



A GUIDE TO GETTING STARTED ON THE BIKE

WHAT DO I NEED?

Find a safe bike. A second-hand bike or a bike pulled out of the garage and serviced will be fine. It's important to focus on the following:

1. It's the right fit for you
2. It's roadworthy (tyres, brakes & a bell)
3. It suits the riding you are doing (road/path, off road or commuting)
4. You have all the safety gear (helmet, lights, & lock if you need)

ROAD RULES (QLD)

Bikes are classed as vehicles so they can be ridden on the road. You are also legally allowed to ride on the footpath but follow cycling etiquette (visit our bike basics). Make sure you completely dismount before using your phone as you can incur a \$1000 fine.

PLANNING YOUR RIDE

1. Plan for the conditions (cooler in the mornings, hot in the afternoon)
2. Map your route (Google cycle maps, open cycle maps)
3. Start with small distances and work your way up to longer rides
4. Ride with friends and tell someone where you are going
5. Visit our bike basic series to see how to plan your ride in more detail

MAINTAINING YOUR BIKE



ABC BIKE CHECK



A = AIR

Check the tyre for recommended air pressure (PSI) and keep them inflated.



B = BRAKES

Check that the brake pads hit the rim properly and that the levers don't hit the handlebars when compressed.



C = CHAIN

Turn the pedals and check that the chain is not rubbing. Ensure your chain is clean and well lubricated.

SERVICING TIPS

General services don't include a bike clean, but most should look over the whole bike and check for any safety issues or cracks in the frame. Always ask for a quote before leaving your bike for a service. With most services you can expect the following to be fixed:

**BRAKES
& GEARS**

**WHEELS
& TYRES**

**HEADSET
& CRANKS**

**LOOSE
COMPONENTS**

BICYCLE QUEENSLAND MEMBER BENEFITS

Membership provides you with worldwide personal accident insurance cover, and public liability (third-party property damage) within Australia. You'll have fast access to legal services in the event of an accident or injury. BQ membership also includes fast access to legal advice from McInnes Wilson Lawyers on cycle law.

WORKSHOPS AND ACTIVATIONS

Come and take part in one of our maintenance workshops or educational activations. These monthly events aim to build rider's confidence on their bike while helping them take care of their own servicing needs.

