



Bike It



Learn To Ride A Bike Guide

- The first thing you need is a good bike (not too big) and a smile.
- Practise using the brakes whilst walking your bike till you master a gentle and controlled stop.
- Lower the bike saddle right down to allow for easy foot contact with the floor. (If you find you're on tip toes, you may want to borrow a smaller bike to learn with)
- Remove both the pedals to enable you to scoot easily. Remember to mark which is the left and the right pedal (N.B. the left pedal is threaded the opposite way than you might expect as you try to undo it)
- Sit firmly on the saddle and scoot for about half an hour, or until you can comfortably travel a good distance without putting your feet down.
- Next, replace just your right pedal and scoot along again with the right foot resting on the pedal until you can easily travel a good distance with your foot remaining firmly on the pedal.
- By now your balance and braking will have been well practised, so it's time to replace the left pedal (Don't forget that left pedals thread the opposite way to normal)
- You may want an encouraging friend to walk beside you at this point.
- Sit comfortably on the bike; raise your right pedal up about half way and then press down on it firmly as though you are trying to squash a balloon underneath the pedal. At the same time give a good push off with your left foot. Bring yourself to a gentle stop using your brakes.
- When you feel ready, set off as before bringing your left foot up onto the remaining pedal. Travel a couple of metres further each time pushing both pedals round and round. Again, bring yourself to a gentle stop using your brakes.
- Each time extend your journey by just a few metres, till you feel good.
- By now you'll probably have a permanent grin on your face, the type that all brand new cyclists have. Enjoy!.