

Riding Well

Bicycling is good for your mind and body. Everyone knows that. So why don't people ride more?

Maybe it's fear of being run over, or because you don't know how to fix a flat tire, or it just seems like too much work. However, these things can easily be overcome with a little knowledge and practice of sound bicycling skills.

And if you know how to be a better bicyclist, you will ride more... making the world a better place and yourself a better person while improving your health, reducing your weight, and saving time and money.

Most people ride a bicycle for fun. It is even more fun if you know how to ride well, which requires knowledge and skills that aren't necessarily intuitive or learned without some instruction... but it ain't rocket science either. If you want to learn how to become a better bicyclist, just cruise around this site a little and watch a short video.

Many bicyclists have excellent bike handling skills and know all the basic mechanics. What they lack - though they don't realize it - are traffic skills (they blame the motorists for anything and everything that goes wrong), especially at intersections.

Most cyclists ride in the wrong position on the road, through red lights, the wrong way down the street and on the sidewalk. Many cyclists don't know how to do a quick safety check of their bikes or conduct routine maintenance and repairs. Unfortunately these cyclists are common because the knowledge of how to ride a bicycle safely is virtually unknown in our country. I want to help try to change this in Indiana.