

D. Choosing, Readying the Bike

Keya: So you've met your partner and you're at the shed. Now you've got to select a bike and prepare it for the ride. Hi, I'm Keya

Simon: and I'm Simon

- pick a bike you'll both be comfortable with

- . bike frame should permit both captain and stoker to touch the ground with their toes
- . legs just slightly bent when pedal is at lowest position

Keya:

- . captains should:
 - . inspect bike for any obvious defects; make sure bell is functioning

- pump tires (fill to the maximum capacity on the side of the tire; use a pressure gauge - don't just squeeze with your finger!). Stokers, you can help too

Simon:

- adjust seat height so comfortable for captain and stoker; hip level

Keya:

- . adjust handlebar position
for comfort

Simon:

After bike has been set up,
Captains, take bike for a
quick spin to check that
brakes and gears work and
the bell is functioning

Keya:

- . captains and stokers:

. check the kit on the
back: spare tube? tire
tool? Allen keys?

Simon:

Anything else to
bring? Water? Cane? Sun
stuff? Jacket? Wallet, Bus
pass, keys? And of course,
don't forget your helmet.

Keya:

Lastly, don't forget to lock up and take your keys.

Simon: "Remember, it's up to both of you to get all these things done. You certainly don't want to be on the road with flat tire, so nag each other if you have to. You'll be thanking each other later."