



WELCOME TO BIKE RACING

New to our sport? Here are 10 tips to help beginning racers enjoy cycling safely.

- 1 Don't overlap wheels.** If the rider ahead of you makes a sudden move, their wheel may strike you and knock you off balance.
- 2 Ride the course before the race.** Pay attention to road hazards or difficult turns.
- 3 Check your equipment.** Make sure brakes are in good order. Have a shop look things over if you're unsure.
- 4 Always have an "out" ready.** At any given moment, know what you would do if a crash were to happen ahead of you and you had to take evasive action.
- 5 Know how to use your water bottle without looking.** Drink without taking your eyes off the race.
- 6 Adjust your tire pressure for the conditions.** Lower pressure will improve traction in the rain.
- 7 Don't cut or "bomb" corners.** Use the same line through the corners as the rider ahead of you.
- 8 Expect contact.** It will happen. Don't make sudden movements as a result of getting elbowed or bumped.
- 9 Keep your upper body relaxed.** Loose arms will help you absorb any jostling or bumps.
- 10 Get group-ride experience.** Seek out team and club rides to improve your skills in a pack.



Produced by XXX Racing-AthletiCo of Chicago.
Safety is our No. 1 priority in 2008. Contact our Race
Safety Task Force at safety@xxxracing.org.