

# CYCLE MAINTENANCE TIPS : how to keep your bike in optimum condition

## CYCLING TIPS

Follow the Highway Code – don't jump red lights and don't cycle on the pavement unless it's a designated cycle path.

In wet weather watch your speed as surfaces may be slippery and it will take you longer to stop.

Make sure motorists can see you: use lights and consider wearing bright or reflective clothing, especially in towns, at night and in bad weather.

Be aware of vehicles; collisions happen when a cyclist is on the inside of a vehicle which is turning left. Don't assume the vehicle is going straight ahead just because it isn't signalling left. Always avoid 'undertaking' any vehicle in this situation – it's better to hang back until the vehicle has moved off.

Never cycle along the inside of large vehicles, such as lorries and buses, especially at junctions, where most accidents happen.



**Green Grimsby**

Freshney Place Green Grimsby is a campaign aimed at driving greater awareness of the environment, sustainability and a greener approach to living, in line with the town's reputation as a renewable energy capital. Combining events, key partnerships and activities, the initiative hopes to educate and create awareness of these important issues amongst the local population.

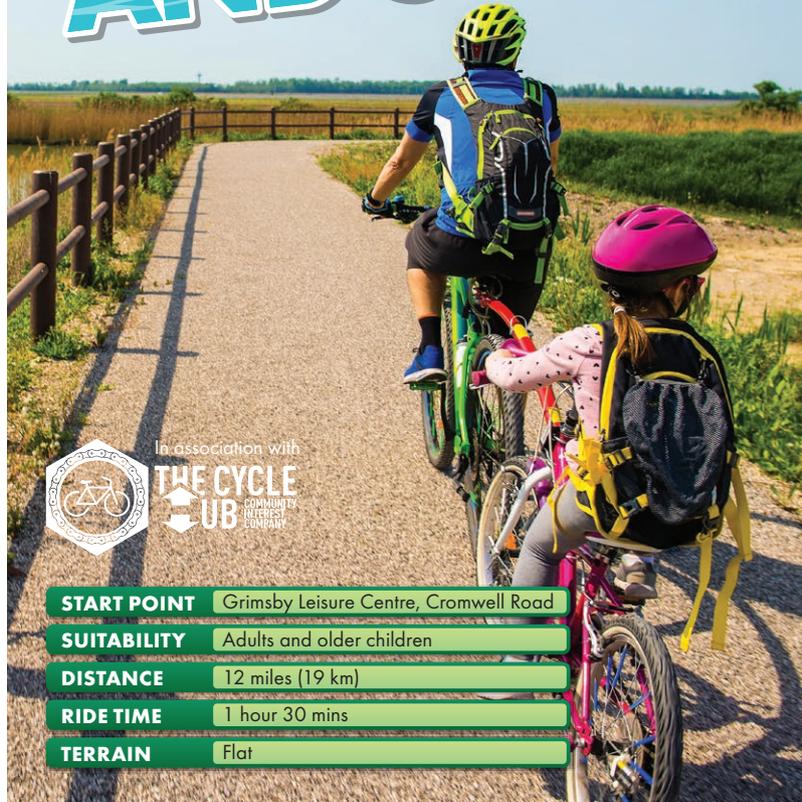
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## CYCLE MAP

# FISHERMAN AND SHIPS



In association with  
**THE CYCLE CLUB**  
COMMUNITY DEVELOPMENT COMPANY

<b>START POINT</b>	Grimsby Leisure Centre, Cromwell Road
<b>SUITABILITY</b>	Adults and older children
<b>DISTANCE</b>	12 miles (19 km)
<b>RIDE TIME</b>	1 hour 30 mins
<b>TERRAIN</b>	Flat

Most gears are pre-indexed but it's worth checking they properly shift across all the gear ratios. You don't want to get caught out on a steep climb if you can't get your lowest gears.



Your saddle takes a lot of wear. To keep it in tip top condition remove the saddle from the clamp, clean the rails then apply a couple of drops of light oil before wiping off. Make sure to clamp the saddle back on securely.



To help keep the jockey wheels moving freely, clean them and apply a lubricant. This is often neglected and can quickly build-up oily compacted dirt and an annoying squeak!



Regularly check your tyres aren't worn, look for cuts and remove flints/stones/glass in the tread. Make sure they're pumped up to a good pressure (90-100psi is ideal).



Check your brake blocks. There will be a point when the block is worn down so much you are in danger of braking with metal on metal or carbon. You will feel a 'grittiness' to your braking and a screeching sound. As well as not stopping you properly (or at all) you could also ruin your wheels.



Keep your bike clean; this will make it easier to maintain. A bucket of hot soapy water and a sponge is all you need. Rinse and dry the bike off then add a light lubricant to the gears and chain before wiping off with a cloth. A thorough wash like this is essential after a ride in wet weather, particularly in the winter months when corrosive salts from the road coat the moving parts of your bike.

# Fisherman and Ships

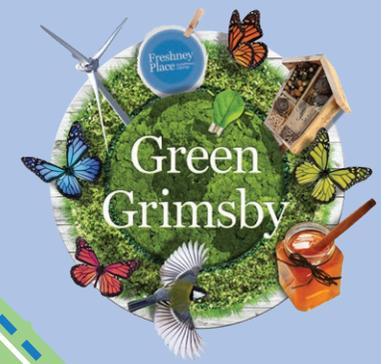
12 miles (19km)

- 1 Leave the Leisure centre grounds and turn left onto Cromwell Road
- 2 To your left is a small cutting through to Great Coates. Please dismount and walk your bike through the cutting, at the end turn right and re-join the road along Station Road
- 3 At the junction of Woad Lane and Moody Lane go straight ahead along the Public Bridleway towards the sea
- 4 At the end of this path turn left and cycle along the seawall
- 5 After approximately 1.25 miles turn left off the seawall. At this point you may need to dismount to pass around a barrier
- 6 Follow the track to the junction of South Marsh Road and Hobson Way, turn right then immediately turn left towards Stallingborough. Head straight along South Marsh Road and Station Road through the village for approximately 2.5 miles
- 7 At the roundabout turn left onto the B1210 towards Healing
- 8 As you enter Healing you may wish to join the off road cycle path on the left-hand side of the road. You can follow this path all the way to Grimsby
- 9 At St Michael's Church turn left onto the path alongside the Freshney passing through a small wooded area
- 10 Follow the path until you reach a T-junction, turn right here and keep the fence to your left-hand side, at the end of the path turn left onto Yarrow Road
- 11 At the junction with Yarborough Road turn left and join the off road path, at the next junction turn left onto Sorrell Road
- 12 Follow this road to the junction with Magnolia Street where you should turn left.
- 13 At the junction with Cromwell Road turn left and head back towards the start point at the Leisure Centre



## KEY

-  School
-  Church
-  Golf Course
-  Power Station



The instructions given in this guide take you in an anti-clockwise direction around the route.