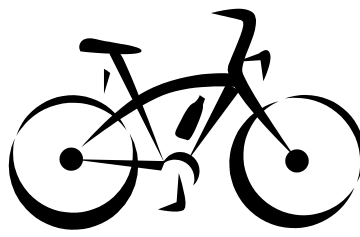


Rules of



the Road

With the warm weather approaching quickly bike season is getting into gear. Follow these safety tips and rules of the road to stay safe this summer.

1. Wear a helmet

- Make sure it is tight enough with the straps fastened that sudden pulling or twisting does not cause the helmet to move.
- If you do have a fall, replace your helmet because it may be ineffective due to the impact.



2. Follow the rules of the road

- Ride in the same direction as cars and follow the same rules, observing stop signs and traffic lights
- If passing someone on a bike trail pass on the left of other people and call out "on your left" so they will watch out for you.

3. Fitting your bike

- When sitting on your bike your legs should be slightly bent at the pedals lowest point.
- When straddling your bike with your feet on the ground there should be 1–2 inches of space between your crotch and the crossbar for a road bike and 3–4 inches for a mountain bike.
- If you are still growing make sure your handle bars and seat can be adjusted.

