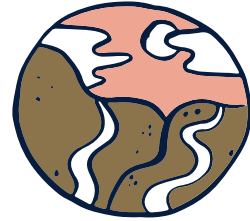


BIKE LIKE A BOSS

ISSUE #1

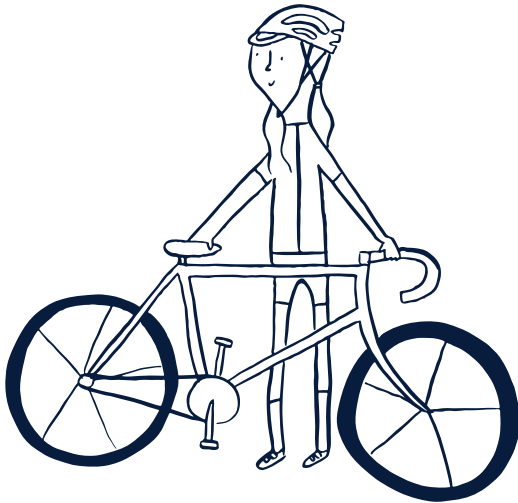
NEW KID ON THE BLOCK



**“The journey of a thousand miles
begins with one step.”**

- LAO TZU





READY. SET. PEDAL.

While we think Lao Tzu is really onto something with that one step thing, we can't help but thinking, "Hey, why walk when you can ride?" But before you can set off on your two-wheeled, human-powered journey, we're guessing you probably have questions. Like, what should you wear? What if you get a flat on the way? And does it really have to be a thousand miles? So! Many! Questions!

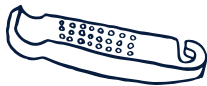
But that's the great thing about being a new kid—you're free to ask ALL the questions and not feel bad about it because you're learning. This guide has answers to some of the big (and small) questions newcomers to cycling have, and will help you take that first pedal stroke on your journey to being a total boss on the bike.

Welcome to the ride.

FIX THAT FLAT

Flats happen—it's a fact of bike life—but fear not dear two-wheeled warrior. No goat head thorn, glass shard, or annoying pssst sound will hold you back if you've got the right tools and just the right amount of New Kid Know How.

STUFF YOU'LL NEED



Tire levers



New tube

Air (3 options)

Mini-pump
OR
Floor pump
OR
Co2 cartridge



Determination



DID YOU KNOW...

Some specialized road tires have tread wear indicators? Look for a small circular divot in the tire. As the tread wears down, the divot will disappear. When you can no longer see it, get a new tire.

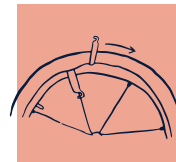
NEW KID KNOW HOW #1



Remove wheel. Let remaining air out of tire.



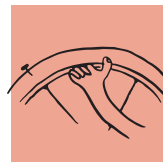
Check the surface of the tire for thorns/glass etc. Nothing? Go to next step.



Use tire levers to take one side of the tire off the rim.



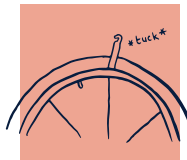
Pull the tube out.



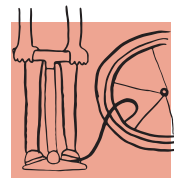
Check inside the tire for glass/thorns. Be careful!



Partially inflate the new tube and tuck it inside the tire.



Work the tire back onto the rim—use levers if needed, but be careful not to pinch the tube.



Re-inflate the tire to correct PSI (written on side of tire).

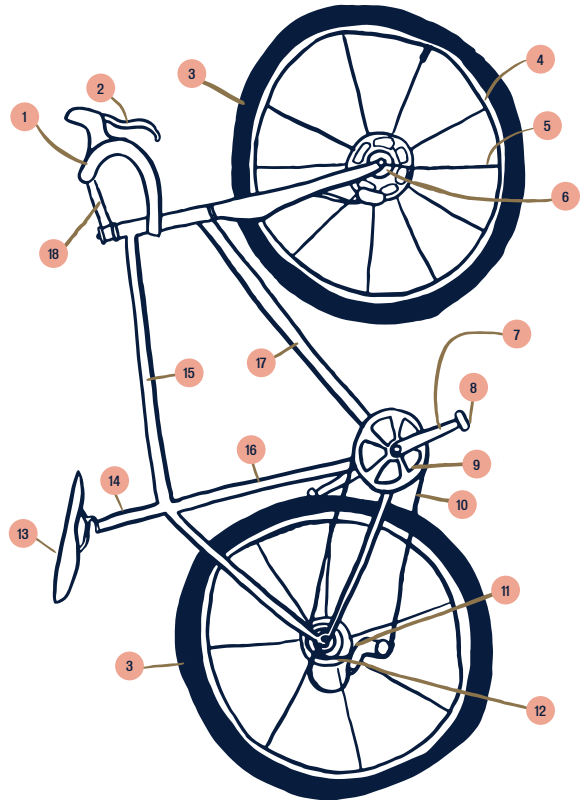


Replace wheel and ride off into the sunset like a boss.

ANATOMY OF A BICYCLE

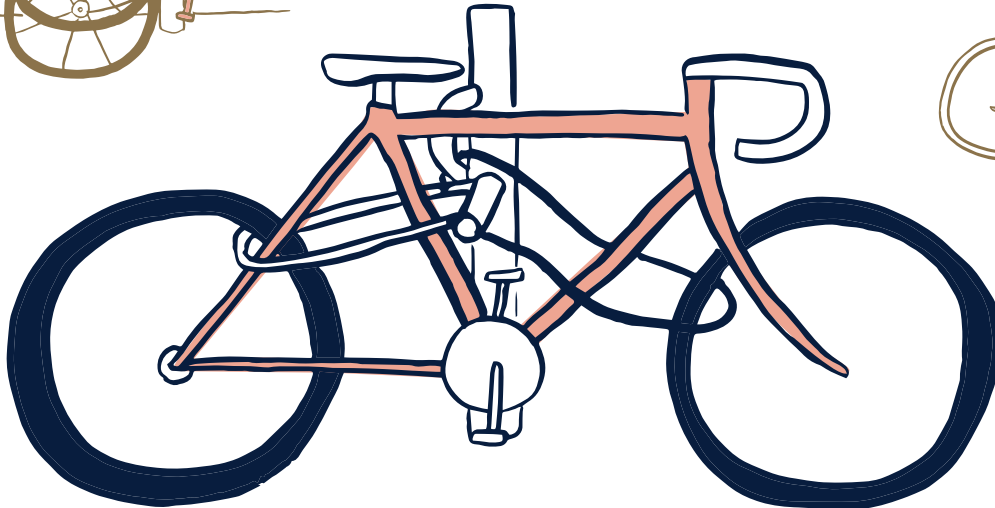
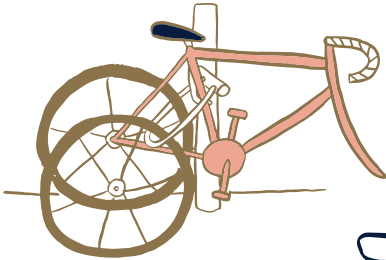
NEW KID KNOW HOW #3

- | | | | |
|---|-------------|----|------------|
| 1 | Handlebars | 10 | Chain |
| 2 | Brake Lever | 11 | Derailleur |
| 3 | Tires | 12 | Cassette |
| 4 | Wheels | 13 | Saddle |
| 5 | Spoke | 14 | Seat Post |
| 6 | Disc brakes | 15 | Top Tube |
| 7 | Crankarm | 16 | Seat Tube |
| 8 | Pedal | 17 | Down Tube |
| 9 | Chainring | 18 | Stem |



LOCK IT UP!

You love your bike, right? But did you know there's a good way to lock up your trusty steed and a BETTER way? Bike thieves suck, so lock up your pride and joy like a total pro, using the one-two punch of a U-Lock and cable.

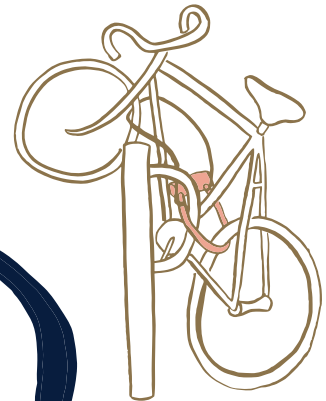


NEW KID KNOW HOW #4



QUICK TIPS:

Don't skimp with a cheap U-Lock, they break easily. Steel is real.
 Don't lock your bike to a wooden fence, plant, or anything that can be broken or lifted out of the ground.

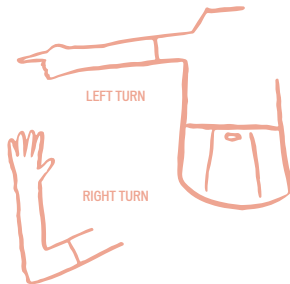


TALK TO THE HAND

One of the key things to being safe on the road is letting people—drivers, pedestrians, and other riders—know what you're doing. Turning? Let people know. Avoiding a pothole? It's awesome riding etiquette to let someone riding behind you know there's one there. Here are a few hand signals you should know.

LEFT TURN / RIGHT TURN

Turning left? Extend your left arm straight out and point left. Turning right? Either extend your right arm straight out and point right OR in some cases use your left arm at a 90-degree angle, pointing up.



LEFT TURN

RIGHT TURN



SLOWING

Signal to those behind you that you're slowing down by putting your hand, palm facing open on your lower back OR extend your arm straight down with palm facing back.



STOPPING

Coming up to a red light or stop sign? Clench your hand into a fist and put it behind your back to indicate to riders behind that you—and they—are going to stop.

NEW KID KNOW HOW #5

POTHOLE

If you're riding in front of someone, they might not be able to see obstacles such as potholes, branches, or even roadkill—it's good etiquette to call them out. Point and indicate. All good.



GLASS/GRAVEL

Glass can cause punctures and gravel or sand can make an unsuspecting wheel wash out. Instead of pointing, shake your hand as if fondly ruffling a child's hair to indicate scattered debris.



HI!

Self-explanatory. Wave to other riders you see on the road. Either lift a finger off the bar in a casual 'hey' way, or if you feel comfortable, do a proper wave. We're all in this together.



SPEAK BIKE SPEAK

BERM: An embankment on a trail.

BIBS: These are cycling shorts that don't have a waistband but instead have over-the-shoulder straps, like overalls. Specialized makes Hook-Up bibs, which have a handy clasp for when nature calls.

BONK: Sometimes on a long or hard ride, you forget to eat. This causes a severe loss of energy. To bonk means you're totally spent on a ride. Eat something!

BUNNY HOP: A cool skill to have in your arsenal. It's a little hop that you do on your bike to clear obstacles like rocks and logs without stopping. Once learned, it's a ride-saver.

CENTURY: A one-hundred-mile ride. A 100-kilometer ride is called a "metric century."

CLEAT: If you ride clipless pedals, the cleat is the piece that fits into the sole of your shoe and 'clips' into the pedal.

CLIPLESS PEDALS: These pedals work with cleated shoes. Once you clip in, you are locked to the pedal and will have better power transfer when pedaling.

CLINCHER TIRE: A normal tire with an inner tube.

DRAFTING: When you ride directly behind someone, they act as a windbreak and you use less energy. This is called drafting. Fun fact: If you always sit behind and never take your turn at the front, you might get called a wheelsucker.

DROPS: the lower part of a down-turned handlebar typically found on a road bike. When you're in the drops, you're more aerodynamic.

HALF WHEEL: This is very naughty, so don't do it. If you're riding behind someone and you let your front wheel start moving forward up and beside their rear wheel—overlapping—that's dangerous. If they suddenly swerve, you could crash.

NEW KID KNOW HOW #6

HAMMER: To ride very hard. "I was totally hammering on that ride." Similarly, to drop the hammer is to go very hard. As though dropping a weight has released you, making you very light and uncatchable.

JRA: Stands for Just Riding Along. Mechanics hear this a lot, usually when a bicycle with some catastrophic damage appears along with the suspect story of "Oh, I was just riding along and hit a stick."

LBS: Local Bike Shop. Go there! They are your best resource.

LUBE: Oil (lubricant) for your chain. Keep your chain happy and your bike is happy.

MTB: Short for Mountain Bike.

ROADIE: Nickname for someone who rides a road bike, usually wearing Lycra®.

QUICK RELEASE: Also known as QR. Typically found on wheels, the quick-release lever allows you to remove the wheel from your bike when fixing a flat.

SHRED: This is what you do on the MTB trails when you are tackling all obstacles and features with an incredible level of awesomeness and expertise. Usually done at speed.

SWITCHBACK: An almost 180-degree turn on a trail, going either up or down, that switches back on itself.

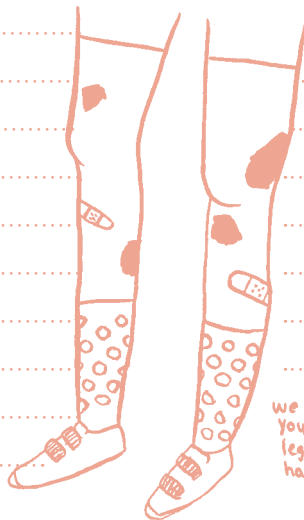
VALVE: Found on a tube, a valve is where you put air in. There are two types—Schrader and Presta. A Schrader valve is identical to those found on car tires. A Presta valve is typically found on high-pressure tubes, and has a little metal cap on the end that has to be unscrewed before air can go in. An easy way to remember the difference? You "press" a Presta to release the air.

LEARN,
ADAPT,
& GROW.

ACKNOWLEDGE
BUT DON'T INDULGE FEARS.

USE EVERY ACHIEVEMENT
AS FUEL FOR YOUR
CONFIDENCE FIRE.

NOTES



We can promise
you the cutest
legs you've ever
had



ILLUSTRATIONS BY SHELBY LING

READY FOR THE ROAD?

- | | | | |
|--------------------------|-------------------------------|--------------------------|--------------|
| <input type="checkbox"/> | Helmet | <input type="checkbox"/> | Multi-tool |
| <input type="checkbox"/> | Jersey | <input type="checkbox"/> | Mini Pump |
| <input type="checkbox"/> | Bibs or shorts | <input type="checkbox"/> | Water bottle |
| <input type="checkbox"/> | Shoes | <input type="checkbox"/> | Snacks |
| <input type="checkbox"/> | Saddle Bag with flat supplies | | |

READY TO HIT THE TRAILS?

- | | | | |
|--------------------------|--------|--------------------------|--------------------------------|
| <input type="checkbox"/> | Helmet | <input type="checkbox"/> | Gloves |
| <input type="checkbox"/> | Jersey | <input type="checkbox"/> | Camelbak |
| <input type="checkbox"/> | Shorts | <input type="checkbox"/> | Spare tube and flat repair kit |
| <input type="checkbox"/> | Shoes | <input type="checkbox"/> | Snacks |

READY FOR THE BIKE PATH / PARK?

- | | | | |
|--------------------------|-----------------------|--------------------------|--------------|
| <input type="checkbox"/> | Loose fitting clothes | <input type="checkbox"/> | Water bottle |
| <input type="checkbox"/> | Casual shoes | <input type="checkbox"/> | |

THIS BOOK BELONGS TO:

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