

BIKE

The bike. For some women this is the most daunting...I haven't ridden a bike since I was 15! however for others it is about wanting to know the do's and don'ts of biking in a triathlon event. Hopefully the information below answers all of your questions!

What type of bike will I need?

Your bike certainly doesn't need to be a fancy road bike a la Tour De France. Most women use mountain bikes or urban bikes with 'slick' (as opposed to 'nobbly') tyres. A lot of women also borrow from a friend or a family member. Whatever the bike, you need to make sure it is something you are comfortable on (adjust seat height etc) and are used to riding so be sure to have a few practice rides before your event! In addition please make sure the bike is safe, the brakes work and it is in a good condition to ride.

Do I have to wear a helmet?

Yes. Absolutely NO exceptions. It is important that you put your helmet on and do it up before un-racking your bike to start the cycle and don't remove your helmet until you have re-racked your bike at the end of the cycle section.

Are the roads closed?

There are road closures and there will be traffic management, but remember a road is never fully closed. There will always be vehicles on it, even if these are limited to residents and event workers. Be mindful of vehicles coming out of driveways as well. You must keep left at all times, except when passing, and obey the marshals and of course the road rules. Please respect what the marshals have to say and follow their directions for your own safety.

Cycling Etiquette i.e. good manners on the bike

No 'competitive' drafting please this is an entry level event. Drafting refers to following the bike in front of you so that you are in their slipstream and doing less work! We ask that no one drafts in a race, even if you are a seasoned expert in catching a free ride! The danger of a novice rider following too closely can lead to terrible consequences, so we ask that you follow the person in front of you with enough room so that you could stop without hitting them (i.e. about two bicycle lengths).

Please keep to the left as much as possible. If you are passing another cyclist, pass on the right of them calling out "on your right" just before you do so. If they are riding in the middle of the road, call out to them so that they know you want to pass. It is **never** acceptable to cross over the centre line. Be aware of what is happening on the road around you, both in terms of vehicles, supporters and of course other cyclists. All of the above will be 'old hat' if you have been out training and experienced it for yourself.

What happens if I get a flat tyre?

One word...!Prevention'. Make sure that you have taken your bike to a bike shop for a once over. This way they will check the tyres and make sure they have enough tread and that there are no leaks in the inner tubes. Pump up your tyres so that they are firm but not going to explode on a hot day! All of this will prevent you from getting a flatty!

It is also worthwhile to learn how to change a tyre and also to reattach your chain if it comes off. Again, head to your local bike store for a ladies only class or just some friendly advice. We do not provide a tyre changing service during the event.

What do I need to know about my bike before the event?

Firstly check out our **Training Tab** on www.trichicks.co.nz for some tips and advice on bikes. In addition you will be able to take your bike in to AvantiPlus Maunganui to have your bike checked. Whilst these checks are not compulsory it is **recommended** to make sure your bike is “event safe”.