

Biking

History:

Baron von Drais invented the first idea of a bicycle in 1817. It was called a The Walking Machine because it had no pedals. It was made entirely out of wood and was used mainly to push your self and glide around royal garden with smooth well-maintained pathways.



There were many different ideas of the bike until the 1880's when the first traditional looking and functioning bike was made. The main problem with bikes until the 1890's was how uncomfortable they were to ride due to first wood wheels, then metal wheels, and then hard rubber wheels. In the 1890's an Irish veterinarian by the name of Dunlop (sound familiar?) invented the pneumatic tire. After this invention the bike's popularity skyrocketed and became the practical transportation for the workingmen of the 1890's and until the car was affordable for most people.



Biking Safety and Rules:

- Always ride with the traffic flow, as close to the right edge of the road as possible.
- Obey all traffic signals, pavement markings and directions given by police officers and the rules of the road!
- Use hand signals to let drivers know your intentions; arms should be extended straight out to the turn you want to make.
- Bicycling after dark is very hazardous. Bicycles must be equipped with a front light that reaches 500 feet and a rear, red reflector.
- Wearing light-colored, reflective clothing increases your visibility to other drivers during the day and night.
- Learn to look over your shoulder without losing your balance or swerving left.
- Be alert for cars pulling out and make eye contact with the drivers to ensure you have been seen.
- A helmet should be used at all time when riding a bike. The lower down or thicker side should be in the back of the head; helmets protect the head from injury in a crash.
- You should be able to stand tip-toed with both feet on the ground while sitting on a mountain or ten-speed bike.

Bicycle Maintenance Checklist

- Inspect your bicycle for the following:
- Wheels are securely attached, properly adjusted and spin freely with all spokes in place.
- All reflectors are clean and intact.
- The seat and handlebars are adjusted to a comfortable position with all nuts and bolts tightened.
- Handgrips are secure.
- Tires should not have cracks on the sidewalls, cuts in the tread or excessive wear. Using proper tire pressure, printed on the sidewall of the tire, prevents excessive wear. Tires should be deflated as much as possible to remove from the rim.
- Caliper brake pads are not worn and are properly adjusted; brakes should have little or no slack when applied.
- Gear and brake cables move freely. Replace rusted or frayed cables.
- The "quick releases" on the bike should be made sure to be tight before riding. They can usually be found on the front tire, rear tire, and under the bike seat.
- The chain should be free of rust. Too much oil will attract dust and dirt, shortening the life of the chain.
- Pedals are securely fastened, and pedal reflectors are clean and visible.