

# ~~A(nother)~~ Message From The Author:

Stay calm. You CAN do this. Peoples' misconceived doubts about their means and ability to bike-tour are why I wrote this zine. All you need is a bike and the will to travel. You are doing the right thing by seeking more info. Start with just a weekend camping trip if you want. Touring is an immense amount of fun, and

# YOU CAN DO IT!

# DIY

without money

# BIKE

without muscle

# TOUR

without special gear

# This Zine is DEDICATED

...To everyone who has given food, a place to stay, or other aid to cyclists they've never met. ~~Nearly~~ every touring cyclist I know has received a humbling amount of ~~help~~ from unsolicited help from total strangers.

Thank  
You!

## ABOUT THE AUTHOR:

After leaving school, Thomas felt painfully dis-encharmed with ball-and-chain indentured employment and decided to hit the road. He toured from Austin Texas to Washington DC with a fellow bike-taxi driver Andy Baker of Denver/Houston, from Madison Wisconsin to Detroit Michigan with ~30 activists ([www.grassroutescaravan.org](http://www.grassroutescaravan.org)), solo from Detroit back to Madison, and he is currently touring down the West Coast with 8 Friends ([www.culturalrecyclists.org](http://www.culturalrecyclists.org)). He would like to thank John the Philosophy Student, and everyone who has provided support and encouragement toward the publication of this zine.

Work-in-Progress: I SRSLY want  
UR feedback

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Print more copies of this zine off the web at:  
[www.Zinelibrary.info/DIY-BIKE-TOUR](http://www.Zinelibrary.info/DIY-BIKE-TOUR)

# FUN SHIT

- ∞ combining the tour with a variety show (puppets, music, comedy, guerrilla theater)
- ∞ boooooom boooooxes!!...but beware of sound oppression, and get a mic if you can
- ∞ screen print patches to put on gear and/or give to people along the way
- ∞ make a zine for your ride! (it's really not that hard-look)
- ∞ general delivery - you can get snail mail EVERYWHERE!
- ∞ internet at public libraries

## Getting Dialed In to the LOCAL BIKE SCENE

- critical mass (Google this; it's awesome)
- full moon cruises (some go by other names)
- mountain biking
- university groups
- race training groups
- Warmshowers.org (see pg. 17)

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Fix-a-Flat  
Centerfold  
(un-numbered)  
I'm here to make you feel better

drink 3 water

Wear  
a  
Fucking  
HELMET!

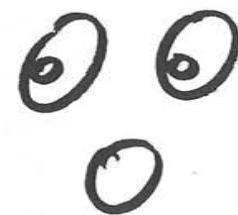
... or

die sometimes

# HITCH-BIKING

Is about as easy as hitching without one. Either walk yr bike, stand there, or even ride with yr thumb out. I have even ridden with a frame pack. Make a sign if you want and chill outside a truckstop with yr wheels off and/or ask people.

Obviously, use your head when deciding whether or not to take a particular ride.



- The sign says "PICK ME UP"
- The strap holding it on is a busted tube



# GROUNDSCORES

or potentially useful stuff you find on the side of the road, commonly includes:

YES, I have found all of these things on the side of the road.

- zip ties
- pliers (I know, wtf?)
- food items
- bungee cords (often busted/squished, some parts may be reusable, especially if you find others later on that you can cobble together).
- lighters
- sunglasses
- gloves
- water bottles
- shorts (beware of old human excrement)

Oh, Sweet!

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**Why Tour? - WHY THE HELL NOT?!**  
there's something about it that is liberating for every member of your group to be transportationally autonomous at all times AND cross-compatible with other modes (see "Hitch-Biking" and stay tuned for the next edition's "bike-train-hopping")

pg 39

- ∞ sustainability
- ∞ activism
- ∞ climate justice - check out [www.climaterealitytour.org](http://www.climaterealitytour.org)
- ∞ to demonstrate to everyone that it can be done
- ∞ community empowerment
- ∞ solidarity (Google "bikes across borders")
- ∞ As a social event (start with just a weekend camping trip!)
- ∞ different form of travel from hitching and hopping; less frowned upon by the square crowd
- ∞ touring will NOT get you in shape (unless you REALLY work at it)

## SAFETY FORTH!

- ∞ wear a helmet and lights at night. You are worth it.
- ∞ Biggest safety consideration: ROAD SHOULDER SIZE! This information is usually available through states' Departments of Transportation, but every state is different, so you may have to do some digging on the interwebs/telephone.
- ∞ DO NOT BE AFRAID to ask for help. People LOVE helping bicycle-tourists for some reason.
- ∞ your bike (and therefore all your gear) is stealable, get a lock if you want one (although I have done multiple tours without one)
- ∞ Know laws if you're really that concerned. Most

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- authority will cut slack to people as unconventional as bicycle tourists.
- ∞ If you are ever lost, just ask locals for directions. It's easy and fast. Flag down a car if you need to. They are usually happy to help and glad that all you need are directions.

# WATER!

Is more important than Food, second only to air. <sup>(Breath)</sup> Drink lots of water, then drink more. NEVER be without or far from water. EVER.

- ∞ prior planning/packing
- ∞ greater concern for nutrition
- ∞ dehydrated food - See pg 10

- ∞ They are tons of fun and can get you to places where cars cannot faster than you could if backpacking on foot. The most famous mountain bike touring route in the U.S. is The Great Divide. Look it up. Maybe I'll see you on it next summer

## PAYING FOR SHIT

...is stupid don't do it. You probably don't even need to buy whatever it is you think you need money for because either you can get it other ways or you haven't yet cultivate a healthy hatred of capitalism. *and its oppression\** if you "need" money on the road there are several ways to get it:

- ∞ busking, or better yet, get a gig somewhere
- ∞ craigslist
- ∞ face paint 'booth' at a farmer's market
- ∞ get creative
- ∞ sell plasma (don't do this if you're biking the next day)
- ∞ pedicabbing / rickshaw driving / bicycle-taxi-ing
- ∞ messenger service
- ∞ set up a race (this is not hard)

BlackMesaIsA.org  
Colonialism x  
Fact

\*Capitalism systemically marginalises women, people of color, the Queer community, non-human animals, and the economically disadvantaged (AKA the ENTIRE FUCKING PLANET). If you are still under the delusian that it is only a method of exchange and that shopping at big, corporate, for-profit stores doesn't hurt anyone, TRY to reconcile the genocide of indigenous peoples. First, EVERYTHING IS STOLEN.

- ∞ don't want) and start riding to see how far you get.
- ∞ maps/directions CAN be useful; feel free to check them out before-hand, but don't get sucked in, because your route is likely to change.
- ∞ ASK LOCALS if you know people in the towns/cities you'll be passing through. Even if you don't know anyone, there's usually a cycling group you could track down that will give you all sorts of free info.
- ∞ biggest safety consideration: ROAD SHOULDER SIZE! This information is usually available through states' Departments of Transportation, but every-state is different, so you may have to do some digging on the interwebs/telephone.
- ∞ Sometimes biking at night is safer because you can see headlights long before you would hear them if it was daytime (assuming you have enough light to avoid potholes)
- ∞ Full moons kick ass for night-biking (if the weather is clear)

## BEWARE OF GOOGLE'S BIKE MAPS

They are in beta (~new) and have gotten me (and several of my friends) onto dirt roads with road bikes or just plain lost

## MOUNTAIN BIKE TOURS

- are a lot of fun, but can have different considerations
- ∞ more super-low gears
- ∞ Fatter tires w/charlier tread
- ∞ less gear overall (generally)
- ∞ more even weighting of bicycle
- ∞ water purification (filter, chemicals)
- ∞ fewer miles

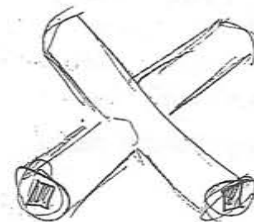
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# Almost Everyone Everywhere

...will give you water.  
I have only been refused  
in the middles of big  
cities where I wasn't far  
from water anyway

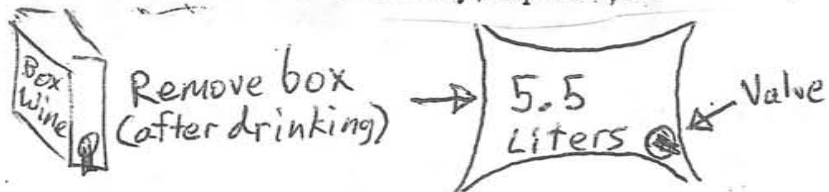
## CREATIVE WATER SOLUTIONS

- ∞ A 'silcock key' or 'skate key' is a four-way 'wrench' with different sized square sockets at the tips of the plus-sign shape used to turn water from exterior faucets that don't have a hand valve. They can be purchased at most hardware stores and skate shops and fit in your hand/pocket

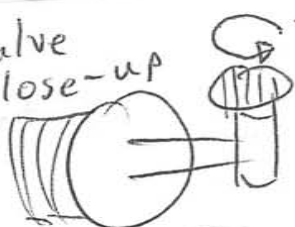


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- ∞ Space bags (emptied and clean box-wine bags) make AWESOME water containers (and good pillows, too). They are sturdy, pack around other things instead of holding a rigid shape, and take up almost no space when empty (so keep extra just in case!). To refill/clean, just pull the nozzle off real hard. It will actually snap back on.



Valve  
Close-up



Twist

PULL  
VALVE HARD

\* the valves w/ the red button  
("Vella" I think) DON'T WORK  
Drink Franzia or others

- ∞ dumpster some jugs if you want, but you could probably just avoid tossing them for a little while to save up
- ∞ try to use #1 plastics exclusively, and remember to keep them out of the sun as heat exasperates leeching of nasty chemicals
- ∞ Water is heavy, so be conscious of how it will affect your weight distribution

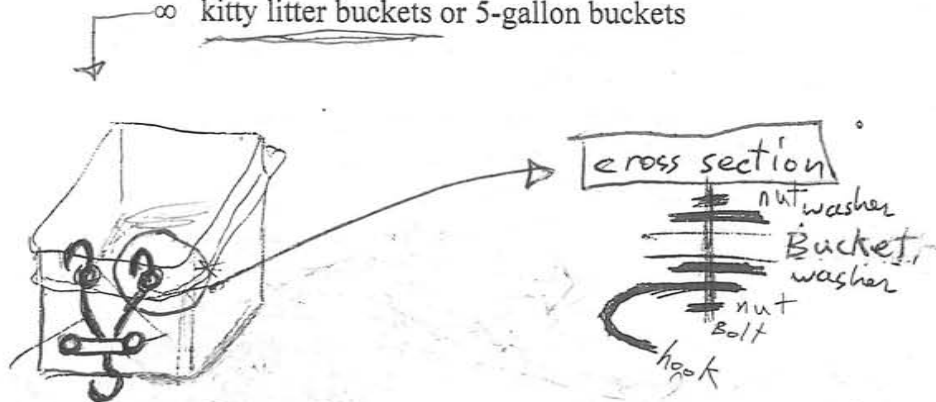
MTB TOUR  
ONLY

**WATER PURIFIERS** can be found at garage sales and army surplus places. Not bad as a backup for rural areas, but maps and good planning should keep you from needing them.

- ∞ Plain ole' bleach (eight drops per gallon).
- ∞ Potable aqua (iodine)

## PANNIERS - YOU DO NOT NEED!

- ∞ but you feel like making some, there are several creative designs (with plans available online) that use:
- ∞ kitty litter buckets or 5-gallon buckets



Sorry this drawing isn't in next edition

- ∞ milk crates strapped on the sides of your rack
- ∞ (section needs more...maybe add schematics)

See "WATER" at Page Six for all sorts of creative water solutions (i.e. space-bag box-wine bags become camelbak)

## HOW TO PLAN A BIKE TOUR (OR NOT PLAN)

- ∞ solo / seat-of-the pants touring is totally possible and lots of fun. Get as prepared as you want (or

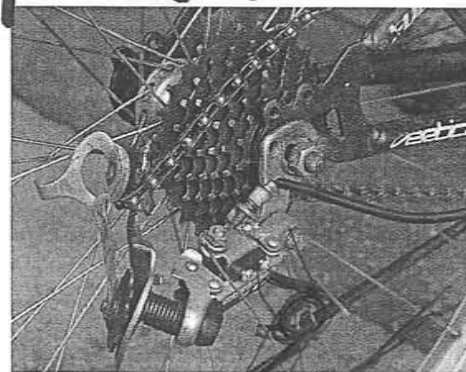


(better pix)

problem (FUCK!)

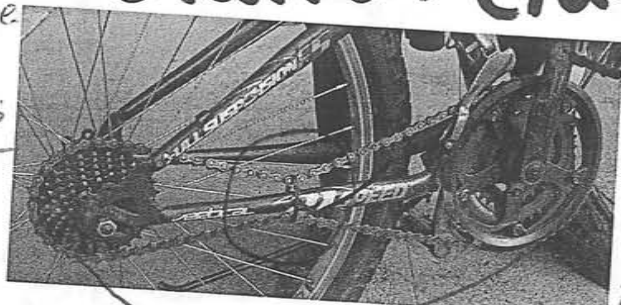
• This SUX because not only can you NOT pedal, but you can't even WALK your bike

• You MUST remove (and eventually replace) your derailleur



Derailleur is SUPPOSED to be here

Solution (Yay!)



chainsags without ziptie

Zipties Rock

drink water

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• The Ziptie keeps enough tension on yr chain to keep it in one gear. the chain will wear on the ziptie, but not THAT quickly -- just rotate it to a fresh area periodically

- ∞ Polar Pur (rechargeable iodine)
- ∞ Micro Pur (chlorine dioxide)
- ∞ Filter/pumps (13,000 gallons per cartridge)
- ∞ Water can also be boiled

rich food s. i.e. rich foods

# CONSENT

... is always important. Bicycling is a physical activity, and it is common (among the cyclotourists I know) for peoples' boundaries to include various forms of touch, i.e. hugging, massage, ass-smacking. IT IS OF PARAMOUNT IMPORTANCE to have someone's permission BEFORE you touch them IN ANY WAY (yes, this includes pats on the back).

If someone doesn't have the opportunity to WITHHOLD consent, THEY CAN'T GIVE CONSENT. Always ask. If you seek (or would like to give) persistent permission (i.e. "Are you ok with random ass-smacking whenever?") just be clear about that ("yes, except in the mornings when I'm cranky or on Tuesdays because I say so").

If you are touched in a way that you like, but want the person to ask next time DO NOT BE AFRAID TO CONFRONT THEM ABOUT IT. Just be clear. A quick and cheeky way is to (immediately when it happens) say "Yes, you may rub my shoulders." Just try to communicate clearly and everything should be fine. If their personality is domineering and/or they are difficult to confront, have another group member do it. Respect yourself. Stand up for yourself. DO NOT allow yourself to be marginalized.

# FOOD:

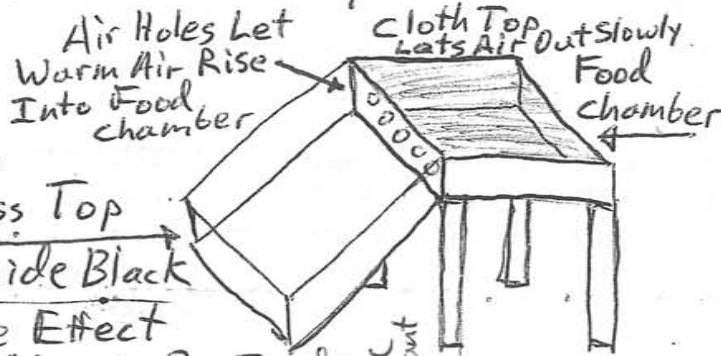
that calorie addiction, we just can't break!

because they're lighter AND they keep even longer than canned food.

dehydrated foods are nice...solar dehydrator instructions are widely available

What you will need much more of is WATER: between a gallon and a half and two gallons per day, plus any for cooking dehydrated food if you use it (see the "Seriously Creative Shit section

## Solar Dehydrator\*

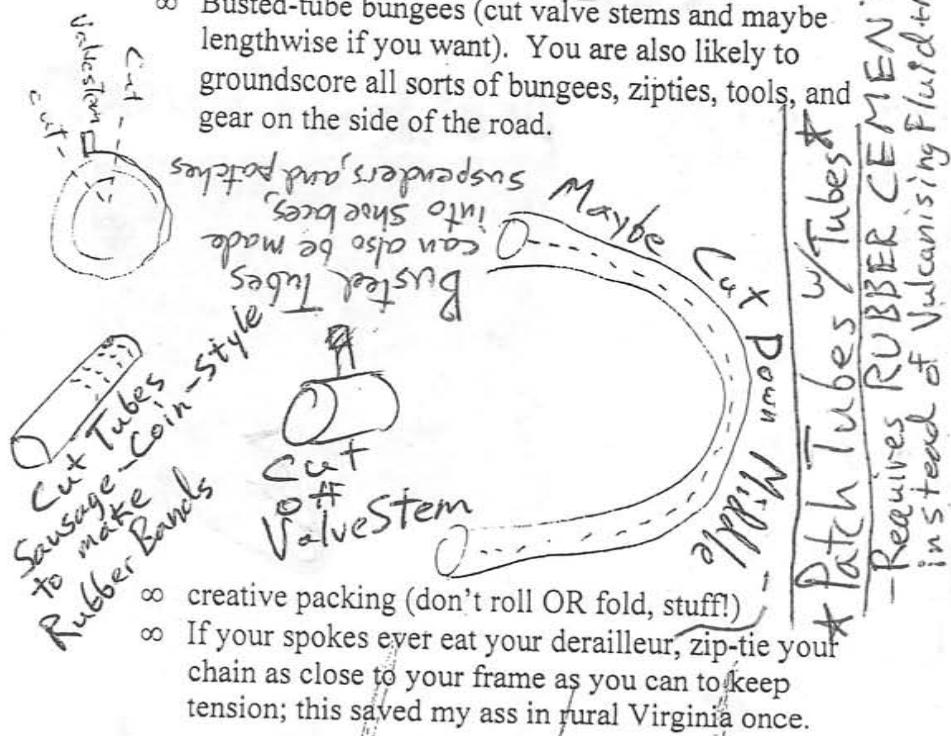


Greenhouse Effect  
Warms Air to Dry Food

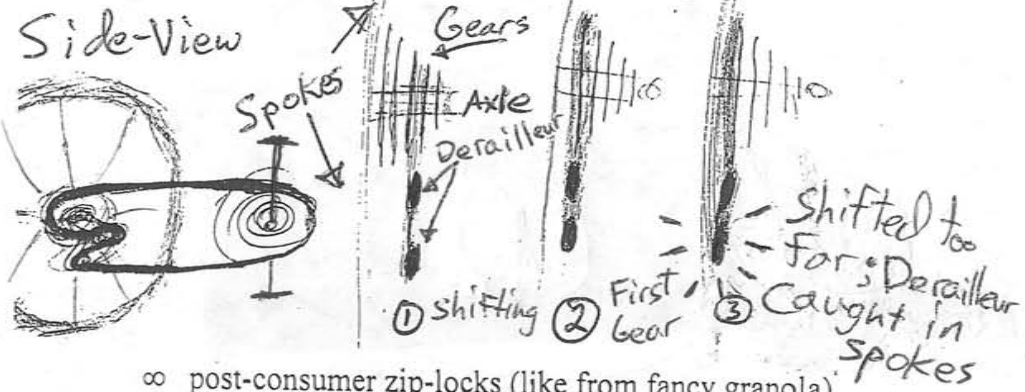
- De-Hy These Foods!
- Apple Chips
  - Banana Chips
  - Beans + Rice (pre-cooked/seasoned)
  - meat (if you eat meat)
  - eggs (srslly!)
  - Scramble took first, but don't use oil cause it dehydrs bad powder them in an electric coffee grinder if want
  - Kale Chips
  - Peppers

\* For drying food PRE-TOUR, not for bringing on tour

∞ Busted-tube bungees (cut valve stems and maybe lengthwise if you want). You are also likely to groundscore all sorts of bungees, zipties, tools, and gear on the side of the road.



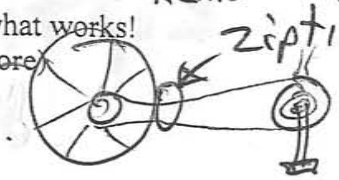
- ∞ creative packing (don't roll OR fold, stuff!)
- ∞ If your spokes ever eat your derailleur, zip-tie your chain as close to your frame as you can to keep tension; this saved my ass in rural Virginia once.



- ∞ post-consumer zip-locks (like from fancy granola) are stronger than the store-bought variety any day.
- ∞ Save/find rubber bands and twist-ties
- ∞ experiment and shout out what works!
- ∞ (action obviously needs more)

see pix on next page

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## MAINTENANCE

- ∞ Warm Showers .org ! (like couch-surfing for touring cyclists)
- ∞ bike-shop dumpsters (tires get thrown replaced with half a life left all the time, but be sure to inspect anything thoroughly before installing it just in case)
- ∞ talk to the shop mechanics; they're often nice to cyclotourists
- ∞ anyone who looks like they might have tools (auto / handyperson)

## SERIOUSLY CREATIVE SHIT

- ∞ Milk crates! Front and back if you want. These are great for dumpstering because they are easily accessed, cleaned/replaced, available anywhere, sturdy, and reliable.
- ∞ trash-bag rain gear
- ∞ 'space bag' box-wine bags as inflatable pillows (they're sturdy, weigh nothing, take up no space, and are a good backup water container)
- ∞ Make a solar dehydrator and dehydrate food! It weighs less and keeps even longer than canned stuff. It's good when you accidentally dumpster a bunch of stuff that's going to go bad before you'll be able to eat it. I like scrambled-egg jerky myself...

image  
on  
page  
10

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## Beware of CRACK-BUTTER



Too many Bicycle Tourists I know get way addicted to nut butter. Takes hold scary fast. It IS a non-perishable protein source, but aside from being kinda fatty (like cyclists care) it often contains SUGAR and SALT (maybe other stuff) in quantities that concern me about over-consuming

Dumpster-Dive BIKE  
SHOP DUMPSTERS!  
-tubes that only need patching  
-tires & half their tread left

## DUMPSTER DIVING

DOES NOT have to be gross

- ∞ When new bananas come to the grocery store, any remaining old bananas must go, even if they're not overly ripe.
- ∞ A lot of places put stuff on top of dumpsters or next to dumpsters because they know it will get eaten
- ∞ Pizza by the slice!--or anything perishable that isn't made to order.
- ∞ Some dumpsters are locked...have backup food(s). These towns usually have industrialized their food reclamation, so hit up the food bank!
- ∞ Getting caught isn't bad. Even trespassing inside of a locked gate the worst I've ever had is they ran me off (got to keep the food too)

## POST CONSUMER (ie. residential)

IS gross: egg shells, dirty diapers, sharp things but...

## POST INDUSTRIAL

(ie bakeries, Fresh produce markets)  
usually have whole bags full of only one thing (bread, bananas)

## DUMPSTER TOOLS (ALL ARE OPTIONAL)

- ∞ bag(s)
- ∞ light source ← necessary for night missions
- ∞ soap/sanitizer
- ∞ gloves
- ∞ escape route

drink 2/water

I saw this on a bumper sticker in Berkeley.

# Bike Jocks

# Are Still Jocks!

← This part is original

Don't Let  
Patriarchy OR  
Capitalism  
Tell YOU How  
To Ride!

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# FREEDOM

From corporate, for-profit, chain-store bike shops and the capitalist greed they perpetrate\* is liberating, empowering, and crucial to

## THE TRANSPORTATION REVOLUTION

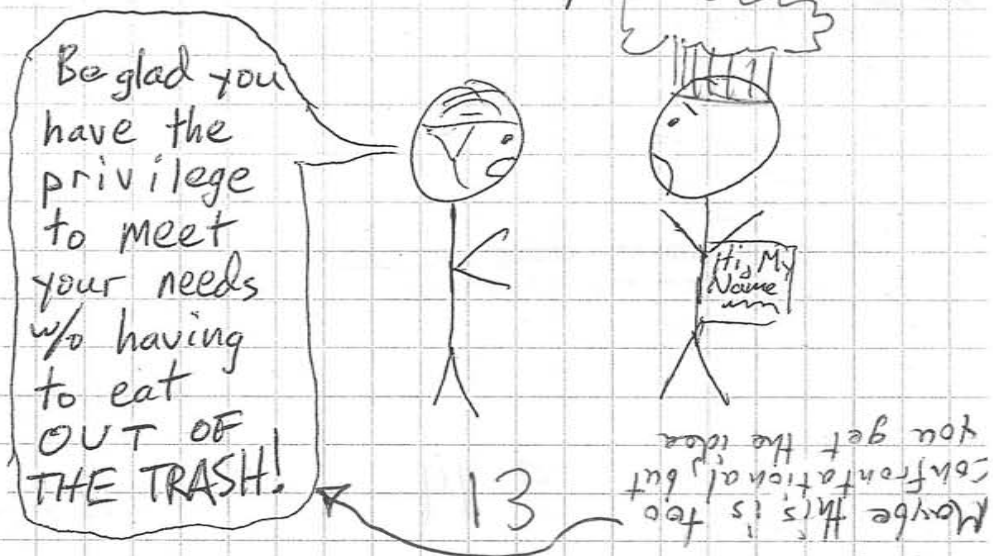


fuck that guy.

30 \* see pg 37

# Getting Caught Dumpstering

is one of my favorite opportunities for community engagement/education



- ∞ alibi...i.e. "I accidentally left my \_\_\_ inside, but by the time I realized, they'd already cleared my table"

## STOVES

...are not necessary AT ALL

- ∞ If you really like hot things, you can get hot water for tea and coffee at most gas stations (and likely use their microwaves).
- ∞ You can make fires when camping in low-profile wooded areas (especially national forests).
- ∞ Anyone you stay with will let you use their kitchen, though you may have to clean up after yourself (boohoo!)
- ∞ Knock on some random person's door who looks like they're home (and not a sketchball) and ask if you can cook a meal on their stove!
- ∞ Stoves do become more efficient for groups of about 4-8 than for groups of 1-3, but bigger than 8 or so you start needing a bigger stove
- ∞ Stoves can be made from tin cans (Google a marine stove, or if you want to use wood fuel, a rocket stove)

## OTHER

not so crucial notes on food:  
Some Food (like whole grains) are rarely dumpster-allo because they do not go bad quickly,  
Hence...

- ∞ food stamps
- ∞ soup kitchens
- ∞ food banks
- ∞ organic farms or 'woofing' - [www.woof.co.uk](http://www.woof.co.uk)  
(organic farm worktrade network)
- ∞ food not bombs

YR Local  
**COMMUNITY**  
**BIKE CO-OP** or "Bike Kitchen"

is the best place to go for parts,  
tools, and know-how. In stead of  
charging you money to fix your bike  
for you, they will teach you how to  
fix your own bike for **FREE!**  
or cheap

Hi,  
Welcome  
to The  
Peoples' Shop



DIY = Do It Yourself

Read Shelley Jackson's  
zine, "A Rough Guide to  
Bicycle Maintenance"  
or her book,  
CHAINBREAKER or  
scroogle\*/wikipedia  
to learn bike knowledge.  
\* Like Google, but less creep.

## LODGING AND DISLODGING (AKA GUERRILLA CAMPING)

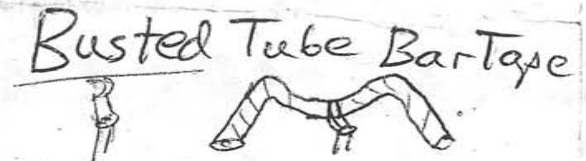
- ∞ Small groups (and soloists) can pretty much just find a wooded area that doesn't look like people give too much of a shit and bed down.
- ∞ rural areas are best
- ∞ not looking like you have the money for a campsite often prevents/alleviates any hassle-age



# HACK YR BIKE INTO A TOURING BIKE!

NOTHING HERE IS  
ESSENTIAL. PEOPLE TOUR ALL THE TIME  
WITHOUT ALL OF THESE THINGS.

- ∞ lots of spokes
- ∞ comfortable handlebars and seat (can be rigged with towels & tape) or busted tubes

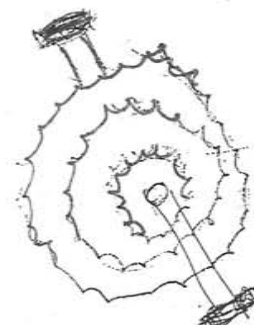


- ∞ rear axel further back for heel clearance

Zip-tie a  
MilkCrates Acel  
on the  
side of  
rack to keep bag(s) out of spokes



- ∞ 3-ring crank/derailleur for big hills / heavy loads



I think these  
are GREAT!

drink  
27  
water

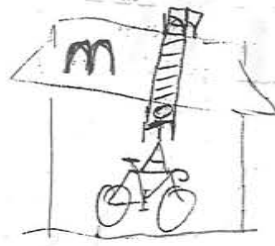
## IF YR IN AN URBAN AREA

- ∞ talk to people who look like they might know (i.e. crusty kids)
- ∞ rooftops – almost all McDonalds roofs have ladders; stand on your bike frame to get your gear above the fence/lock on the bottom part
- ∞ under bridges
- ∞ shelters if you want (many are quite posh)
- ∞ Behind churches has been recommended to me by multiple people, but if you do this you may be increasing demand in the sectarian non-profit industrial complex.
- ∞ As a backup plan you can always ride out of town to a not-so-populated area to guerrilla camp.

Ladder

Building (Side View)

sometimes the  
bottom of ladder  
is here  
OR it has  
a guard/lock  
on it:





# A "TOURING BIKE" Is a Bike That Gets Toured On.

∞ It is possible to tour on pretty much any bicycle that you can ride. Start by strapping a sleeping bag on one side and a backpack on the other, and take a spin around the block. Start *right now* and go from there.

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- Lots of people who tour(ed) and want to pay the community back for all the people who put them up.
- Advanced notice\* and a well-developed profile help: - Photos, info about you, etc.\*.

## Warmshowers.org

Is like the 'couchsurfing' community but specifically for Touring Cyclists. It's great at getting you a place to stay, often you will be fed, and it's a great resource for directions, tools, parts, maps, and local bike info.  
and vehicular rescue

## AdventureCycling.org

Is another great resource for most of these things. They also have really ~~xxxxxx~~ awesome maps.

And their "office" in Missoula has ice cream and soda if you're touring



drink water

# TRAINING

- ∞ REALLY IS NOT NEEDED if you start your first couple of days with only 20 or 30 miles (or if you ride a bike even occasionally). Pace yourself, drink water, and listen to your body, but DO NOT think that bike-touring is only for elite-athletic types. You CAN bicycle tour.

# BIG GROUPS

- ∞ Make decisions by consensus (or as close to consensus as you can). Try to take everyone's needs into account, even if it takes longer. Be as transparent as possible with any power structure you set up
- ∞ Communicate! Meetings are your friend!
- ∞ "Sweeps" – someone who is good with routes and maps volunteers to be the 'front sweep' and leave early, putting large sidewalk chalk arrows on the road indicating turns. The 'back sweep' volunteer takes tools/pump/flatKit and brings up the rear, helping/motivating anyone who needs it.
- ∞ walkie talkies can be 'hippie rented' from walmart (buy, use, return), but it's good to double check return policies because some are wising up to this
- ∞ beware of areas with no cell phone reception

drink  
18  
water

# CORKING

- ∞ an intersection is a tactic employed by Critical Mass (see page 40) to hold a red light open for your group. When a light is turning yellow, whoever is closest either parks right in front of the cross traffic's lanes and/or slows and signals for them to wait until you can all get through. cars honk and shout at critical mass because it's huge but are usually understanding for most bike-tour sized groups, especially when you have all that gear.

# CADENCE

- ∞ is the revolutions-per-minute of your pedals. 110 rpm is supposed to be healthiest for bloodflow and for keeping enough torque on each stroke not to overly stress your tendons/ligaments. Most peoples' natural rhythms are slower than this, but it tends not to matter until they're riding a lot (like when on a bike-tour) and it starts to hurt (or it takes you forever to get up hills / accelerate). try this: DOWNSHIFT one gear, then floor it fast. you may be surprised what you can do when you're in a lower gear than you're used to.

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**RIDE GUIDES** are small zine-ish books for your riders that you can assemble if you have the will/People Power. ~~Consider the following:~~  
Consider the Following:

- ∞ any group-level agreements/boundaries
- ∞ contact info
- ∞ Maps with turn-by-turn directions. It can help to number each turn too, so if the route changes, you can say at the meeting, "strike turns 41-56, and do the following in stead..."
- ∞ talking points for any media interactions (mainly for activist rides)
- ∞ Art!

**DIVIDE AND COLLABORATE** your group's needs amongst volunteers willing to "bottomline"...

- ∞ Places to stay
- ∞ Gigs
- ∞ Food
- ∞ Parts/repairs
- ∞ Community engagement
- ∞ Activism

# CONSENSUS!

is how groups give consent. It is a non-majoritarian way of making decisions democratically. That way 50%+1 of a group can't oppress everyone else whose opinions are genuinely valuable. Works great in small groups. Communication is key. Below is a list (in no particular order) of some common features of consensus process. I think all are worth knowing, but when/whether to use them is up to you as a group.

- + **DISCUSS** what is to be decided. Everyone should have an opportunity to speak. Be patient.
- + **STACK** or list speakers if multiple people want to speak at once. Some collectives give speaking-order priority to people who don't speak as often or for as long.
- + **FACILITATOR** is not always a necessary role, but it isn't hard. Mainly keep stack and make sure people don't interrupt. Helps if facilitator is relatively less invested for heated issues.
- + **OBJECTIONS** are important to be heard and valued. Many collectives allow every member to "block" any proposal. This makes sense for bike-touring because anyone can leave the collective and bike solo.
- + **STANDING ASIDE** is an objection someone has that they are willing to forego for the sake of the group. Generally, they will want to voice their concern fully before agreeing to stand aside. *Respect that, because they could have blocked your proposal*

Each of these 3 Features often has its own hand signal to make it clear to the group/facilitator why the person is speaking (or wants to speak) out of turn.

- + DIRECT RESPONSE is an answer to a question that was asked by another member. It goes out of stack order because it could save stack time.
- + CLARIFYING QUESTION is similar to DR, but in question form. These are commonly abused, so if you think the speaker should wait their turn, SAY SO.
- + POINT OF PROCESS is intentionally an interruption when consensus process has been 'violated.' The quotations exist because your group decides what process it uses and whether said process has actually been violated.

## What if We Can't Reach Consensus?

The world isn't perfect. Winston Churchill is quoted saying "Democracy is the worst form of government except all the others." Only you can decide what you will do in the event consensus can't be reached, but I recommend giving the process a try.

# In-Traffic Communication

## 4 Group Riding

is different and may be more dangerous than riding alone. Lots of cyclists know how to deal with car traffic but not bike traffic. Fortunately there are some pretty common ways for cyclists to communicate in traffic.



1 signal--always. big and flashy. with cars. with bikes. alone (for practice)...or die sometimes.



2 when passing another cyclist say 'ON YR LEFT' way before you're close to them so their brain has time to process what it is you're trying to tell them and shift over to give you more room or at least avoid being startled when you blow past. say it early. say it loud.



3 if you're going to draft someone (~~see page~~) they should know it so that they can notify you before they brake lest you slam into them at high speed. When touring especially be mindful of increased stopping distance because of your weight with gear



4 "CAR(s) BACK!" is how you notify cyclists ahead of you that there is/are (a) car(s) approaching from behind. If possible, indicate how many so they don't swerve to their death(s) after the first one.



5 decisions that may require consensus (i.e. "should we stop to check the dumpster here or keep going?") could get their own signal so people aren't confused when you slow/stop and/or just pass you by assuming you're ok



# (Physically) RIDING IN A GROUP

RIDING IN A GROUP

is more social

can be safer

inconveniences cars less because they can pass all of you at once

makes decisions easier

won't leave you wondering where those people were who were behind you and why aren't they here I've been at this turn for ten fucking minutes

don't force group-riding. people will usually self-select by their natural riding speed and clump into groups.

## "How Big is the Shoulder Here?" (emergency lane)

Introducing the single most influential safety factor. It could be pouring rain on gravel with tight curves in the dark, but if you can put 6 horizontal feet between you and 60mph of death, you are way safer

# Don't Be Afraid to TAKE A LANE For Your Safety.

Fuck Cars! Honkers  
and Shouters can  
eat Shit and Die!

## REMOVE OLD TUBE

by prying the tire bead from the rim hook (see drawing) Use either tire 'levers' (cheap) OR the handle(s) of silverware. Pull off one whole side of the tire, but leave the other bead in the rim. You should be able to pull out the old tube.

## PATCHING A TUBE

read ALL the instructions in the kit FIRST. Most say to LET THE GLUE DRY

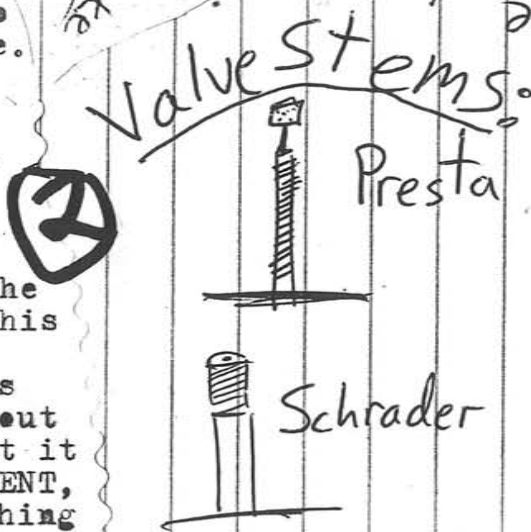
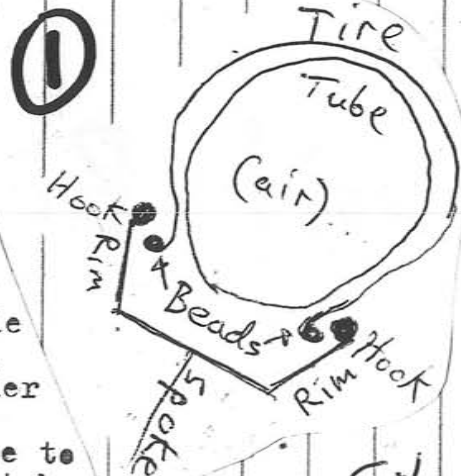
before putting on the patch. People get this wrong too often.

You can make patches by cutting circles out of busted tubes, but it requires RUBBER CEMENT, more time, and roughing up the back of the 'patch'.

SLIME is a goo that can be put into tubes (some come with it) to 'self-patch' if it punctures.

## TUBE SIZE ISN'T SET IN STONE

It is important to be in the same 'ball park' as the size your tire says, but close is good enough. If it's made for a wheel w/a bigger diameter, just stretch it ~~xxxx~~ around the wheel. If its wheel-diameter is too big, stuff it in or 'Z-Fold' it. Tubes just hold pressure, the Tire determines the shape. If the tube width is less than the tire you're good (because the tube will expand to fit the tire (I've seen tubes get pretty fat before blowing). IF the tube is wider than the tire, you'll have to stuff the tube into the tire. For this you'll need a tube that isn't THAT



# FIX a FLAT in 3 easy steps:

Bike Shops for Tubes! sometimes they'll give you a sk, too. You busted ones if you ask, too.

## PUT TUBE BACK IN

### Valve Stem First!

It helps to have some air in the tube. Get it in the tire all the way around, and center the tire/tube on the rim so the bead is touching the outside of the rim. Pry the bead back into the rim same way you got it out. You may have to let the air out. This IS the hard part.

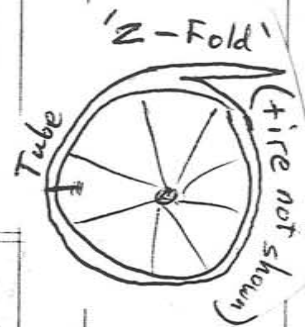
## INFLATE YOUR TUBE

...to whatever pressure it says on the tire. Tubes can take all the pressure the tire will let them. Having gear on your bike and/or the fact that you are riding it long-distance does NOT affect the tire pressure...unless you have old gnarley tires. But even then only subtract 5-10 PSI. Too low pressure can get you a 'pinch flat' if you hit a big enough bump. You also get better 'gas milage' with adequate tire pressure.

## MOST PUMP

### MOST FRAME PUMPS

can switch between Presta and Schrader. Just unscrew the part that attaches to the valve stem, dump out the two pieces inside, rotate them both 180 degrees, and put them back in their original order. Adapters are also cheap.



## TUBE SIZE CHART

(Wheel Diameter is the first #, Rim Width is 2nd)  
26"X(inches-inches)  
27"X(inches-inches)  
700(metric for 28")  
X(metric)