

Street Smart

- Never ride against traffic
- Never ride on the sidewalk
- Keep to the right on the road
- Watch the door zone. . .
an open door can knock you for a loop!
- Never ride the wrong way on a one-way street
- STOP at stop signs and stop lights
- Let pedestrians go first - YIELD!

Watch Out

- Ride like you are INVISIBLE!
- Do not ride in the 'door zone'
- Do not weave in and out of parked cars
 - Ride so that cars can see you and where you are going



Helmet Head

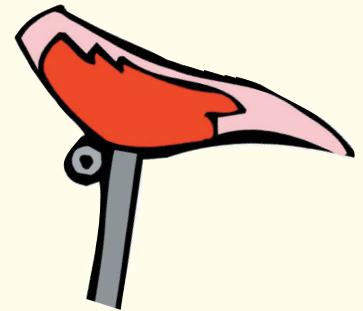
- Helmets should fit snugly. . .
NO WIGGLES!
- Buckle up!
- Be sure you can see clearly . . .
if it covers your eyes it's a scary disguise!

GOOD IDEA: Two fingers should fit between your eyebrows and your helmet.



Bike Fit

- From the seat. . . can you reach the ground with your feet?
- Without a **s t r e t c h** can you reach the handlebars and brakes?



Rider Gear

- Always wear a helmet
- Do not wear loose fitting clothes. . .
bikes like to eat 'em and you get caught!
- Wear bright clothes . . . so everyone sees you!
- Wear reflective clothes if you ride at night
- **Gloves and pads are better than scrapes n' bruises. . .**
- Carry a water bottle . . . full of water of course!

