



# RIDE CLEAN

HELP US PREVENT ENVIRONMENTAL NASTIES FROM SPREADING THROUGH TASMANIA



WHEN YOUR BIKE IS COVERED IN MUD IT'S A NO-BRAINER THAT WASHING IT WILL MAKE IT RUN BETTER AND LAST LONGER.

But there's a bigger picture to consider. Mud can carry a whole bunch of microscopic nasties – pests, pathogens and weeds seeds that have the potential to devastate the bushland areas we love to ride in.

In fact, one drop of contaminated moisture from your bike is enough to put a pristine area at risk. There's a fungus called Chytrid that kills entire frog populations. An introduced algae called Rock Snot has already destroyed waterways in New Zealand. And a water mould called Phytophthora kills the roots of plants.

If you stick to the one area all the time then there's little risk of spreading unwanted organisms elsewhere. But if you're into long rides, or dragging your bike to different trails by car, then it's crucial that you don't unwittingly carry an unwanted hitchhiker between rides. Make sure your bike and gear are spotless each time you ride in a new place.

I'M NOT A MONSTER - HOW DO I DO MY BIT?



1.

**Wash your bike using a gentle water spray and a biodegradable detergent.** (Don't use high-pressure spray – it can ruin your delicate seals). Pay attention to all the nooks and crannies, including under the saddle, cable guides, wheel hubs, suspension mounts, pedal clips, brake and gear levers, water-bottle holder ... Use a chain-cleaning brush to get into the spaces between the chain rings, and make sure the chain itself is clean. Don't forget your shoes, gloves, backpack, and anything else that can collect mud.

2.

**Ask yourself whether the bike is likely to dry out completely before your next ride.** Most of the organisms we're worried about can't live without water, so the longer you give your bike to dry out the better. If you're likely to ride again before your bike can dry, spray the bike with F10, a non-toxic biodegradable veterinary disinfectant. Tackle all the little hidey-holes where water is likely to get stuck.

3.

**Re-lube your chain and cassette.** A clean drive train repels mud and is easier to clean after a ride. Make sure your pedal threads and saddle post have a smidge of grease too.

## KEY SPOTS TO CHECK & CLEAN



TO BE REALLY SURE, DISINFECT!

To get hold of some F10 – a non-toxic biodegradable disinfectant – visit [www.nrmsouth.org.au/biosecurity](http://www.nrmsouth.org.au/biosecurity)



[www.nrmnorth.org.au](http://www.nrmnorth.org.au)

[www.cradlecoastnrm.com](http://www.cradlecoastnrm.com)

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