



10 SMART RULES TO BIKE SAFETY



1. Protect Your Head

Wear a helmet.



6. Act like a Car

Drivers are used to the patterns of other drivers. Don't weave in and out of traffic. The more predictably you ride, the safer you are. Check for traffic. Be aware of traffic around you.



2. Stay Visible

If drivers can see you, they are less likely to hit you. Use lights when biking at night or in low-light conditions.



7. Don't Get Distracted

Don't listen to music or talk on the phone while riding.



3. Look, Signal & Look Again

Use hand signals to let drivers and other bicyclists know where you're going. Look and make eye contact. Don't assume drivers will stop.



8. Obey all Traffic Laws & Lights



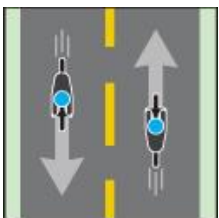
4. Stay Alert

Keep a lookout for obstacles in your path.



9. Assure Bicycle Readiness

Is your bicycle properly adjusted? Is your saddle in a comfortable position?



5. Go with the Flow

Bike in the direction of traffic.



10. Do a Quick Bicycle Test

Check your brakes and your wheels. Make sure that "quick release" wheels are properly secured.