

BETter Living ...

Bernadette Trieb

Family and Consumer Sciences Extension Agent

May 18, 2017

Ride Your Bike Today

Spring and summer months are great for riding your bike. It is a wonderful way to navigate your surroundings, plus you get to exercise too. It is important to remember that a bicycle is not a toy. May is National Bike Month. I encourage you to ride a bike.

Safe Riding Tips:

- **Wear a properly fitted bicycle helmet** – this will protect your brain from injury.
- **Adjust your bicycle to fit** – when standing over your bike, there should be 1 to 2 inches between you and the top bar if using a road bike and 3 to 4 inches if you have a mountain bike.
- **Check your equipment** – brakes and tires.
- **See and be seen** – bright neon colors are the best. Reflective tape and flashing lights are also good.
- **Control your bicycle** – ride with at least one hand on the handlebars.
- **Watch for and avoid road hazards** – look for potholes, broken glass, gravel, puddles, leaves, and dogs. If you are leading a group, yell out and let them know what is coming up ahead.
- **Avoid riding at night** – it is very difficult for people to see you and for you to see the road.

Rules of the Road

- **Go with the traffic flow** – ride on the right in the same direction as other vehicles.
- **Obey all traffic laws** – follow signs, signals, and lane markings.
- **Yield to traffic when appropriate** – be aware of any intersections or crosswalks ahead.
- **Be predictable** – ride in a straight line and signal your moves to others.
- **Stay alert at all times** – use your eyes and ears. You should not wear headphones, as it will restrict what you hear.
- **Look before turning** – when turning left or right, always look behind you for a break in traffic, then signal before turning.
- **Watch for parked cars** – be aware of the distance between you and the curb, so you will not get hit with car doors opening or cars moving.

Enjoy the beautiful weather and ride your bike!

For more information, visit www.nhtsa.dot.gov or contact the Extension Office at 785-765-3821 or email Bernadette Trieb, btrieb@ksu.edu.