

A Novice's Guide to Cycling

We have all got to start to somewhere when it comes to taking up a new hobby or leisure pursuit. Most of us would have loved somebody to tell us the secrets or shown us the proverbial ropes before setting out on day one. That's because, we all know, things can happen to a person and their **bicycle**, so **good insurance** is vitally important. So with that in mind, we have put together a sort of an **insurance** check list for those of you who are new to cycling which we hope will stop you having to make a claim.

Two Locks are Better than One

It is sad to say, but in this day and age, if you do not lock your bike up securely, you are more than likely to find it a target of theft. That said, one of the best ways to deter even the most determined of bike thieves, is to use two locks instead of one to lock up your bike. Two take time to cut, break or remove. And in that time, somebody somewhere will certainly see them try to take it. And that is enough to make them think twice too.

Own your Part of the Road

You have as much right to be on the road as all the cars, lorries and other motorized vehicles, so start riding that way. One of the biggest **insurance claims** is for people being knocked off their bicycles whilst on the road. So don't give in to intimidation, let drivers know you are there and don't put yourself in a position where it could be both dangerous for yourself as well as your bike.

Protect yourself against Punctures

One of the most feared mishaps for bikers of any level. They do happen and they can happen at any time and anywhere. But the best way to avoid them is either to buy puncture protected tyres or just learn how to repair one if it does happen to you. And there is no cyclist in the world who does not have a puncture story to tell. So don't be afraid to join them. If you do find yourself with a puncture though, the best pump you can get is one with a gauge as that will inflate your tyres quickly and keep another puncture at bay.

Get to Know Your Bike

We are not suggesting you invite your bike to dinner, but getting to know how your bike works might save you money. It will also make your bike sense a lot better and avoid trying to attempt the impossible when you are on the road. It might even be fun, learning all the names of the individual parts of your bike and how they are connected to each other. It'll be a little like that song; the knee bone is connected to the thigh bone, but for bicycle parts instead.

Keep Calm and Ride On

The only thing you can control when you are cycling are your emotions. People do run into the road without looking, passengers open doors just as you are about to cycle by and drivers are always in a hurry and cut corners. This is all part of being a cyclist. The best thing you can do is just be aware at

all times and keep calm if it happens. This way you won't spoil the fun, freedom and flowing feeling riding a bicycle has to offer. It will also stop you having to call up another company to get a **comparable bicycle insurance quote** because your other one rocketed when you threw it through a car window! Just kidding.

They're straight forward things to think about, but by following these bits of advice, you will hopefully keep on your bike and enjoy it.

Author Bio

[Compare bicycle insurance quotes](#) like Chris Northey did before setting out on your bike and the only thing you will have to think about on the road is why I didn't start riding sooner.