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Home : Destinations : Activities : **Community** : Travel : Gear : Books & Maps

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BIKING FORUMS

Back Refresh Options Search

5/31/00: BIKE ACCIDENTS ... THEY HAPPEN

tell us about your accidents	Ethan Gelber	05/22/00
BIG air	Nate	06/03/00
Redwood park downhill	Mark Gross	06/04/00
I was in my front yard, trying out a new bike. I rolled abo...	Jim Campbell	06/06/00
Excruciating pain!	Me	06/06/00
Ouch!	Sunshine	07/02/00
bike helmets	Brian Rich	08/23/00
Death of a friend	Belinda B.	08/23/00
I took a head plant while wearing a helmet. The sunglasses ...	P. Knapp	09/07/00
Crash & Cut	Paul Knapp	09/07/00

[Post new message in this thread](#)

Top Previous Next Print Reply

Date: May 22, 2000 12:59 PM
Author: Ethan Gelber (ethang@gorp.com)
Subject: tell us about your accidents

GORP Expert Biker, Dennis Coello, has made his bid for [safe cycling](#). He also tells us about the worst he has heard, and even some embarrassing things that have happened to him.

How about you? Have you ever been involved in a skirmish with a car? Was it your fault? Was it the driver's? Or maybe you were driving the car. Be honest now.

And, as a result of your experiences, is there any advice you too could offer?

http://gorpforums.gorp.com/forums/Index.cfm?CFAApp=52&Message_ID=36398

Top Previous Next Print Reply

Date: June 03, 2000 11:23 PM
Author: Nate (s03.nhawkins@wittenberg.edu)
Subject: BIG air

I was riding at Tsali on a fast downhill and came across some logs that had been tossed across the entire width of the trail with dirt built up on the uphill sides of them. There were 4 or 5 of them, I don't quite remember. I saw them a bit too late, and was going a bit too fast. When I hit the first one, I was able to keep myself under control and land the bike safely, but I picked up speed on that one and it was disastrous when I hit the second one. I got WAY too much air...I couldn't handle it. My feet came off the pedals (no toe clips or clipless pedals), and I came down with the inside of my left thigh getting a nice hole burned in it by my spinning rear tire and my seat gouging me in the stomach. Since there was nothing I could do at this point, I had to crash my bike, and sustained plenty of scrapes on my left side. Upon gathering myself and my bike, I found that my seat rails were bent beyond repair, and had somehow punctured my front tire in more places than I could repair on the trail. I spent the next two hours hiking my bike off the trail as my riding buddy went ahead to wait for me at the trailhead.

http://gorpforums.gorp.com/forums/Index.cfm?CFAApp=52&Message_ID=36938

Top Previous Next Print Reply

Date: June 04, 2000 01:00 PM
Author: Mark Gross (mrg@inreach.com)
Subject: Redwood park downhill

Last September one early Sunday morning I was going down the steepest part of the West Ridge Trail in Redwood Park, East Bay Hills, SF Bay Area. A steep, rutted trail that I had done at least 2 dozen times before. Before I could react, I hit a rut and the bike went one way and I went the other, hitting the ground first with my elbow, then my backside. Although my Trek was unscathed, I emerged with a broken arm and a hematoma from my butt to my ankle. Had to walk a mile to the car. Didn't ride for six weeks.

http://gorpforums.gorp.com/forums/Index.cfm?CFAApp=52&Message_ID=36954

Top Previous Next Print Reply

Date: June 06, 2000 05:39 PM
Author: Jim Campbell (crample@prodigy.net)

I was in my front yard, trying out a new bike. I rolled about 8ft straight into a tree at about 2mph. Bounced my head off the tree, my crotch into the handlebars. I lost my front rim and my dignity.

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[Top](#) [Previous](#) [Next](#) [Print](#) [Reply](#)

Date: June 06, 2000 08:20 PM
Author: Me (Me@aol.com)
Subject: Excruciating pain!

Well it all started when I was going down a steep mountain hill with an decline angle of about 65 degrees, having done this many times before I

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[Top](#) [Previous](#) [Next](#) [Print](#) [Reply](#)

Date: July 02, 2000 04:34 PM
Author: Sunshine (ersan1@juno.com)
Subject: Ouch!

Ok, mine could've been worse-I see this now. I walked away minus broken bones or internal bleeding. ouch. My first major crash was just a week and a half ago. Hubby & I only started singletracking this summer. I'm not very coordinated or graceful, so it's been interesting, to say the least. Well, I heard my husband calling back to me to watch out for the rock, so I watched out for the rock. What I wasn't watching out for was the very hard-left turn I should've been making at the rock. I had gained too much speed coming down the hill, and wasn't sure how to make the turn once I saw it. i don't remember hitting the brakes, but that's surely what I did, because I went over the handle bars, into a tree, bike landing on my leg and hip in some tangled mess. I can't believe nothing except my nose pad post thing on my glasses was broken. It's been tamer riding since, but tonight it's back to the same area. Whew. Somebody warn the critters that crazy lady is coming back!

(http://gorpforums.gorp.com/forums/Index.cfm?CFApp=52&Message_ID=38807)

[Top](#) [Previous](#) [Next](#) [Print](#) [Reply](#)

Date: August 23, 2000 06:55 AM
Author: Brian Rich (Brianrich@altavista.com)
Subject: bike helmets

in June of '92 I had my 2nd serious bike accident in 30 years of long distance riding. i was in a 150 mile MS Bike Tour out of Richmond , VA. The rain had been pouring for the majority of the tour. caution was the order of the day. 30 miles out of Richmond I went to turn off the road into a parking lot. My front wheel hit a depression and stopped the bike dead. I was only traveling 5-10 mph. The sudden stop sent me flying over the handle bars. I hit the street head first. Fortunately for me, the National MS Society will not let anyone participate in their tours without a helmet. I had never worn one until I started riding in their event. I have not ridden a bike without one since. When I hit head first, my helmet split in 3 places. I broke c-5 and c-7 vertabrea in my neck. The recovery was slow and still ongoing. I honestly believe that had I not had a helmet on that I either would have been another Christopher Reeves or worse. NEVER RIDE A BIKE WITH OUT A HELMET!. They are like seat belts, an annoyance but hard to argue with their sucesss in preventing injuries.

(http://gorpforums.gorp.com/forums/Index.cfm?CFApp=52&Message_ID=41946)

[Top](#) [Previous](#) [Next](#) [Print](#) [Reply](#)

Date: August 23, 2000 02:01 PM
Author: Belinda B. (budsdotir@yahoo.com)
Subject: Death of a friend

My neighbor/friend's husband was riding his bicycle bare-headed on a city street for pleasure during lunchtime when he was struck by a car. He sustained massive head injuries. By the time the paramedics got there, which was just a few minutes, his brain had been without oxygen for too long. He was brain dead. This happened about a week ago and they took him off life support yesterday. He would have had a chance if he had been wearing a helmet. He and his wife were planning on retirement soon. He has left behind a grieving family and hundreds of grieving co-workers. Please don't make the same mistake as he did! WEAR A HELMET!

(http://gorpforums.gorp.com/forums/Index.cfm?CFApp=52&Message_ID=41955)

[Top](#) [Previous](#) [Next](#) [Print](#) [Reply](#)

Date: September 07, 2000 08:49 PM
Author: P. Knapp (peknapp@mindspring.com)

I took a head plant while wearing a helmet. The sunglasses I was wearing (those stylish kind without any frame on the bottom of them that you find in biking catalogs and stores) amputated my nose requiring several hours of surgery to reattach. Anybody had similar experiences? If so, I encourage you to report them to the FDA (www.fda.gov), they are not safe - I have found several other cases reported of this happening. Lesson learned: Don't wear those stylish glasses, they're designed for fashion wear, not high impact sports!

(http://gorpforums.gorp.com/forums/Index.cfm?CFApp=52&Message_ID=42508)

[Top](#) [Previous](#) [Next](#) [Print](#) [Reply](#)

Date: September 07, 2000 08:54 PM
Author: Paul Knapp (peknapp@mindspring.com)
Subject: Crash & Cut

I took a head plant while wearing a helmet. The sunglasses I was wearing (those stylish kind without any frame on the bottom of them that you find in biking catalogs and stores) amputated my nose requiring several hours of surgery to reattach. Anybody had similar experiences? If so, I encourage you to report them to the FDA (www.fda.gov), they are not safe - I have found several other cases reported of this happening. Lesson learned: Don't wear those stylish glasses, they're designed for fashion wear, not high impact sports!

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