

Safety Tips From the STP Medical Team

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#1 Stay hydrated!

If you're thirsty while riding, you're likely already dehydrated! Stay hydrated this summer - carry enough water and stop regularly to hydrate. STP support stations have drinking water and snacks, maintain your input. Regular small sips of cool water are better than large gulps of ice water. If your urine is yellow, you need to drink more water - you should be drinking enough water until your urine is clear at least once daily.

The rule for hydration is 3/4 water and 1/4 electrolytes.

Nuun tablets - provided at support stations; consumption varies depending on activity, sweating and medical needs. Most people consume 1-4 tabs a day depending on their needs, follow manufacturer directions.

#2 Proper Saddle and Stem Adjustment

If your saddle and stem are not positioned properly you will not be comfortable on the ride. You should be able to ride your bicycle without feeling uncomfortable all the time. Bring your bike to a mechanic prior to the STP to make basic adjustments, or you can do it yourself.

Here are a few tips:

- If when sitting on the saddle you can easily touch the ground with your feet, your saddle is too low. When the crank is perpendicular to the ground you should have a slight bend in your leg. A low saddle will make hill climbing inefficient and painful.
- If when you are pedaling you find that you wiggle around a bit, your saddle may be too high. This can cause knee pain and other issues.
- If you feel like you are reaching out too far to reach the brake levers or the handlebars your handlebar stem may be too long or too low. You may need to raise your handlebars or get a shorter stem. Check with your bike mechanic to get the correct adjustment for your body.
- If you feel cramped when riding check to see if your saddle needs to move back a bit, or you may need a longer handlebar stem.
- If you feel like you are leaning forward and there is a lot of pressure on your wrists, try tipping the nose of your saddle UP.
- If you feel too much pressure in your groin area try tipping the nose of the saddle DOWN slightly.

Some basic adjustments can make a big difference. Start with small changes and go from there. Use a marker or paint pen to note the present location on your seat post so that you have a point of reference.

Adjusting your bicycle to fit your body is the key to a successful and less painful ride!

#3 What to do if you witness a crash

You're riding down the road and a rider in front of you swerves to avoid a pothole. You jump the hole and clear it but the rider behind you does not see it in time and goes down. Another rider runs over his wheel and goes down as well. You get your bike stopped and there are several riders down, what do you do?

- Get off the road as far as possible
- Have another rider go up the road a bit to direct oncoming cyclists and cars to go around the riders on the ground
- Dialing 911:
 - Tell them that you are riding the STP bicycle event
 - Give them the name of the road you are on and approximate mile marker and cross street
 - Give them age, sex, primary injury, conscious? breathing? major bleeding?
 - Let them know if there are multiple injured riders
- Attempt to stop any major bleeding with direct pressure, using either medical gloves or an impervious barrier - you can also have the patient hold pressure
- Have someone support their head to prevent movement, holding it on either side and telling them not to move their head
- Protect them from the sun and or rain as best you can
- If the downed rider is on active train tracks or out on the roadway of a busy highway get them off the road first. Attempt to pull them in a straight line by their shoulders or arms to keep their spine aligned. Moving a patient should only be done if they are in immediate danger of being struck, otherwise stabilize them in place and await the arrival of EMS.
- Able to direct traffic around them? Leave them where they landed. Most people that fall off their bicycle get back up right away.
- Stay with the rider until the arrival of STP bike medics or EMS and pass on information relevant to the incident

#4 Basic Riding Safety Tips

Prior to riding the STP take a look over your bicycle, basic safety equipment, and tools.

- Make sure you wear your helmet correctly - it needs to be snug enough so that you can just barely yawn with the chin strap snapped.
- Bike gloves are a great asset - if you fall they save your hands from nasty abrasions.
- Do a quick safety check of your bike prior to riding it each time:
 - tires pumped up
 - brakes operational
 - pedals, seat, handlebar all tight and ready to roll
- Unless you've practiced it, don't ride in a "pace-line"
- Maintain a safe distance between you and riders around you, many a rider have tumbled from riding too close
- Cross train tracks at an angle
 - Fill out the emergency contact information on the back of your Rider Bib Number
- Stay alert, be aware of your surroundings and other riders around you

Have a great ride, stop by any of our medical aid stations for sunscreen or other essentials, we're here to help!

#5 Warm Up Prior To Riding, And Stretch Afterwards

[Learn the top 3 stretches for cyclists](#)

Quad stretch

Your quads produce power and if they are stiff with a limited range of motion, then all muscle fibres can't fire properly and you won't pedal to your full potential. If you want to prevent that, then assume the position in the picture below and stretch your quad by bringing your ankle closer to your butt. Try to keep your knees as close together as possible and your body upright.

Hamstring stretch

If your hamstrings are properly stretched out, they will let your pelvis tilt forward on the saddle, allowing for a more aerodynamic position. This also allows your most powerful muscles, the glutes, to be more involved in pedalling. You can stretch your hamstring either by leaning towards a single straight leg as showed in the first picture. Or you can use a band or a towel to bring a straight leg towards you while lying on the floor as seen in picture two.

Glute and hip flexor stretch

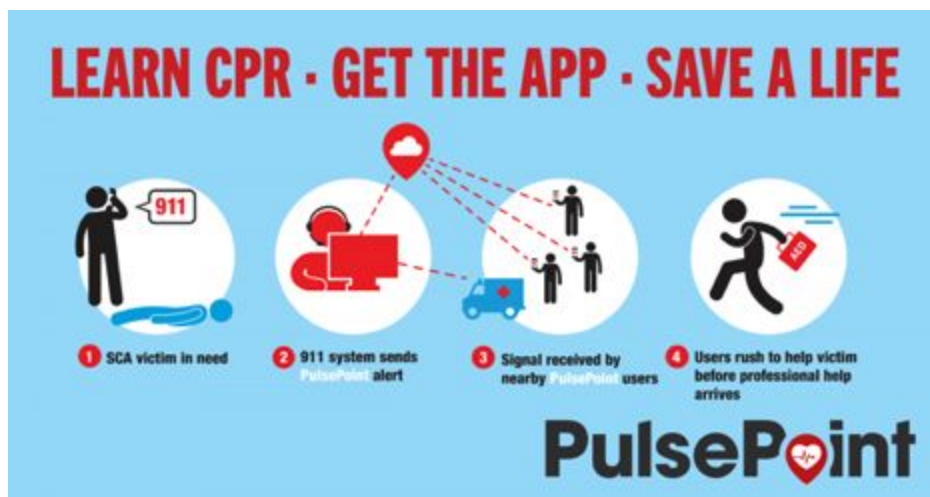
This stretch targets your gluteus medius and maximus, your lower back, and also your hip flexors. It is extra important for those who experience lower back pain after long or intense rides. All you need to do is to get into the position you see in the picture. If you want to increase the intensity of the stretch, just pull your knee towards your stomach.

#6 Save A Life - Download Pulse Point To Your Phone

What is Pulse Point

[PulsePoint](#) is an AMBER Alert-type notification for a Sudden Cardiac Arrest. PulsePoint alerts CPR-trained app users to a cardiac emergency in the immediate vicinity. App users receive the alert at the same time as professional responders.

How it Works



Easy To Use

1. Download the app
2. Click on the menu icon on the upper left of the screen.
3. When the menu slides open, click on "Settings." Under "Notification (All Agencies), click on CPR.
4. Click on the menu app again and return to the home screen.

If a person stops breathing or CPR is needed, and 911 has been called, you will receive an alert on your phone if you are within 1/4 mile of the victim. The PulsePoint app map will show you where the victim is as well as your location.