

## Panhandle Pathway News (PCJ 11/25/09)

Had a flat tire on the trail? Of course you can call a friend to come pick you up .....or if you plan ahead it's not too big of a problem to fix it on the trail. First you need to carry tire levers (a tool for removing and replacing a bicycle tire), a new tube, patch kit-containing sandpaper, glue, and patch which can be purchased at you local store, and a small lightweight pump. Practice this at home and it's not too hard to do. Of course flats can be prevented by maintaining proper tire pressure. Keep your bike in good working order yourself or take it to a bike shop for regular maintenance.

Tried running an errand on your bike yet? A sturdy rack or basket is a great way to carry packages from the store. Water bottles will help you to stay hydrated and can be carried with a snack. A bell or horn will help others know you're near and a lock will help your bike stay put.

Gloves help reduce strain on your hands, and bright-colored clothes help improve visibility so other trail users and traffic will see you. Remember, Be Seen, Be Safe.

See you on the trail!!