allow you to take the equipment out and ride safely with your group.

- **Red** Riders: are in the parking lot until they pass off the skills test.
- **Yellow** Riders: can ride north to roundabout turn around and back (do not cross Wilson Ave).
- **Green** Riders: can ride south as far as Fullerton and north to roundabout turn around

If you have questions:

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