

# Mountain Bike Safety

- **Wear a proper cycle helmet** – head injury is the leading cause of death from bicycle crashes; riders who don't wear helmets are 60 times more likely to die in a crash.
- **Wear glasses** – sunglasses or regular spectacles are OK – in the desert you are guarding against stones kicking up; in trees they protect against branches
- **Don't exceed your capabilities** – mountain biking is strenuous and dangerous – don't go fast if you cannot see ahead, take corners slowly; sit back over the rear wheel when going downhill
- **Don't exceed your bike's capabilities** – most mountain bikes are not designed to do jumps; most bikes from Walmart or Target have a trail life of 100 miles; maintain your bike frequently
- **Study the trail in guides and maps before setting out**
- **Carry adequate water and energy bars**
- **Ride with a buddy and leave a copy of your itinerary with someone at home**
- **Carry spare tube and chain** – these are the most common things to break
- **Carry tools** (adjustable wrench, Phillips screwdriver, tire levers, chain tool, allen wrench), puncture repair kit and pump
- **Slime your tires**
- **Inflate your tires to 35 – 40 psi** (too low = pinch flat on impact; too high = bursts on impact)
- **Hang your weight over the rear wheel in sand and gravel, and on steep downhill**
- **Carry basic 1st Aid kit** (butterfly bandaid, roll bandage, gauze, wipes, comb, tweezers)
- **Carry a cell phone** – it may work even in remote areas if a cell tower is on top of a mountain with line of sight
- **Bikes give way to pedestrians and horses; downhill riders give way to uphill riders**
- **Pay attention, and don't fool around.** Falling from a mountain bike hurts – common injuries are road rash, broken bones (collar bone, arm and shoulder), eye injury (to those not wearing glasses), cactus scars to those going too fast or not paying attention, head injuries to those not wearing a helmet

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# Basic Maintenance

- Ensure your front and rear brakes are properly adjusted. If you hold your bike and try pushing backwards and forwards with each brake applied in turn, you should skid in one direction, and raise the other end of the bike up in the other direction.
- Check brake cables for fraying, and check brake blocks or disc pads for wear.
- Check that your rims are not excessively warped; if you have rim brakes, they will not work well on warped rims. Minor warps can be corrected by adjusting spoke tension; major warps will require repair or replacement by a competent bike shop.
- Inflate tires properly – see the tire wall for specifications for your tire – too soft or too hard are both unsafe.
- Check that your handlebars are not loose; hold the front wheel between your legs, and try to turn the handlebars; if you can turn them, they need tightening.
- Check that your pedals are not falling apart, or worn so your foot might slip off.
- Use reflectors and lights in compliance with the law (front and rear reflectors; front light), but also have a bright rear light, and reflectors on your wheels and pedals.

## Other Bicycle Maintenance

- Do your gear sprockets or chain squeak? This is easy to fix; simply add a small amount of lubricant. You can use ordinary oil, although it tends to attract dirt. WD-40 or a special bicycle chain lubricant is better.
- Clunking or clicking may indicate a worn ball bearing in the hub, crank, or pedals. You should get this checked before it gets too bad, or you may pay for a more expensive repair.
- Are you having trouble changing gear? You may need an adjustment to compensate for a stretching or slipping cable. It could also be due to your chain stretching; if this is the case, you will need a new chain; they are not very expensive.
- Clean your bike after each use – hose it down (no high pressure hoses else water gets in the bearings) and lube the chain and sprockets

Wash your helmet  
diseases) cannot easily be  
lost to things like...

# Ride Gear List

If not – go to a bike store NOW and get it serviced or contact mobile service: e,g, icyclebicycle@aol.com

- Bike (mountain bike or BMX bike only)
  - Tires slimed and inflated
  - Chain lubed
  - Gears and brakes checked and working
- Helmet – no helmet, no ride
- Sunglasses or regular glasses – if not, no ride
- Gloves – bike gloves (baseball batters gloves work fine)
- Hydration pack with 2 liters of water
- Personal first aid kit (including comb and tweezers)
- Spare tube
- Tire pump
- Tire levers
- Whistle
- Compass
- Sunblock

## Local Bike Stores

Try-Me Bicycles – 1514 W Hatcher Rd, Sunnyslope  
Exhale Bicycles - 2814 W Bell Rd  
REI - 12634 N Paradise Village Pkwy  
Slippery Pig - 5036 N Central Ave

# Mountain Biking Training Videos Online

- Equipment
- Maintenance
- Clothing
- Safety
- Trail first aid
- Skills
  - Basic
  - Intermediate
  - Advanced

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<http://www.mountainzone.com/videos/category.asp?cid=100145>