

Had the winter off? It's not just your chain that could be rusty!

This Spring:

Check Your Bike

Check Your Skills

Bike:

Tyres

Brakes and fluid

Oil

Chain and Sprockets

Lights

Skills:

After a break from riding give yourself time to adjust

Levels of skill and confidence drop over time when you don't ride regularly

Do shorter, regular journeys first

Don't ride in groups until you're ready

Look further ahead

Pay more attention to road surface conditions

Get some advanced training

Book a BikeSafe course

Get a FREE riding check up with an IAM observer.

1 hour session (including debrief) with IAM observer.

Starting from Squires at Sherburn - in – Elmet.

Saturday 26th April 10.00 – 16.00

Enjoy riding this summer; give your bike the skill it deserves.

