

## Community Resources



### Social Group Rides in Atlanta

#### Critical Mass

- Last Friday of the month at 6 PM
- Starts at Woodruff Park
- [facebook.com/groups/AtlantaCM](https://facebook.com/groups/AtlantaCM)

#### Midweek Roll

- Every Wednesday at 7 PM
- Starts at 97 Estoria
- [midweekroll.com](https://midweekroll.com)
- Instagram: [@midweek\\_roll](https://instagram.com/midweek_roll)

**Note:** All rides above are beginner-friendly, but basic cycling experience is required.



### Online Community Resources

#### Flashride.app

- Big list of social rides in ATL, including no-drop rides, easier/harder rides, elevation, etc.

### Bike Commuters of Atlanta Facebook Group

- 5K members
- Ask questions, get advice, learn about events, share stories, etc.
- [facebook.com/groups/BikeCommutersATL](https://facebook.com/groups/BikeCommutersATL)

## Shopping



### Storage Options

- Small: under seat bag, frame bag
- Medium: front basket, backpack
- Large: Rear rack with basket, panniers, bike trailer



### Video

- Watch "Groceries by Bike: Tips for shopping with bike panniers" by Tern Bicycles on YouTube.

## Midtown Transportation Resources



### Free Personalized Route Planning

- Directions for how to best get to work, the grocery store, a restaurant, or anywhere else by bike or public transit.
- Just visit [MidtownATL.com/RoutePlan](https://MidtownATL.com/RoutePlan) and fill out the form to request a route plan.



### Georgia Commute Options Incentives

- Sign up at [mygacommuteroptions.com](https://mygacommuteroptions.com) to earn rewards for taking trips by bike, transit, carpool, or walking.



### Bike + Transit Maps

- Available at [MidtownATL.com/MT](https://MidtownATL.com/MT)

# Basic Bicycle Maintenance + Resources



## Pre-ride ABC's



### Air (and Wheels)

- Inflate tires once a week.
- Note any slow leaks.
- Check for tire wear.
- Make sure the wheels are fastened properly and safely.



### Brakes

- Make sure brake levers don't touch the handlebar when squeezed.
- They also shouldn't be so tight that they can't be squeezed easily.
- Spin the wheels to check for brake rub.



### Chain

- Check out for grease build-up. Clean and lube as necessary.
- Spin the pedals backwards and check for chain noise or squeak.

## Non DIY Maintenance



- Annual visual inspection.
- A bike shop will recommend a la carte service vs. comprehensive service.
- Hydraulic brakes need to be serviced and bled every 12 - 36 months.

## At Home Gear



- Floor pump with gauge
- Chain lube

## On-the-Bike Gear



- Helmet
- Water bottle and water bottle cage
- Lights
- Bell
- Phone mount or cyclecomputer



### On the Road Repair

- Spare inner tube
- Patch kit
- Mini pump and/or CO<sub>2</sub> inflator
- Tire levers
- Appropriate tool for non-quick-release wheel fasteners
- Folding multitool



### Lock (from highest to lowest security)

- U-lock
- Folding lock
- Reinforced strap/band type lock
- Braided cable lock

