

Frisco ^{PUBLIC} Library

Activities at Home

Cycling: Getting Started

Pre-Ride:

[Check your ABCs: Air, Brakes, Chain](#) [REI website article]

This article takes you through making sure your bike is ready to ride.

[Ride Smart: signaling, sharing roads & trails, plus more](#) [League of American Bicyclist Videos]

Fit Your Helmet:

Adjust the fit dial or cinching mechanism so the helmet fits snugly and comfortably.

The helmet should be level on your head, about 1 or 2 finger-widths above the eyebrow.

- If it falls below the eyebrows, it is too big.
- If it does not reach to just above the eyebrows, it is too small.

Where the straps form a "Y," make sure the slider is just under the earlobe.

A buckled chinstrap should be snug with no more than 1 or 2 fingers width space between the chin and the strap.

Final checks:

- Shake your head. If the helmet moves to a different position, readjust so it's more secure.
- You should be able to open your mouth wide without the chinstrap pulling the helmet down.

[City of Frisco Bicycle Safety Tips, Laws, and Bicycle Safety Classes](#)

Choose Your Trail:

[Beavers Bend Trail](#) (1.2 miles)

This trail is located in Beavers Bend Neighborhood Park, extending from Beavers Bend Park to 4th Army Drive.

[Caddo Trail](#) (1.1 Miles)

The Caddo Trail is located along Stewart Creek, south of Stonebrook Parkway. It extends through the Chapel Creek development and connects to J.C. Grant Park adjacent to Spears Elementary School.

[College Parkway Trail](#) (1.2 Miles)

This trail runs along the TXU easement from College Parkway north past Rolater Road to the Preston Ridge Campus of Collin College, Shawnee Trail Sports Complex, Shepherds Glen Park and north to Main Street.

[Cottonwood Creek Greenbelt Trail](#) (1.2 Miles)

Located within the Cottonwood Creek Greenbelt, this trail runs from Teel Parkway under the Dallas North Tollway to Wakeland High School.

[Griffin Parc Trail](#) (1.1 Miles)

Located within the Griffin Parc subdivision, this a series of trails running from Legacy Drive west to Teel Parkway.

[Taychas Trail](#) (2.2 Miles)

Located along West Rowlett Creek, this is a series of trails that run north from Lime Stone Quarry Park past Rolater Road, to Independence Parkway into Harold Bacchus Community Park, then north to Main Street.

[Frisco Mountain Bike Trail](#) (5.6 Miles)

This trail is located on the future park site of Northwest Community Park north of Lone Star High School at Little River Drive and Teel Parkway, across from Sue Wilson Stafford Middle School.

[Check open or closed status at the DORBA website.](#)

[Discover More Trails in North Texas](#)

North Central Texas Council of Governments interactive map displays existing, funded and planned trails and bikeways in the 12-county Metropolitan Planning Area adopted as part of Mobility 2045.

Tune Up Your Bike:

[How to fix a flat on your bicycle](#) – YouTube Video by Park Tool

[How to remove a bicycle tire and tube](#) – YouTube Video by Park Tool

[Repair Instructions](#) – Park Tool Online Manual with *Where's the Problem?* graphical selector

Books and Magazines at the Frisco Public Library [Library Card Required]:

[Bicycling](#) [digital magazine]

[Bike Repair Manual](#) [book]

[The Bicycling Guide to Complete Bicycle Maintenance & Repair for Road & Mountain Bikes](#) [book]

[Fitness Cycling](#) [book]

[Bicycling Magazine's Training Techniques for Cyclists](#) [book]