

Trikes

San Luis Obispo Bicycle Club

Are Trikes Safe?

- Myth 1 – Trikes are low and cars won't see you
- Myth 2 – Trikes are wide and cars might hit you
- Reality
 - Based on 15,000 miles on my trike
 - Cars see me fine
 - Cars give me better clearance than I felt on bike

Safety Issues

- Riding in traffic (Dolliver-Pismo / Higuera-SLO)
 - Assume car doesn't see you
- Stop sign and stop lights
 - Don't creep up on cars
- TAKE THE LANE
- Sadly a flag doesn't help
 - I have a flag so bicycles know I'm coming
- Right rear blind spot

Safety Issues

- Signal (hands or voice) intentions
 - Can stop faster than bikes
 - Not as visible to bike riders

Some Benefits

- No more falls
 - 95% of accidents are bike-on-bike or hitting something that knocks you off your bike
- Easier on your body
 - Back, neck, rear, hands, etc
- No need to unclip at corners
- Less impact from wind

Some Disadvantages

- Three tracks
 - Harder to avoid obstacles in road
 - More rolling resistance
- Heavier
 - Most weigh about 50 pounds “equipped”
- You feel the road
 - Can’t use arms, legs as shocks
- Right-rear blind spot (Morro Bay on-ramps)

Riding Experience

- Very easy to adapt to recumbent position
- Speed is never an issue (1 mph is fine)
- Blast on downhill (being low increases feeling of speed)
- Better on climbing than expected
 - Will Benedict show the way by doing Favorite Rides
 - Old Creek easier than on bike (for me)

Club Members with Trikes (1/2)

Member	Equipment
Jean Anderson	Greenspeed (motor assisted)
Will Benedict	Catrike Expedition, Hase Kettwiesel
Dorothy Curhan	2010 ICE Sprint (rear suspension)
Gary Havas	Catrike Expedition (37% inclination)
Dan Healy	Terratrike Cruiser
John Herd	Greenspeed
Linda Kahn	ICE (?)
Swede Larson	Catrike 700 (27% inclination)
Jenifer Leland	ICE (rear suspension/narrow profile)

Club Members with Trikes (2/2)

Club Member	Equipment
Frank Mullin	Catrike Expedition
Ben Patrick	2010 ICE Adventure (full suspension)
Sheldon Rashba	Sun Tadpole
Hal Severin	Greenspeed – Tandem Trike
Jim Woolf	ICE (rear suspension/motor assisted)
Couple from Arroyo Grande	Greenspeed?

16 and counting!

Trike Buying Choices

- Tadpole vs Delta
- Direct vs Indirect Steering
- Adjustable vs Fixed Seat
- Same Wheels vs Different Wheel Sizes
- Fixed vs Folding
- Suspended vs Unspended