

You need

- Your bicycle in good repair with tires inflated to pressure recommended on the sidewall
- Helmet (mandatory)
- SCA Club Membership - If you are not a member you will be asked to complete a membership and pay the fee before the ride. If after one ride you choose not to join, your fee will be returned.

Recommended

- Lights and reflective vest/clothing - sometimes we may run out of daylight especially in August.
- Spare inner tube
- Bicycle or helmet mirror to increase your awareness of cyclists and traffic to the rear
- Water



Find out...

How to check your bike:

<http://wascanafreewheelers.ca/resources/>

How to repair a flat:

<http://wascanafreewheelers.ca/resources/flat-tire-repair-checklist/>

How to ride safely in traffic:

<http://www.bikesense.bc.ca/ch4.htm>

How to shift gears:

<http://www.bikesense.bc.ca/ch4.htm>



Join our email group

Complete the form on our website:

www.wascanafreewheelers.ca

OR

Send a blank email to wascanawheelers-subscribe@yahoogroups.com

You'll be sent a confirmation email from the group. Reply to the confirmation email to activate your subscription.

Wascana Freewheelers



Tips for New Wednesday Night Riders

May to Sept
7 pm from the Legislative Building

www.wascanafreewheelers.ca
rides@wascanafreewheelers.ca

Be Visible

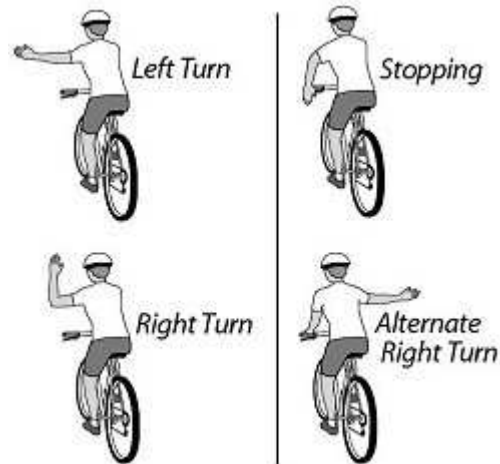
- Arrive a few minutes before the ride, greet the leaders and sign in.
- Cyclists will divide into groups of about 12, each with a leader and a sweep. Join the group you feel comfortable with.



- The groups will re-join at the ice cream or coffee shop designated as the end of the ride. If you must leave the ride before the end, inform the leader or the person riding as "sweep" at the end.

Be Predictable

- Ride single file a safe distance behind the cyclist in front of you - when wheels touch someone usually falls.
- Ride a predictable line; avoid weaving in and out of the parking lane between parked cars.
- Signal your turns and stops. Be especially careful making left turns; if you are uncomfortable, dismount and use the crosswalks.



Be Safe

- At stop signs and traffic lights, avoid "following the leader"; you must decide when it is safe for you to proceed. If you get caught at a light, the group will wait at the next suitable spot.
- Listen for and respond to verbal signals from cyclists behind you. "Car Back!" means you should check to see if you are in the driving lane and move farther over if you safely can. "On Your Left!" means someone is about to pass you and you should maintain your line.
- When drivers stop mid-block to yield to cyclists, they endanger cyclists as other vehicles may not stop or see the entire group. Politely encourage the motorist to proceed by waving them on.

