

## **Get on your bike for National Bike Week 11-19 June 2005**

This week will see over 2000 local bike events and rides taking place as the UK 'celebrates cycling' during Bike Week.

The aim of Bike Week is to 'encourage more people to cycle more often', a sentiment shared by Drop On Carriers' Nigel Stokes: "Cycling is an activity that can be enjoyed alone or with friends or family and provides an ideal way to have fun and keep fit.

"However, importantly cycling is an environmentally responsible means of transportation that not enough people use. During the summer months in particular, it would be great to see more people cycling to work, school or the local shops rather than taking the easy and less environmentally friendly bus or car."

For cycling novices, Drop On Carriers has developed an 'all you need to know' guide' to help you get on your bike for a safe and enjoyable ride during National Bike Week.

### **When purchasing or hiring a bike:**

Check with the assistant that the bike's frame is the right size for your frame. Make sure that your feet can touch the ground when you are sitting on the saddle.

Also check that the bike has:

- Easy to operate gears
- A comfortable saddle
- Mudguards
- Good brakes
- Dynamo powered lights
- A warning bell or horn

### **When cycling on the roads:**

The same rules of the road apply to cyclists as other vehicles so traffic lights, pedestrian crossings and road sign instructions must all be adhered to. Here are some other road cycling do's and don'ts:

- Do make sure you look to the sides and behind you when starting off, turning, overtaking or stopping.
- Do give clear hand signals to show what you intend to do.
- Don't wear a personal stereo or use a mobile phone when cycling.
- Don't ride on pavements and footpaths unless signs indicate you can.
- Don't ride with more than two of you side by side and ride in single file on narrow roads.
- Do always carry a puncture repair kit.

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### **Cycle safety:**

Whatever the reason for riding and no matter where you are going, safe cycling is paramount at all times:

- Do make sure you check your bike is in good working order before travelling.
- Do always take the time to make sure your brakes and lights are working properly.
- Do wear reflective materials at night.
- Do wear fluorescent or bright clothing to help you to be seen during the daytime, especially in dull weather.
- DO ALWAYS WEAR A CYCLE HELMET.

The recently launched Drop-On Carrier has been designed to quickly and easily fit onto any vehicle with a tow bar – making it safer and less hassle to fit than conventional strap-on alternatives and mini-trailers. The robust Drop-On Carrier system comes in two models - FreeTail is made from tubular steel, while the latest version, FreeSpace, comes in stylish, lightweight aluminium.

**Ends.**

**For more information or high resolution images, please contact St. John White, Nicole Minty or Richard Postins at Prova on 01926 776900.**

### **Notes to editors**

- Drop-On Carriers was acquired by Coventry-based DCM limited in early 2005.
- All products in the Drop-On Carrier range are manufactured in the UK.
- The new product range has been designed and manufactured by DCM Ltd, which has a manufacturing facility at Coventry.
- DCM is a well established business in the engineering sector, manufacturing precision components for the automotive, electrical and general manufacturing industries.
- For more information visit [www.drop-on.com](http://www.drop-on.com)