HAVE A GOOD IDEA TO SHARE? SEND IT TO JAMES!

BEAUTY AND THE BIKE:
- Avoid that embarrassing helmet hair! Pack a knit cap or baseball cap in your bag and do a quick change from your helmet before you meet your friends.
- Gone with chain grease!! Instead of buying fancy straps to keep your pants out of your bicycle chain, go to the fabric store and buy a couple lengths of Velcro - it’s much cheaper and O.K. if you lose them.

CARRYING STUFF:
- When wearing a backpack, put the heaviest items closest to your back and the lightest items towards the outside. Your balance will be best!
- Bungee cords make great fasteners for things you need to carry on your bike rack (musical instruments, books, oddly shaped school projects).
- Store bought bike paniers are popular for carrying stuff, but plastic crates work well too. Simply bungee cord the crate to your bike rack.

PREVENT THEFT:
- Don’t chance it - always lock your bike. An inexpensive alternative to a store-bought bike lock is a length of chain (about 3 feet) and a combination lock, which can be purchased at a local hardware store.
- When locking your bicycle, be sure to put the cable through the front wheel, through the frame, and then through the bicycle rack. Front wheels are stolen easily because of their quick release!
- Forget your bike lock and want to go into a store? Should you chance it? No!! Bring your bike into the store and ask if you can lean it in a corner somewhere.
- Don’t want to carry your bike helmet around? Thread the straps through your bike lock and leave it with your bike.

[CONTINUED OVER]
RIDING IN THE RAIN:

- You want to ride, but it looks like rain. Check the radar @ weather.gov. Bring a rain jacket just in case for the ride home and place valuables in plastic bags.

- In the wet winter, synthetic fabrics are your friend. Ditch the soggy cotton and get synthetics or wool. They have same environmental impact as natural fibers.

- A little mud gets you down? You need fenders which you can buy at a local bike store, or make ’em for FREE! Front fender: take a 2-liter bottle, cut off the top and bottom. Cut the remainder in half the long way. Poke holes for a zip-tie: twist-tie and attach your new fender to the bike frame.

- Carry plastic newspaper bags in your backpack for rain. They make great shoe covers.

NINGA RIDING IN THE DARK:

- Have you ever been out later then you thought you would – and it became dark? Always have a bike light for the front and flashing light that you can attach to the back of your bike so drivers will see you (it’s actually a law).

BIKE TLC FOR HIGH PERFORMANCE

- Love your chain. Lube it well and wipe with a rag. It thanks you.

- Dry and wet are the two main types of chain lube. Dry is clean but washes off. Wet is messy but water resistant. Use dry in summer, wet in winter.

- Use dish soap & a sponge to wash your bike, then rinse. In just a few minutes your bike will be shiny and new instead of grimy and eww.

- Pump up your tires. Tires that are squishy mean that your legs must pump harder to pedal, and you’ll go slower too. Take the time to pump tires before your ride. Also carry a small bike pump and a spare tire/tools for long rides in case of a flat.