

GO BY B KE!

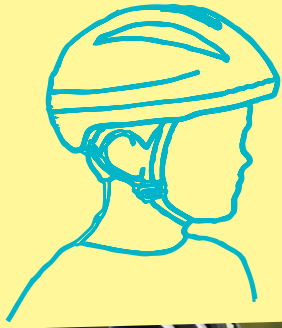
EYES EARS MOUTH

First adjust your helmet so it is level and snug.

EYES ➔ You should see the edge of your helmet when you look up.

EARS ➔ The straps should meet right under your ears to form a Y.

MOUTH ➔ The strap should be snug enough that if you open your mouth you feel the helmet pull down.



BRIGHT AND TIGHT

BRIGHT ➔ Wear bright clothing so that others can see you.

TIGHT ➔ Tuck away shoelaces and backpack straps. Watch your pant legs.

ABC QUICK CHECK:

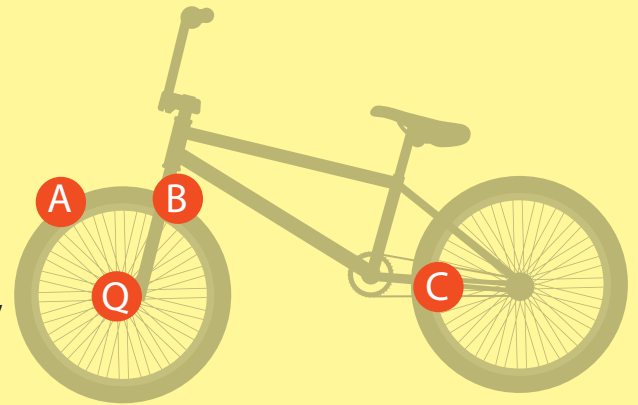
Air ➔ Pinch the tires, they should be hard.

Brakes ➔ Make sure brakes work and aren't rubbing the tire.

Chain ➔ Make sure you can shift gears and the chain is tight.

QUICK ➔ Make sure all quick release levers and/or bolts are tight, especially the wheels.

CHECK ➔ Make sure nothing else on your bike is broken.



RULES OF THE ROAD

- ➔ Always stop before entering the road and look both ways.
- ➔ Ride on the right, in the same direction as cars.
- ➔ Obey traffic signs, signals, and laws.
- ➔ Stop at all red lights and stop signs!
- ➔ Look back and signal before turning.
- ➔ Stop for people walking.
- ➔ If you ride at night you need a white front light and a red rear light.



Massachusetts
Bicycle Coalition
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