

Lancaster Recumbent Rentals

Do's and Don't's of Riding Recumbent



DO

- ✓ Wear sneakers
- ✓ Continue to pedal forward as you shift gears on an externally derailed cycle (type of cycle wear you can visibly see the gears)!
- ✓ Give yourself enough distance/ time to downshift when going uphill! If you didn't downshift in time, try the below options:
 - a) Look behind you to make sure you are clear. Roll back down, give yourself some more distance to change gears and start again.
 - b) Traverse the hill (turn to ride perpendicular to the hill) and downshift before you continue uphill.
 - c) Lock your brakes, get off the cycle, and roll your cycle up the hill.
- ✓ Keep your feet on the pedals and use your brakes to stop
- ✓ Use your feet to reverse or keep your feet on the pedals and roll your front tires backwards with your hands (if applicable).
- ✓ Lock your brakes when getting on and off the cycle
- ✓ Get off your cycle and walk it up and across railroad berms/ easements and tracks.
- ✓ Lock your cycle up if you leave it unattended.
- ✓ Follow all bicycle safety rules and traffic signs. **BE SAFE AND HAVE FUN!**

DON'T

- ✗ Wear flip flops or sandals
- ✗ Change gears without pedaling! You must pedal to change gears on a cycle with external derailleur. Never pedal backwards when changing gears.
- ✗ Force shifting or pedaling you're your gears feel 'stuck' when going uphill. This can brake the chain or break the derailleur.
- ✗ Use your feet to stop. Unlike a when riding a traditional bike where your feet skip to the side, if you take your feet off your pedals to stop you can run over yourself!
- ✗ Sit or get off the cycle without locking the brakes first. This will keep the cycle from moving out from underneath you.
- ✗ Ride or walk across railroad tracks without looking and listening for an oncoming train.
- ✗ Leave your cycle unattended. Use the lock provided to secure the cycle frame and wheel to a cycle rack/ post.
- ✗ Ride without first reviewing your *Bicyclist's Safety Manual*.