

Skerries Eco Festival 2023

Pedal power: Tips on Bike Repairs, Safety, and All-Weather Cycling or,

“All you ever wanted to know about cycling but were afraid to ask!!”

**Skerries Cycling Initiative
3 September 2023**



Skerries Cycling Initiative

-part of Skerries Community Association



What are we about?

- Safer routes to schools, shops, station and nearby towns.
- Engaging with Active Travel and Greenway projects

Today we are looking at some practical aspects of cycling.....
Starting with the bike.



BICYCLE M-CHECK



Safety On the road

- Be seen, cycle arm's length from edge of road.
- Be seen, especially when light poor - bright clothing, lights
- Be seeing - Observe and anticipate - practice looking behind without wobbling.
- Communicate with other road users: hand signals, eye contact
- Never move up/stay on the inside of long vehicles when turning left- blind zone!
- Carry rain jacket - just in case!
- For longer trips: Spare tube/repair kit if you can use them, otherwise a telephone number to call.
- Wear a properly fitting helmet.

Community bike workshop- why?

- **Local place to get help with bike issues**
- **Tools available to use free, and parts at reasonable or no cost**
- **“Learn by doing” bike maintenance and repair skills, for example:**
 - **How to fix brakes, punctures, chains, pedals gears.**
- **Re-homing donated bikes**

Before finishing.....

Catch us until 4.30 today at Bike Shed behind this Theatre

mail us at: skerriescycling@gmail.com to become part of the Bikeshop
WhatsApp group

!Follow us on FB [skerriescyclinginitiative](#)

Thank you for your attention