



## Welcome to the Arlington Recumbent Trike Rental Program

Recumbent trikes are ideal for people with certain physical disabilities or conditions. However, if you have never ridden this kind of cycle—especially if you have mobility issues—we urge you to try riding with one of the programs in the area that can accompany you on a ride and help with any issues that might arise—**before** you try to ride independently. Massachusetts DCR's [Universal Access Program](#) and [Spaulding Adaptive Sports](#) are great programs to get you started.

**This program is for people who can ride independently, or who can bring their own support person. Unfortunately we don't have staff at the shed.**

Recumbent trikes handle differently from a conventional bike, and we urge you to read everything below, and go slowly and carefully.

### Before you head out:

- **Bring a friend/support person** if you **might** need help in any way—mounting or dismounting, setting up the trike for your leg length, etc.
- **Decide how you will be carrying your valuables and water** before you leave the house. A fanny pack is ideal, but you might be able to loop a fabric bag behind the two seat posts.
- **Always engage the parking brakes** when mounting or dismounting the trike.
- **Adjust the boom for your leg length** and try a ride a few yards before you head out to the bike path. Your knees should be slightly bent at full pedal extension.
- **Remember that turning around might not be possible in certain parts of the bike path** due to the large turning radius of the trike. Don't over-exert yourself in case you have to ride farther than you expected to turn around. We urge you to do a few practice turns near the shed before you head out.
- **Beware of "leg suck"!** **Secure your feet to the pedals** with either toe clips, heel straps, or the adaptive platform pedals. Otherwise, if your foot falls off the pedal the trike keeps going, your foot (and leg) risk being pulled under and being injured.
- **Ride defensively:** you're wider than most other cycles, and yet harder for riders to see because of your low profile. Check that the flags are on the trike so that you are more visible to other users of the bike path.
- **Always wear a helmet** – either your own or the one that is provided with the rental.
- **Know your gears** and where the shifters are.

If you have any questions or problems, call the Arlington Recreation Department: 781-316-3880, or Tim Ross, ADA Coordinator: 781-316-3257