

## **ADVICE FOR RIDERS**

### **YORK RIDE PRACTICAL INFORMATION FOR 2010**

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 E-MAIL.

This information is also being made available on the York Wiki page:

[http://nakedwiki.org/images/9/90/York2002Advice\\_for\\_Riders.pdf](http://nakedwiki.org/images/9/90/York2002Advice_for_Riders.pdf)

*Experienced cyclists - 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.*

**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, pedals)
- \* your wheels run true (don't wobble from side to side when moving)

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

- \* Obviously your bike (if you have not got a bike, you could hire, borrow or even buy one)
- \* 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

**At the assembly point (Memorial Gardens)**

- \* 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. Fix signs and banners in a secure manner (see also below: Creativity and decoration)
- \* 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 15 minutes 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 Gardens. There is a no cycling rule in Museum Gardens so you will need to wheel your bike out of the Gardens.

**Toilets:** Please note there are no public toilets in Memorial Gardens. The nearest ones are in York Railway Station or in Tanner Row off Rougier Street (where there are also some cafés). 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. The ride will also have stewards and/or police escorts who may hold up the traffic at junctions when necessary in order to keep all the riders together. For everyone's safety, please observe the following advice:

- \* 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
- \* Try 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 so 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.
- \* 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 steward or police escort who will temporarily hold up traffic on your behalf (such a tactic may be used to keep the group together).
- \* 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 rejoin the other riders.

## 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. There are 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 wish to carry 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 a decent pannier rack, lots of gaffer tape and some ingenuity to wrap it round all the right places. 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 or pole 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, when entering Museum Gardens, you **MUST** dismount and walk your bike to the dispersal point/chill-out area near the Riverside Walk. This does not apply to handcycles or other HPV's designed for accessibility users.

After the ride, once photos have been taken and you've met up with your friends again please get dressed. You will be expected to get dressed within quarter of an hour of the ride ending but please feel free to stay on for a picnic and the post-ride socialising.

There are some public toilets near the dispersal point. We have negotiated with the City of York Council to have these kept open until 8 pm.

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!***

June 2010