

10 Secrets I Wish I Knew As a Beginner Cyclist

ARTEMIS

THE ART OF CYCLING

WORLD
SHIPS



GLASGOW
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**YOU'RE
ONLY
ONE
RIDE
AWAY...**



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Cycling

Cycling is an amazing sport.

But it comes with its own unique challenges.

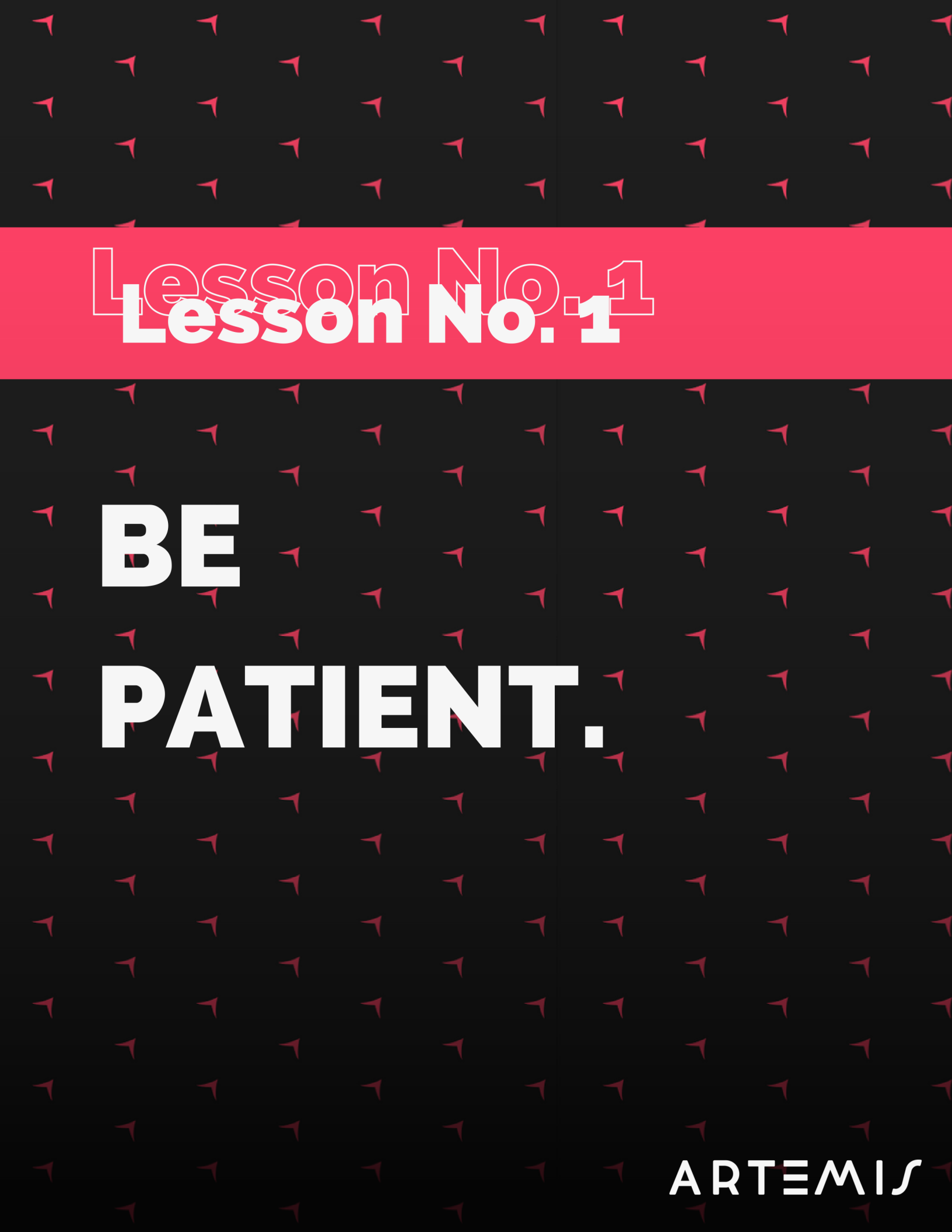
My gift to you is this handbook, **The 10 Main Lessons I Wish I Knew When I Started Riding.**

If only someone had told me these things, maybe I wouldn't have had to learn the hard way...

Apply them.

Learn them.

And let Artemis ride by your side.



Lesson No. 1

**BE
PATIENT.**

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Patience.

There's a lot to know about cycling.

It requires skill. It demands respect.

Know that time is required. This isn't negotiable.

There are no shortcuts that don't lead to drama and trauma.

Breathe.

Relax.

Take your time.

Be patient with yourself.

Why do you want to hurry when the journey is always as important as the destination?

Speed comes with endurance when the foundations are strong.

Just as a tree only grows as tall as its roots allow; a cyclist only reaches their true potential when they've embraced the gift of patience.

Lesson No. 2

**BE
HELPED.**

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Throw away the idea that you have to do this alone...

You don't and you can't.

Connect with those who know more than you.

Ask for help.

Be open to receiving it.

The key to improving and growing as a cyclist is receiving help at different stages of your journey. There will be help at so many turns, you just have to look.

1. **Artemis** is here to help you.
2. You also have your **bike shops**.
3. As well as **bike groups** and **communities**.

Women who want to cycle are a growing revolution. Join what already exists and remember that everyone has been where you are at some point in their journey.

**DON'T BE
EMBARRASSED
ABOUT WHAT YOU
DON'T KNOW...
YOU HAVEN'T
LEARNT IT YET!**



(we all have to start somewhere)

Lesson No. 3

**GET
SKILLED.**

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Skills Check.

You need to accept your starting point.

Cycling is a complex sport. And staying safe is serious business.

It's vital that you be truthful and acknowledge your lack of cycling knowledge and your skill deficits.

Never fool yourself.

Never put yourself in situations that demand too much, too soon.

Acknowledging your current level of cycling skills is the single most effective way to stay safe on your bike. It also shows you're prepared to honour and respect yourself.

It is your responsibility to stay safe on your bike. But remember you aren't doing this for you alone. You're also staying safe for your family, those who love and rely on you, and the people you ride with.

Self-Assessment.

Cornering

Do I know what leg to put down?

Y	N
☐	☐

Balance

Can I ride with one hand off the bike?

☐	☐
--------------------------	--------------------------

Can I turn my head/body behind me?

☐	☐
--------------------------	--------------------------

Pedalling

Do I understand cadence?

☐	☐
--------------------------	--------------------------

Signalling

Can I safely call obstacles and my actions?

☐	☐
--------------------------	--------------------------

Stopping & Starting

Can I start and stop with ease?

☐	☐
--------------------------	--------------------------

Traffic

Do I feel comfortable in traffic?

☐	☐
--------------------------	--------------------------

Do I follow and know the road rules?

☐	☐
--------------------------	--------------------------

Positioning

Do I feel comfortable on the bike?

☐	☐
--------------------------	--------------------------

Do I know the correct positioning for hills?

☐	☐
--------------------------	--------------------------

Gearing

Am I using my gears correctly?

☐	☐
--------------------------	--------------------------

TOTAL /

Lesson No. 4

**GET
KITTED.**

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Your Bike.

Having the right bike, wearing the right clothing, and using the right equipment is a must when riding.

Save money by buying right.

Save time by getting the right advice.

You're not supposed to fit your bike.

Your bike fits you.

Cycling hurts. However, it's meant to hurt in the 'right' ways. If you commonly have 'sore bits' (knees, hips, back, shoulders, hands or groin) it is a clear sign that you should get a professional involved.

This is where a professional bike fit becomes invaluable.

This amazing journey as a cyclist only happens through your relationship with your bike. You might be ready. But is your bike? If in doubt, ask your local bike shop.

FRONT AND BACK LIGHTS.

Fully charged.

SPARE TUBE.

Make sure you always carry a spare tube and pump/canister.



YourKit.

When it comes to buying your cycle jersey and bib knicks, invest in something that **makes you feel beautiful**. Go pretty, bright, and colourful.

**You deserve to feel good about yourself.
Make the investment.
You're worth it.**

Cycling clothes are expensive. But a good quality kit can last for many years with the right care.

You only need a few items to start.

Find the brand that suits you.

And remember, **it's supposed to be snug**.

When we cycle, we rejoice and accept our bodies as they are because they belong to us. Be proud. Stand tall. Own your shape and size.

HELMET. ALWAYS.

This is a non-negotiable.

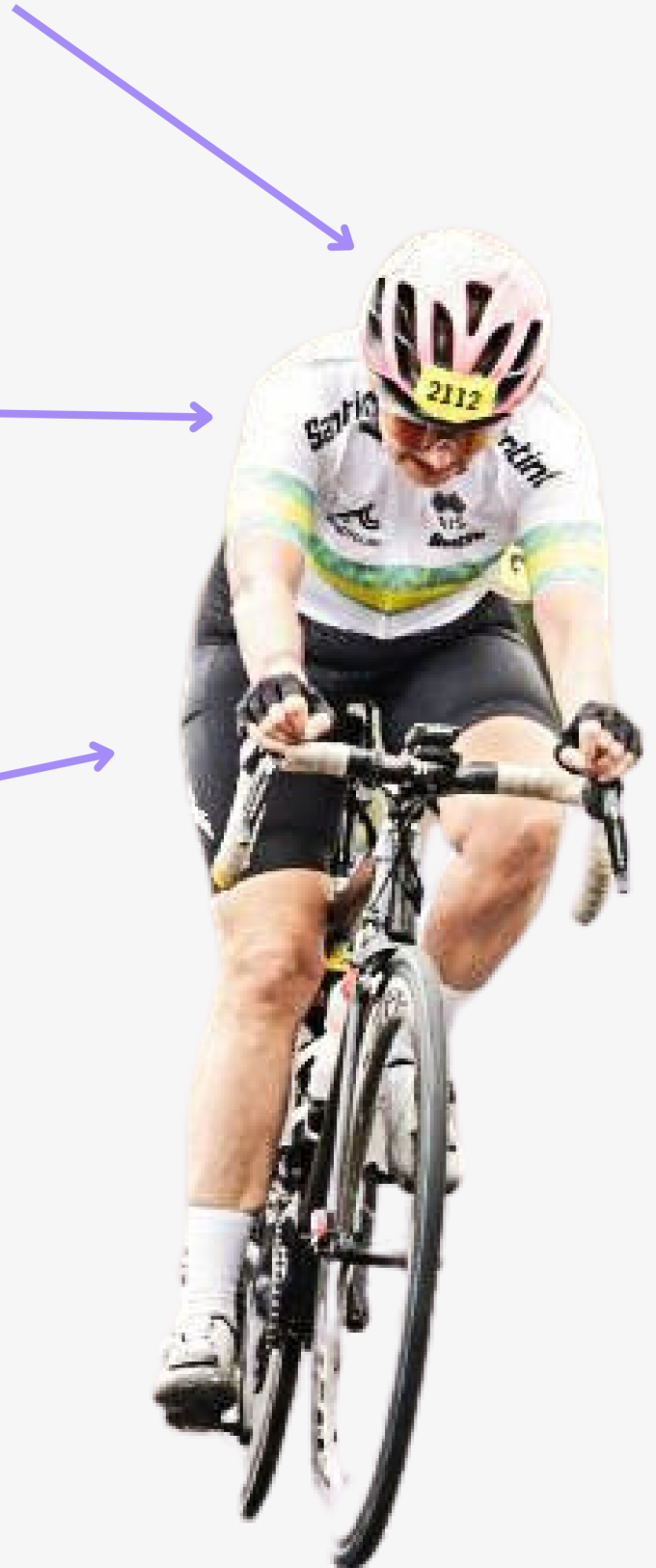
If you get it from a bike shop, ask them to fit it for you - there are tricks to know.

GLASSES. MOSTLY.

Protect your eyes from bugs and road debris, (except if it's foggy).

GLOVES. ALWAYS.

Your hands are your first point of contact if you fall off. Protect them.





Lesson No. 5

**BE
VISIBLE.**

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Visibility.

Safety 101 is visibility.

Why? Because in a sea of traffic, one cyclist is small.

Make yourself seen.

Go one step further.

Make yourself heard.

Amongst traffic, it's perfectly acceptable to make yourself 'stick out like a sore thumb' with sight and sound.

How to do this:

1. **Use lights.** Front and rear, at all times.
2. **Call out.** "Rider back" / "rider up" / "passing" or use your bell to let pedestrians know you are approaching.
3. **Wear a bright kit.** Fluorescent colours scream 'SEE ME'.
4. **Pick your times.** Avoid school or morning traffic.

5. **Indicate.** Use your arms to make yourself seen. Not to say 'hello' but 'have you seen me?'. (It's also nice to wave when cars stop for you at intersections, too.)
6. **Look at the faces of drivers.** Their eyes will let you know if they have seen you. Locking eyes makes sure you've been seen.
7. **Be predictable.** Hold your line. Hold your space on the road. Predictability increases visibility.
8. **Know your blind spots.** Parked cars, roundabouts, and passing on the inside of traffic at intersections.
9. **THE BEST WAY to be visible is to ride in groups.** A pack of 10 riders is a lot more likely to be seen than a solo rider. Safety in numbers works.



Lesson No. 6

ATTITUDE CHECK.

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Be Positive.

You can have the best bike. You can have a crazy level of fitness. You can have the most supportive cycling team on your side.

Without the right attitude, you will always fall short of reaching your potential.

Your thoughts matter.

What you say to yourself matters.

How much you believe in yourself matters.

Attitude is everything.

If you're able to start with the right attitude, you'll be less stressed and more joyful.

Drama will happen to someone else.

If you need some help with this, try the following:

1. **Laugh more.** Particularly in the beginning. A child learning to walk is pretty funny.

2. **Own your mistakes.** And then say 'that's okay'.
3. **Repeat after me: "I WILL NOT LET MY FEARS, INSECURITIES & SELF LIMITING BELIEFS STOP ME".** If you think you can, over time and with consistent effort, you absolutely can.
4. **Each ride is a new ride.** Don't take memories of the past with you. Leave them at home.
5. **Hear yourself.** Pay attention to the words you say to yourself and to others. Stay positive and kind. Remember - you are a divine being.
6. **You are not the victim.** You are a GODDESS. Don't lay blame on the feet of another. Don't make excuses for your own judgements about yourself.
7. **Centre yourself.** Do yourself the biggest favour and spend some time in stillness before your ride. Gather your thoughts. Connect with who you really are. Choose only what is light to enter.

Lesson No. 7

**BE
PREDICTABLE.**

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Predictability.

You can always pick a good cyclist. **They are 100% consistent in how they ride.**

They look one with their bike, like riding it is the most natural thing in the world.

They always look effortless.

You can be sure that when you see this kind of cyclist, they are going to be predictable.

What this means is that they:

Hold their line. This means that they ride in line with the wheel in front, and are considerate of the wheel behind them.

Maintain their speed. No sudden surges. No sudden stops.

They indicate when required. They won't allow the rider behind to hit an unidentified pothole.

If you're going to be anything as a cyclist, BE PREDICTABLE.

Being predictable also extends to your ride preparation.

Make sure you've asked yourself:

1. Is my bike ready?
2. Are my lights charged?
3. Am I wearing the right kit?
4. Do I have adequate food and water?

It's a good idea to get your bike, kit, and nutrition ready the night before (ESPECIALLY for a long ride).

This gives you precious moments to centre yourself before a ride.

A predictable cyclist is calm.

A predictable cyclist is aware of their environment and responds accordingly.

Predictability is a positive relationship builder in any cycle group. Why? Because **a predictable cyclist is a safe cyclist** and people will **LOVE** riding with you when they know they can count on you.



**A PREDICTABLE
CYCLIST
IS A SAFE CYCLIST,
IS A GOOD CYCLIST.**



Lesson No. 8

**BE
REALISTIC.**

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Get Real.

As a divine being, you are more powerful than you could possibly imagine. You are!

But that doesn't mean it's a good idea to jump into a turbulent ocean without a safety vest.

Being real about your capabilities is essential at the beginning of your cycling journey.

Take your time.

Learn what you need to learn.

Practice. Again and again and again.

ACCIDENTS DON'T HAVE TO HAPPEN.

BUT they are **likely** to happen if you:

- Join a cycling group too soon,
- Ride on the road too soon.
- Go too fast when still locking in the skills.

Honour yourself by saying 'I will not place myself in unnecessary danger. I will be realistic, about my abilities, without ego or judgement.'

REMEMBER, THIS STAGE
WON'T LAST FOREVER...
ENJOY IT WHILE YOU CAN,
OH YOUNG ONE.

LIKE A BIRD LEAVING THE
NEST, YOU MUST LEARN TO
FLY. WHEN THE TIME IS
RIGHT, YOU WILL INDEED
SOAR.

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THE ART OF CYCLING

Lesson No. 9

**IT'S NOT
JUST MY
LEGS.**

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The Big Picture.

Just about all good cyclists have great leg muscles. It comes with the territory. **This is where new cyclists are often trapped.**

They believe if they are to get these muscles too they must push a big gear. **No.**

You get muscles from learning to cycle the right way.

You learn to spin rather than push, and then spend many hours on the bike doing it.

But cycling is so much more than what you do with your legs! How open is your chest? Are your shoulders relaxed? Is your core activated? Are you using your glutes and hamstrings?

You ride your bike with your whole body, and the best rides come when you ride with a loving heart and a positive mind.

This is when you are truly riding with your whole being.

Lesson No. 10

**THE GOAL IS
ONENESS.**

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We have our best rides when we accept the concept of ONENESS. We are not working against anything, because we see our connection with it.

With EVERYTHING.

We are one.

We become one with our bike. Working with it, not fighting against it.

We don't curse at the wind. We accept it because we accept the entirety of the natural environment we ride in.

A hill is simply a hill. One pedal at a time...and we reach its summit.

This concept of oneness also allows us to flow in traffic, to become a part of the stream of vehicles on the road. Separation creates isolation, and isolation makes us less safe and less secure..



**THE GREATEST POWER
COMES WHEN
WE FEEL OUR
CONNECTION WITH
OUR **INNER GODDESS**,
OUR TRUE ESSENCE.**



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