

# ***Bicycling Basics***

## **Bicycle Maintenance Checklist**

Wheels are securely attached and spin freely with all spokes in place.

Reflectors are clean and intact.

The seat and handlebars are adjusted to a comfortable position with all bolts tight.

Hand grips are secure and pedals are securely fastened.

There are no cracks on the sidewalls, cuts in the tread or excessive wear on tires.

Gear and brake cables move freely. Replace rusted or frayed cables.

The chain is free of rust. Too much oil will attract dust and dirt, shortening its life.

This checklist takes only a few minutes and may prevent you from having an accident or mechanical breakdown. If you are uncertain of the condition of your bicycle, visit a local bike shop. Most shops offer free safety inspections and how-to books on maintenance.

## **Bicycle Safety Tips and Laws**

As a general rule, bicyclists must obey the same traffic laws as vehicle drivers. The following laws and safety rules are particularly important for bicyclists :

Always ride with the traffic flow, as close to the right edge of the road as possible.

Obey traffic signals and pavement markings.

Be alert for cars pulling out and make eye contact with the drivers to ensure you have been seen. Do not weave between parked cars.

Wear light-colored, reflective clothing.

Use hand signals to let drivers know your intentions.

Bicycles must be equipped with a front light that reaches 500 feet and a rear, red reflector when riding at night.

Learn to look over your shoulder without losing balance or swerving left.

Keep both hands on the brakes. Allow extra stopping time in the rain.