

Adventure Damascus & Sundog Outfitter

Tips For the Trail!

Trail Etiquette & Safety:

- Helmets are HIGHLY recommended to be worn at all times and are provided with all bike rentals.
- Bikers must stop at all road intersections before crossing the road. Trail users must yield to motor vehicle traffic at crossings.
- Riding single file and staying to the right (except when passing) is the safest way to ride.
- Parents should be within sight of children/minors at all times.
- This trail is a TWO WAY trail. When passing others, look for oncoming bikers, then call out “passing on the left” as you round the person in front of you at a safe distance.
- All bikers must yield to hikers and horseback riders while on the trail. Pull over to the side of the trail to allow them to pass.
- If you need to stop while on the trail, please carefully pull off to the side to keep the trail clear for other riders.
- Please note that recent rain causes the trestles to become slick. Please be careful when entering and exiting trestles.
- All litter, trash, water bottles, etc., must be thrown in designated waste bins or packed out to be disposed of at the store at the end of your ride.
- Sections of the trail run through private property. Please be respectful.

Bicycle Do's and Don'ts

DO	DON'T
Keep two hands on the handle bars,	Wheelies, tricks, racing, or other stunts
Ride at least two feet behind the rider in front of you. Call out when passing!	Speed around other riders as this can startle folks and may cause an accident
Pick a steady speed of pedaling before changing gears. Tip: higher gear=great for downhill. Lower gear=great for uphill.	Change gears without pedaling- your chain will pop off and you will be unable to ride. This can also cause damage to the bicycle.
Use the right hand brake for rear braking! When in doubt, use both (but we suggest <i>not</i> using <i>only</i> the left).	Twist handle bars around- make sure the brake lines are not twisted!
Gently lean your bike up against a solid support and out of the way.	Lay your bike down on the side with the rear derailleur/chain in the middle of the trail.
Place your bike in a safe area if you stop along the trail. Bike racks are available at many designated stops.	Leave your bike unattended or out on the trail: you are responsible for whatever equipment you have rented.

Tip: take a picture of this info sheet so you have it throughout your ride! If you'd like a physical copy, your driver will gladly provide one.

Our phone number is **888-595-2453**. For urgent requests while out on the trail, please select **Opt. 3** for the Adventure Damascus & Sundog Outfitter Front Desk.

Please note that the front desk does not have an answering machine— only the Reservation extension has that capability.

Information for Emergencies:

- Due to our rural location and mountainous terrain, cell phone service is not available along the majority of the trail. If cell service is not available, ask another trail user to go to the nearest house, station, or business to call emergency services.
- In the event of an accident or sudden emergency, dial 9-1-1 and provide them with your location on the trail. Your location can be identified using mile markers and/or trestle numbers. The mile markers appear on vertical stakes along the side of the trail. The trestle numbers appear on small plaques mounted to the vertical posts at the entrance to the bridges.

Information for Non-Emergent Issues:

For issues such as flat tires, bumps and bruises, severe weather, etc., that do not require emergency services but require our attention, there are a few access points along the trail for you to be aware of aside from the stations:

- Around mile marker 30 near Green Cove Station is **Green Cove Collective**. They have wifi, snacks, refreshments, and a retail store. This stop is 4 miles into your ride.
- Between mile markers 22 and 23 near trestle 27 in Taylor's Valley is **Hellbender's Cafe**. They have wifi, snacks, refreshments, bathrooms, and a seating area. This stop is 10 miles into your ride.
- Additional access points from the road are located at Creek Junction (between mm 26-27) and Straight Branch (mm 20)

If you are traveling in a large group of people or have a large number of minors in your group, please ensure that all members in your group have a “meet-up” plan for stops along the way. Also, make sure all of your group members know the name of our shop (Adventure Damascus & Sundog Outfitter) and their group leader's information in case anyone gets separated.

The trail runs parallel to our shop— when you see our building, stop! Please return your equipment by leaning all bicycles against the side of the building and placing your rented helmets in the bin inside the door. Make sure you check the bike and flat tire kits for any personal items you may have stowed along your way down the mountain.

Our Drivers Accept Tips! You're also welcome to leave cash tips at the front register under your driver's name when you return from your ride.

You will be expected to return to Adventure Damascus with all items you departed with including, but not limited to, helmets, bicycles, buggies, tag-a-longs, and any trash/waste you were unable to properly dispose of on the trail. Do not leave your equipment unattended.

Fix a Flat Tire

Remove Wheel From Bike:

- 1.** Shift the bike WHILE PEDALING onto the smallest cog on the back gears
- 2.** Bikes with disc brakes, continue to step 3. Bikes with standard V-brakes, pinch brake arms together and pop cable retention piece out. The brakes will open.
- 3.** Flip bike upside down.
- 4.** Loosen quick release lever, but do not remove from wheel. This allows wheel to fall out of frame.
- 5.** Remove wheel from bike.

Repair Flat:

- 6.** Check around surface of tire for signs of foreign object. Remove if found. Continue to next step if not.
- 7.** Open one side of tire where it meets rim. Break bead by bushing edge of tire inward.
Do on both sides of tire.
- 8.** Pry the spoon end of tire tool between the wheel and tire bead to create opening.
- 9.** Hook the "hook end" of tool to a spoke on wheel.
- 10.** Use second tool and pry into opening created by first tool. This will widen the opening until the tire is completely detached from rim. Pull open side of tire and remove damaged inner tube.

11. Pump new inner tube with enough air to hold shape. Insert new inner tube into tire, making sure you start by feeding the tire valve

through opening on wheel. Keep tube from twisting.
12. Grab tire and push open edge back on rim. Most of the tire will reseal leaving small section that requires assistance in getting over rim.

13. Using tire tool, place spoon side into edge of tire away from remaining opening. Push tool towards opening so tire slips over rim.

14. Check edge of tire for anything that may be pinching. If any of the inner tube is sticking out from edge, the tire will not properly inflate.

15. Attach pump onto valve and flip lever on pump to hold in place. Add enough air to get you moving (30 PSI if possible)

Remount Tire:

16. Place chain on sprocket as you lower wheel back into frame.

17. Bikes with disc brakes, you need to slide the disc back into brake as you lower the wheel.

18. Once the wheel axle is in the frame, tighten the axle quick release. Flip bike right side up.

19. Bicycles with standard V-brakes need to reattach them. Squeeze tops of brake arms together so the brake noodle fits back into small open-faced bracket. Test brake levers on handlebars to be sure they work.

20. Make sure wheel spins freely. If not, realign the wheel.

CHANGING A FLAT TIRE

Sundog Outfitter 888-595-2453

Remove wheel from bike:

1. Shift the bike WHILE PEDALING onto the smallest cog on the back gears.
2. Bikes with disc brakes, continue to step 3.
Bikes with standard V-brakes, pinch brake arms together and pop cable retention piece out. The brakes will open.
3. Flip bike upside down.
4. Loosen quick release lever, but do not remove from wheel. This allows wheel to fall out of frame.
5. Remove wheel from bike.

Repair flat:

6. Check around surface of tire for signs of foreign object. Remove if found. Continue to next step if not.
7. Open one side of tire where it meets rim. Break bead by pushing edge of tire inward. Do on both sides of tire.
8. Pry the spoon end of tire tool between the wheel and tire bead to create opening.
9. Hook the "hook end" of tool to a spoke on wheel.
10. Use second tool and pry into opening created by first tool. This will widen the opening until the tire is completely detached from rim. Pull open side of tire and remove damaged inner tube.
11. Pump new inner tube with enough air to hold shape. Insert new inner tube into tire, making sure you start by feeding the tire valve through opening on wheel. **KEEP TUBE FROM TWISTING**

12. Grab tire and push open edge back on rim. Most of the tire will reseal leaving small section that requires assistance in getting over rim.
13. Using tire tool, place spoon side into edge of tire away from remaining opening. Push tool towards opening so tire slips over rim.
14. Check edge of tire for anything that may be pinching. If any of the inner tube is sticking out from edge, the tire will not properly inflate.
15. Attach pump onto valve and flip lever on pump to hold in place. Add enough air to get you moving. (30 PSI if possible)

Remount tire:

16. Place chain onto sprocket as you lower wheel back into frame.
17. Bikes with disc brakes, you need to slide the disc back into brake as you lower the wheel.
18. Once the wheel axle is in the frame, tighten the axle quick release. Flip bike right side up.
19. Bicycles with standard V-brakes need to reattach them. Squeeze tops of brake arms together so the brake noodle fits back into small open-faced bracket. Test brake levers on handlebars to be sure they work.
20. Make sure wheel spins freely. If not, realign the wheel.

You may now continue on your ride. If you have any issues attempting this, walk the bicycle to the nearest area where you can contact Sundog Outfitter for assistance. We will quickly respond to your location.
888-595-2453

Remove Wheel From Bike:

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