

# BIKE RIGHT



**Bicycling is a fun, healthy, and eco-friendly form of transportation. Stay safe while biking by following these safety tips:**



## **BE PREPARED:**

Follow the **ABCs**. Before every ride, check the **air** in your tires, **brakes**, and **chain**. Wear your helmet for every ride!



## **BE PREDICTABLE:**

Travel in a straight line. Signal your turns, and stop at stop signs and traffic signals.



## **BE VISIBLE:**

Use a front and back light on your bicycle. Wear bright and reflective clothing. Ride with traffic and off of sidewalks.



## **BE AWARE:**

Avoid distractions from phones, earbuds, and navigation systems. Scan the road ahead for obstructions.

In the first year of biking to work, the average cyclists will lose approximately

**13 lbs.**

Regular cycling is good for your health and can reduce your risk of heart disease by

**50%**

[www.alamoareampo.org/Bike-Ped](http://www.alamoareampo.org/Bike-Ped)



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