

SpokeGIRL Speak

Step Four: The Right Rides

Now you're ready to ride.

Below are a couple of important things to consider:

1. Don't ride beyond your ability. If you are new to riding or starting to ride again after a long time without riding, ease into it. Consider a trail near your house. Start slow and build your endurance. Maybe ride 5 miles a couple of days a week for a week, then 7 miles the next week, and 10 the week after. You get the idea. One thing to remember, when you ride somewhere, is that you still have to ride back. Keep that in mind when thinking of how many miles you want to ride.
2. Obey the rules of the road. If you ride on city roads, you need to be sure to obey the law. Check your state's website for more information on the "rules of the road".
3. Consider joining a biking club. Clubs are great ways to ride and meet people at the same time. Check out their web sites for information. Another great resource for rides is your local bike shop. Many shops have "shop rides" that staff will lead from their stores. Odds are, your local shop will have rides.
4. Never, never, never engage a driver in a shouting match. They will win. They have the bigger vehicle. Sometimes, a driver will make a stupid or ignorant mistake, and other times, they just plain may not see you. Give them a wave and then keep riding. Resist the urge to give a driver the "1 finger salutes" if you know what I mean. It's not worth it. If you do have a problem with a driver, memorize their license plate and make of car, and then call or email the police department where the incident occurred.
5. Enjoy it! Don't think of it as just exercise. Slow down and look around. Think about how fun it was to ride your bike as a kid. Check out the houses, the flowers, the scenery, etc. I love looking at other riders bikes while riding. There are so many interesting things to see if you just remember to enjoy the ride.

Enjoy the Ride!!!

Notes:

Please remember that you should never embark on a fitness program without getting a check-up with your doctor.

In addition, SpokeGIRL endorses the wearing of helmets!!!! You should always wear a helmet when riding.