Seven Rules of Bicycling Safety

1. Obey all traffic signs and signals.
2. Ride near the curb and go in the same direction as other traffic.
3. Use hand and arm signals.
4. One rider per saddle (seat).
5. Keep at least one hand on the handlebars.
6. Bicycles must have a white light on the front and a red reflector or red light on the rear (for riding at night).
7. Use effective brakes capable of making the braked wheel skid.

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Quick check

A is for Air  Inflate tires to rated pressure as listed on the sidewall of the tire. Use a pressure gauge to insure proper pressure. Check for damage to tire tread and sidewall; replace if damaged.

B is for Brakes  Inspect pads for wear; replace if there is less than a 1/4 inch of pad left. Check pad adjustment; make sure they do not rub tire or dive into spokes. Check brake level travel; at least 1 inch between bar and lever when applied.

C is for Cranks, Chain and Cassette  Make sure that your crank bolts are tight; lube the threads only, nothing else. Check your chain for wear; 12 links should measure no more than 12 1/8 inches. If your chain skips on your cassette, you might need a new one or just an adjustment.

Quick is for Quick Releases  Hubs need to be tight in the frame; your quick release should engage at 90°. Your hub quick release should point back to insure that nothing catches on it. Inspect brake quick releases to insure that they have been re-engaged.

Check is for Check Over  Take a quick ride to check if derailleurs and brakes are working properly. Inspect the bike for loose or broken parts; tighten, replace or fix them. Pay extra attention to your bike during the first few miles of the ride.