

EQUIPMENT TO BRING

- Bike
- Helmet
- Mirror
- Water bottles or hydration backpack. 2 quarts minimum
- Repair Kit including:
 - Inflation device; CO² cartridges or pump
 - Spare tube
 - Tire patch kit
 - Combination tool
 - Small monkey-head wrench
 - Pen knife
 - Tire levers
 - Chain tool

PREPARING YOUR BICYCLE

- Tires inflated properly?
- Wheels spin freely and mounted correctly?
- Brakes are working properly?
- Clean and lubricate the chain

- Bounce your bike – an unusual noise may indicate something that needs to be fixed

SEASONAL CLOTHING

Summer

- Bicycle shorts
- Short sleeve Jersey
- Gloves
- Cycling shoes
- Socks
- Bandana (optional)
- Sweat bands (optional)
- Change of dry clothes (optional)
- Rain gear (optional)

Spring/Fall

You may need more warmth or wet weather protection:

- Leg and arm warmers with summer clothes -or -
- Long-legged tights with long-sleeved jersey
- Waterproof breathable shell

- Long-fingered gloves

Winter

Depending how cold it is add:

- Neckgator
- Another insulation layer
- Insulated gloves
- Thermal socks
- Shoe covers

Factoid: At 40° you can get frostbite in 30 min. riding at 20 mph.

STUFF FOR YOUR POCKETS

- A snack
- Tums
- Cell Phone
- Sun glasses
- Sun block
- Cash/credit card
- ID/Insurance card

PICKING A GOOD FIRST RIDE

Difficulty rating of GDB Rides is based on a subjective assessment

of the combined effects of distance, speed and terrain.

The Spokesman and the GDBClub website rate rides by the following codes:

- Level I/II = Beginner
- Level III = Intermediate
- Level IV/V = Advanced

Try not to get over your head on the first ride.

INFORMATION SOURCES

The full text of this article and links to other websites of interest are available from the GDB Club website at
<http://www.greaterdallasbicyclists.com>

Web Sites:

<http://www.dot.state.pa.us/Internet/hwyIntHS.nsf/frmBikeManual>

<http://www.bikexpert.com/>

<http://www.bicyclinglife.com/>

<http://www.sheldonbrown.com/harris/index.html#articles>

<http://www.wfaa.com/>

<http://www.adventurecycling.org/>

<http://probicycle.com/>

<http://www.biketexas.org/>

Books:

Effective Cycling by John Forester

Bicycling Street Smarts by John Allen

It's not about the bike by Lance Armstrong for the inspiration.

Bicycling Magazine's Complete Guide to Bicycle Maintenance and Repair, 20th edition by Jim Langley for the nuts and bolts



GDB Hotline:

(214) 946-BIKE



Greater Dallas Bicyclists Club
Pocket Guide for new bicyclists.

<http://www.greaterdallasbicyclists.com>

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