

# Safety Check

From the Safety Chick

## It's in the bag

Turn right on Cuba Road . . . Straight at the light -- The wind is on your right side now, no, a little behind you. . . finally a tailwind, had to work into the wind all the way from home. Still a bit cool, breaks in the shadows feel great on this bright, sunny, Spring day. Push, push, push . . . up -- cruise a bit . . . Push, push push . . . up -- breathe, breathe -- cruise -- On of your favorites, you love this road, a quick ride from home to Cuba Marsh. Early in the day, already a lot of cyclists on the road in this area, you might be able to catch that group up ahead. Glad the weatherman was 'wrong' again. A great day to grab your bike and head out for a quick ride -- didn't give it much thought, pumped up the tires and headed out.

Gosh, this is getting difficult. . . what, uh-oh, Ppfffffffffftttttttttttt . . . difficult to tell but you know that sound -- you need to stop -- you'll pull into that driveway. Yep, a flat tire and oh, good, it's on the rear tire.

Has this happened to you? From a beautiful day to a problem day in a fraction of a minute. No problem if you were prepared.

What's in your bike bag or pockets?

Loose change, lock and cable, an extra glove, granola bar from last November, wallet. Oh lucky day, a tire repair kit -- unfortunately, you used it once before, about 2 years ago. That little tube of rubber cement looks empty.

What should be in your bike bag or pocket??

The bare minimum you need for an unexpected F L A T. A spare tube, pump, tire wrenches, a patch kit, the ability to change/fix your tire. Some nice to haves with you, another spare tube, a cell phone and good friend that knows how to change/fix your tire, in case you don't.