



NEW TO BIKING?

IT'S EASY TO GET STARTED AND SUPER FUN! HERE ARE SOME HELPFUL TIPS TO GET YOU STARTED.

THE JUST RIGHT BIKE

The best bike for you will depend on where you like to bike and your comfort while riding. No matter your ability, a comfortable ride will help build your confidence as a cyclist. There are many types of bikes including road bikes, mountain bikes, hybrids, and commuters. You might even consider electric or pedal assist bikes for a riding experience that takes you where you need to go faster and with less effort. Let the motor do the work!

The cost for a quality bike usually starts at \$150, but varies widely depending on what style and what accessories are included. Do your research based on your biking needs, and take some time to talk to a salesperson at your local shop about your biking needs and goals. You might consider purchasing a refurbished bike from a used-bike shop for a quality and budget-friendly option. Not sure if you are ready to make a purchase? Try out CoGo Bike Share in Central Ohio. CoGo has regular and electric bikes that can be used on the Lyft app or through their service kiosks at a station.

SUIT UP

Wearing a helmet can reduce the odds of head injury by 50 percent! Try on several sizes until you find one that fits you correctly. How do you find a good fit? Adjust the sliders, side straps, and chin straps so that (1) you can't fit more than one or two fingers under the chin strap, (2) it doesn't rock back and forth more than two fingers above the eyebrows, and (3) it feels snug but comfortable.

You don't need spandex or clip-in shoes to be a cyclist; wear clothes that are comfortable to you. You can even wear a skirt – try pairing it with some shorts if you are worried about road rash. You can wear whatever shoes you feel comfortable in, but make sure they have some grip to keep your feet from slipping off the pedals.

Make sure you're styled for safety! If you ride on moderate- or high-traffic roads, consider wearing a high visibility safety vest. Equip your bike with front and rear lights to make sure other road users can see you! If you're enthusiastic for preparedness, equip your bike with a portable air pump or a mini tool kit. Your local bike shop should carry most of these safety items and tools.

WHY BIKE AS AN OLDER ADULT?

- Independently get to where you want and need to go
- Low-impact exercise
- Flexibility, muscle mass, and bone density support
- Good for your heart
- It's fun!

GET COMFORTABLE

Biking provides the opportunity for transportation and recreation with less strain on joints than walking or jogging. If you feel pain or discomfort, make sure your seat is at the right height. Your knee should be slightly bent when that foot is at the bottom of a pedal stroke. If a conventional bike doesn't feel right, try out a recumbent bike that allows you to extend your legs in front of you.

Fitting the right seat can be a huge help for anyone who has back pain. A seat with extra padding or small back rest can ease strain on the spine. Making sure your bike is the right size and that your seat is the right height can also help ensure you won't experience back pain. Your handlebars should be at the right height so that your torso makes a 45-degree angle over the bike when riding. If you're not sure about fitting your bike by yourself, local bikes shops are happy to help!

BE KIND TO YOUR BIKE (BIKE CHECKS AND MAINTENANCE)

Make sure to give your bike a quick check before each ride to make sure your bike is ready to go.

Air / Tires: Inflate tires to the pressure listed on the side of the tire. Use a pressure gauge to ensure proper pressure before you ride. Check for damage on tires, and replace them if damaged.

Brakes: Make sure the brakes work by squeezing the brake levers and rocking the bike back and forth. The bike should be steady and still. Next, hold just the left lever to lock the brake on the front wheel, and rock the bike back and forth. Any movement indicates a loose headset, loose wheel, or loose brakes.

A relationship with a trusted bike shop can go a long way. Get more familiar with the technical points of your bicycle with the LAB's ABC Quick Check Guide (bikeleague.org/content/basic-bike-check-just-remember-abc-quick-check). Regular maintenance and tune-ups at least twice a year by a professional mechanic can help extend the life and comfort of your bike. Central Ohio has a variety of bike shops ranging from traditional to non-profit, with a wide range of pricing options and educational opportunities.

STAY SAFE ON THE ROAD

When riding on the road, the best guideline is: Be Alert, Be Wary, Be Seen.

Stay alert. Keep your head forward and watch ahead, center, left and right. Ride cautiously and pay attention to vehicles, pedestrians, and others on the road – especially when approaching intersections. Make sure you are visible. Use bike lights, hand signals, and bells or horns if you have them. Hand signals are especially important to show your intention to turn, stop, and change lanes. There are several ways to signal, but generally, a left turn is signaled by extending the left arm fully out to your side and a right turn is signaled by extending the left arm, bent, with hand raised. While riding, pay attention to the road ahead. Look out for uneven surfaces, slippery or wet surfaces, and objects that might cause a flat tire. Avoid wearing headphones while riding to not be distracted. Be especially careful driving at dusk, dawn, and after dark; drivers may not see you if the sun is in their eyes, or if there is no streetlighting. Follow the flow of traffic and pay attention to pavement guides for cars and bikes. Whenever possible, use bike lanes and shared roads before you ride on sidewalks – in some communities, like Columbus, bikes are banned from riding on sidewalks!

Get educated on Ohio's bike laws. The Ohio Department of Transportation publishes a guide to smart riding that discusses all the rules for riding you should know. If you're especially new to biking, the Cycling Smarter Guide can help you master the basics. dot.state.oh.us/Divisions/Planning/SPR/bicycle/Documents/ODOTCyclingSmarterGuide.pdf



THE 60+ POPULATION WILL
DOUBLE BY 2050



4.3% OF COLUMBUS OLDER RESIDENTS REPORTED RIDING
THEIR BIKE AS THEIR USUAL WAY OF GETTING AROUND

RESOURCES:

Bike Shops in Central Ohio – list by geography

- Franklinton Cycleworks (Columbus, franklintoncycleworks.org)
- Bike For All People (Columbus, bikes4allpeople.com)
- Paradise Garage (Columbus, paradisegarage.com)
- Third Hand Bike Co-op (Columbus, thirdhand.org)
- Breakaway Cycling (Delaware, breakawaycycling.com)
- Heritage Cycles (Grove City, heritagecycles.net)
- Bicycle One (Gahanna, bicycleone.com)
- Johnny Velo (Clintonville, johnnyvelobikes.com/bike-finder/?gclid=CjwKCAjw19z6BRAYEiwAmo64LQXX7bc2dGKuXQR8hgAlu6P3wXYGtRXEH6KDMBmK_-Ah_IGZm8ulGxoCyf4QAvD_BwE)
- Baer Wheels (Columbus, baerwheels.com)
- Beechwold Bicycles (Beechwold, beechwoldbicycles.com)
- Wheelie Fun Bike Shop (Powell, wheeliefunbikes.com)
- Cyclist Connection (Canal Winchester, cyclistconnection.com)
- There are so many more bike shops in Central Ohio! Keep up your search to find a local shop near you.

Bike Education / Training

- YayBikes! - Advocacy and Education, 'Bike the Cbus', Ride Buddies (yaybikes.com)
- Third Hand Bike Co-op - Community oriented workshop (thirdhand.org)
- Franklinton Cycleworks - community oriented workshop (franklintoncycleworks.org)
- Central Ohio Greenways - trail maps (centralohiogreenways.com)

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