

# RIDE YOUR BIKE SAFELY!

## **Check Your Head!**

Always wear a bike helmet! Make sure it fits properly! Kids should be refitted often because their heads are always growing! Adults should wear helmets to protect their heads and to serve as good role models!

## **Check Your Bike Fit!**

Standing with both feet flat on the ground and straddling the bicycle's top tube, you should have at least one inch of clearance between the top tube and your inseam. The seat height should be set so while sitting on the seat, your legs are almost fully extended at the bottom of the pedal stroke.

## **Learn the ABC Quick Check!**

**A is for Air.** ...in your tires. Before getting on your bicycle, make sure the tires are properly inflated and are in good condition.

**B is for Brakes.** Brakes should be checked before every ride. All types of brakes should be able to lock the wheels. For rim brakes, squeeze the brake levers firmly. The levers should not come within 1/2" of the handlebar. For coaster/foot brakes, using your foot, push firmly backwards on one pedal when the crank is horizontal.

**C is for Chain, cranks and everything else.** Handlebars and stem should be tight. Chains should be checked for adequate tension and axle nuts should be tight. Quick releases should be tight. Bicycle pedals should be secure and turn easily. All other bearings (wheels, cranks, headset) should be properly adjusted.

**Learn and Practice Bike Handling Skills!** Practice starting and stopping off the saddle (using the power pedal position), riding in a straight line, emergency stopping, slalom (weaving) and scanning (looking over your shoulder while riding a straight line).

**Dress for Success.** Wear comfortable, brightly colored clothing. Tuck in shoe laces and pant legs to keep them from getting greasy and wound up in the chain and pedals. Leave your music player at home.

**Sidewalks are for walking!** ...and so are crosswalks! Only very young children should ride on sidewalks (at walking speed). It is *illegal* to ride on the sidewalk with wheels 20" or larger.

**Ride Smart!** Look both ways when pulling out of a driveway or crossing an intersection. Obey traffic signs and signals and travel in the same direction as cars do. Don't ride closer than four feet from parked cars. Car doors might open suddenly.

Always be (1) **Alert**, (2) **Visible**, (3) **Predictable**

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*If you have any questions about this information, contact your favorite local bike shop, or call CAT-Coalition for Appropriate Transportation at 610-954-5744. CAT teaches League of American Bicyclists approved Smart Cycling classes year-round at our facility in downtown Bethlehem or at your location.*  
**www.CAR-FREE.org**

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