

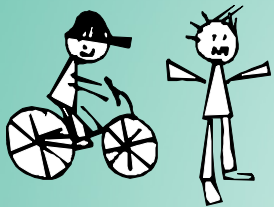
# **Ready, Set, Bike!**

## **Bicycle Riding and Safety**

**SPLASH Class**

**Fall 2013**

**C-U SRTS Project**



# Welcome to Your Bicycle Class

We will be learning:

- **Class 1** -Types of Bikes, Bike Parts, & Bike Fitting
- **Class 2** - Helmet Fitting & ABC Quick Check
- **Class 3** - Bike Gear/Equipment & Basic Maintenance
- **Class 4** - Bicycle Safety Skills, Rules of the Road, Signaling, See and Be Seen, Nighttime Riding
- **Class 5** – Bike Rodeo On-Bike Skills
- **Class 6** – Group Ride & Locking Your Bike





# Who are We?

- Rebecca Nathanson
- Jeff Yockey



# TODAY WE WILL LEARN

EENTSY BIT OF BIKE HISTORY

DIFFERENT TYPES OF BIKES

PARTS OF YOUR BIKE

FITTING YOUR BIKE TO YOU





# EENTSY BIT OF BIKE HISTORY



# The Walking Machine



# The Velocipede or 'the Boneshaker!'





# The Penny Farthing



# Penny farthings in 2013!



# TYPES OF BIKES





*How many types of bikes  
can you name?*



# City Bike!





# Mountain Bike!





# BMX Bike!



# Recumbent bike





# Road bike





# Cargo bike



# PARTS OF THE BIKE

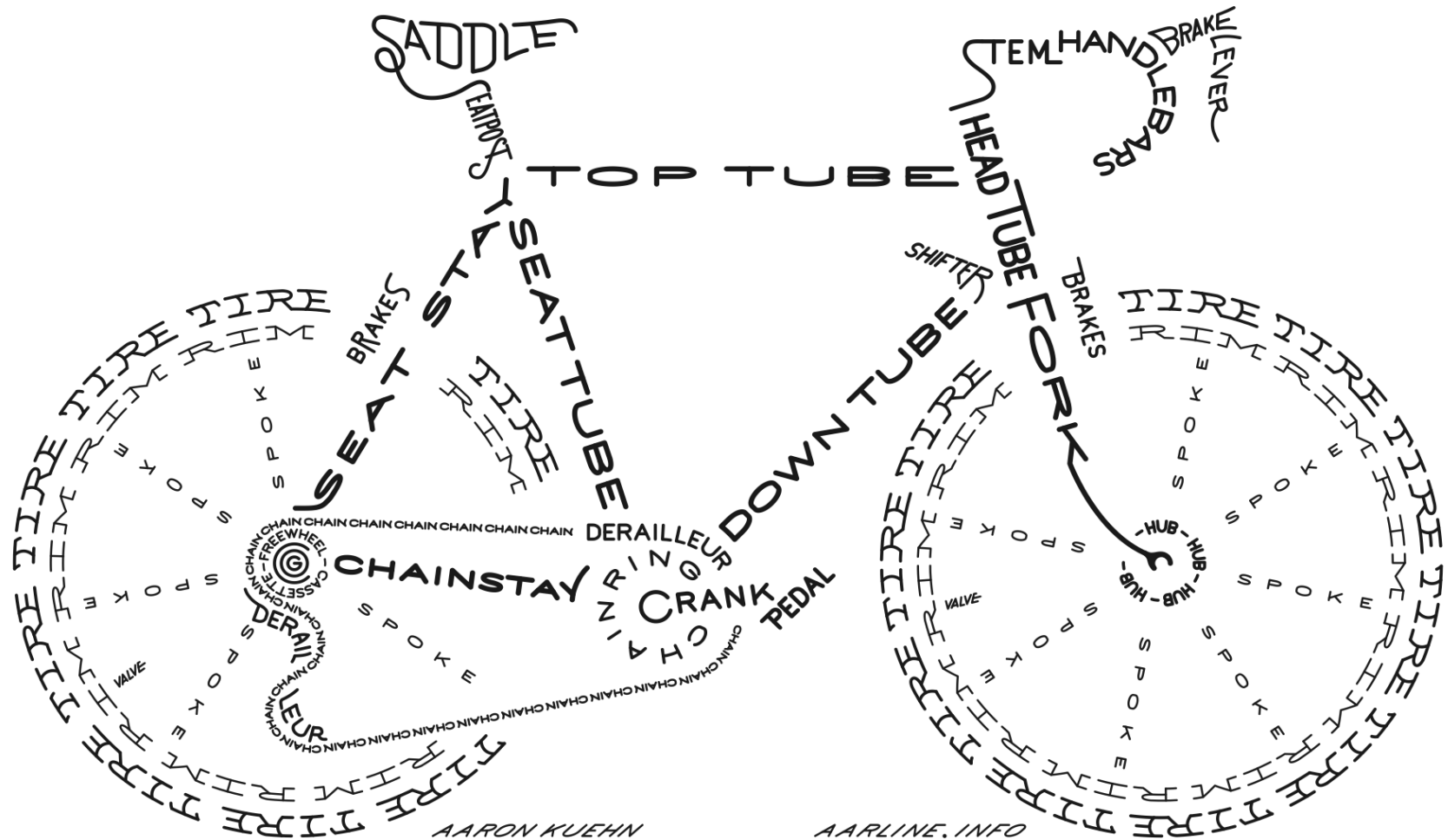


*How many different bike parts can you name?*





# How many parts of the bike can you name?



# FITTING YOUR BIKE



*Why should I care about  
bike fit?*







# #1 HOW TO MEASURE FRAME SIZE

Swing one leg over the frame of your bike so that one leg is on either side of your bike.

Both of your feet should be flat on the ground.

There should be **AT LEAST ONE INCH** between your body and the top tube.







## #2 HOW TO MEASURE YOUR SEAT POST HEIGHT

With help from a buddy holding your bike, sit on your bike seat.

Put your peddle so that it is in the 6 o'clock position.

Put your foot on the peddle. Your leg should be *almost* completely straight.







# #3 HOW TO MEASURE YOUR SADDLE POSITION

With help from a buddy holding your bike, sit on your bike seat.

Put your peddle in the “3 o’clock” position.

Your knee should be directly over the center of your foot.

