

## **ADVICE FOR RIDERS**

### **YORK RIDE PRACTICAL INFORMATION FOR 2013**

PLEASE READ THE FOLLOWING PRACTICAL INFORMATION CAREFULLY. PLEASE PRINT OUT A COPY FOR ANY FRIENDS YOU KNOW ARE COMING ON THE RIDE AND WHO DO NOT HAVE ACCESS TO THE INTERNET.

*Experienced cyclists – please note some of this information may seem tedious but it is meant for everyone, experienced or not, who may be coming on the Ride and is intended to make the event as trouble-free as possible.*

**It is your responsibility to make sure your bike is roadworthy.** In particular check:

- \* that the brakes work properly
- \* the tyres are sufficiently inflated
- \* the chain runs freely and the gear changes are smooth
- \* there are no obvious loose connections (check especially your handlebars, saddle, cranks and pedals)
- \* your wheels run true (don't wobble from side to side when moving)

NOTE: There will be no Dr Bike person at the Assembly point, however Get Cycling are offering a bike service before the ride. The price will depend on what needs doing, but they're not expensive. They are based at 22 Hospital Fields Road, YO10 4DZ, between Fulford Road and Millennium Bridge. Phone 01904 636812.

#### **What to bring with you on the Ride:**

- \* Obviously your bike. If you have not got a bike, please make arrangements now to hire or borrow one. Possibilities include: Get Cycling (see above), Giant (formerly Bob Trotters) on Lord Mayors Walk and Cycle Heaven at the Station.
- \* One or more bags to carry your clothes and other bits and pieces in. Bags attaching safely to your bike are best as they do not restrict your movement, make your back sweat too much or obscure any slogans that are written there. If you do not have a pannier, saddle-bag, rack or handlebar-bag, use a back-pack that attaches securely to your body and leaves both hands free. Nothing should be left at the Ride assembly point.
- \* A basic tool kit specific to your bike including a spare inner tube and/or other means of dealing with a puncture
- \* A working pump
- \* One or more water-bottles – you will probably get thirsty especially if it is a hot day
- \* Front and rear lights in case it is dark by the time you are getting home
- \* Some snacks to keep you going until your next meal
- \* Sun cream, sunglasses, according to the weather

## At the assembly point (South-east of Millennium Bridge)

- \* Apply sun-cream if it is a hot day (do this before applying body paint and allow the cream to soak in)
- \* Decorate your body and your bike. Make contact with other riders and help each other out painting slogans on each other. There are plenty of ideas for slogans on [the WNBR Slogans page](#) or you can make up your own.
- \* Be respectful of your fellow riders. do **not** take photos of other riders without their permission, especially if they are in middle of getting ready.
- \* Do a few last minute checks to make sure your bike is OK, e.g. is there still air in the tyres?
- \* Please do not fully strip off until about half an hour before the Ride is due to start. Do NOT leave your clothing with a friend, but take it with you (it is possible you may need it if you have a breakdown and are isolated from the other riders).
- \* Wait for the signal to depart and follow the ride leader out of the assembly area.

**Toilets:** Please note there are no public toilets at the assembly point. The nearest ones are in Rowntree Park at the other side of Millennium Bridge. Please visit as necessary before you come to the assembly point.

## During the Ride

We will have a ride leader and some one marking the back of the ride. There will also be some stewards on the flanks of the ride and there may also be police officers controlling some of the junctions. For everyone's safety, please observe the following guidelines:

- \* Do not stray from the route or from the other riders
- \* Do not race ahead or overtake the ride leader, especially if you do not know the way
- \* Do not to drop behind the back marker
- \* Keep some space between yourself and other riders, **in particular watch out that your front wheel does not get too close to the back wheels of the people in front and make sure that you have enough room to stop.**
- \* Give long or wide cycles (e.g. tricycles, rickshaws, cargo-bikes, bikes with trailers) extra space to manoeuvre, especially if the path you are riding on is narrow.
- \* If you need to stop suddenly, try and pull away from other riders and indicate or shout back that you are doing so.
- \* Do not leave *too much* space between yourself and other riders that car-drivers are tempted to nip into the space and so split up the ride. Avoid riding in small bunches or sub-groups.
- \* Be aware of pedestrians, especially children.
- \* Do not ride on the pavement.
- \* On shared use pathways, keep to the side marked as a cycle lane. If no such lane is marked, be prepared to stop if necessary if pedestrians (or their dogs) get in your way
- \* Follow the normal traffic rules given in the Highway Code, stopping at red lights etc. unless directed to clear a junction by a police officer or ride steward acting to ensure your safety.
- \* Be aware that other road users (pedestrians, drivers) may be startled by the appearance of a group of naked cyclists. Mostly their reactions will be positive. If for any reason they are not, do not stop to engage in arguments, but keep smiling and ride on.
- \* If you have an accident, a mechanical failure or a puncture, the back marker will stay with you long enough to make sure you are OK. Provided you are not hurt, you will be advised to get dressed and make your way by the quickest available route to the designated end of the Ride where you will be able to re-join the other riders.

**There are no toilet stops during the ride.** Please visit the toilets mentioned above before or after the ride, but do not stop anywhere for this purpose during the ride. If you stop to urinate in public, you may be liable to arrest.

### **Creativity and decoration**

Creativity and decoration of your bike and your body are strongly encouraged.

\* If you have any body paints and brushes, please bring them along. Leaves and other greenery are also useful for draping or twisting around your body or your bike. A lot more ideas which can be found on the main WNBR website: [www.worldnakedbikeride.org](http://www.worldnakedbikeride.org) or go direct to the Wikipedia article on [WNBR body art](#).

\* Bring bells, whistles, horns, squeakers etc. to make a pleasant noise.

\* If you are carrying banners, flags or flagpoles, please ensure these are attached to your bike in a safe way so that they will not get caught up in your wheels, cause difficulty when mounting or dismounting or cause a nuisance to other riders. In particular avoid anything with a sharp point. It is possible to attach flexible bamboo poles with banners above head height, or shorter poles with small pennants well behind you. You will need lots of gaffer tape and some ingenuity to wrap it round all the right places. Attaching it to a pannier rack is best. If in any doubt how to do this safely, please seek advice. Note that you may have to mount/dismount your bike in a different way if you have a banner fixed behind.

\* If you wear a mask, whether for decoration or disguise, make sure it does not restrict your vision of the road or of the other riders around you.

### **At the end of the Ride**

At the end of the Ride, please dismount and walk your bike to the dispersal point/chill-out area just south of Millennium Bridge. This does not apply to hand-cycles or other HPV's designed for disabled cyclists.

After the ride, once photos have been taken and you've met up with your friends again please get dressed or at least put a minimum of clothing on. You will be expected to get dressed after the ride has ended, but please feel free to stay on for a picnic and post-ride socialising.

The nearest **public toilets** to the dispersal point are in Rowntree Park. At this time of year the park will normally still be open.

The Ride should have a zero carbon footprint, so please dispose of all rubbish responsibly or take it home for recycling.

Remember - ride proud, ride safely and have fun.

***Ebor eco-riders do it nudely!***