

BICYCLE SAFETY

When traveling on two wheels, it's important to ride safely. The following tips for bicycle safety come from the U.S. Department of Transportation's National Highway Traffic Safety Administration.

- Make sure your bike fits you properly. There should be an inch or two between you and the top tube on a road bike and on a mountain bike the clearance should be more like 5 inches. Adjust the seat height so there is a slight bend in the knee when your foot is on the pedal in the down position.
- Wear a properly fitted helmet. It is the single most important piece of safety equipment you can use. Your helmet should be comfortably snug, shouldn't shake, and should sit on your forehead about two fingers-width between the brim and your brow. The helmet should fit level on your head and the sliders should meet in a V under your ear lobes. The chinstrap should be snug under your chin.
- Every state requires that bicycles have a white front light and a red light or reflector

on the back of the bike. Use them at night and in low light.

- Wear bright clothing with reflective tape and markings day and night.
- Before riding, check air, brakes, cranks, chain and cassette. Check that your tires are properly inflated (low-pressure tires can easily puncture) and that your brakes are working. Your brake lever shouldn't come closer than a thumb's width to the handlebar and the wheels should spin freely when the brakes are off. Grab both crank arms and wiggle them to make sure they aren't loose and spin the pedals to see that the chain runs smoothly through the gears.
- Ride in the same direction as traffic. If you're heading the wrong way, turning motorists may not even look to see you and you can't see the traffic signs and signals.
- Obey all traffic signs, signals and markings.
- Be predictable. Let motorists know exactly what you plan to do: Signal and, if you can, make eye contact.
- Ride defensively!

UPDATE EXERCISE



Family Fitness



Cycling is the perfect family activity. Gliding along on two wheels is a freeing experience that leaves the day's worries behind and when you bring the entire family into the equation, it becomes a positive bonding experience. At the same time, it instills exercise as fun and adventure in children. And with the wide variety of bikes and cycling products made by today's innovative bicycle industry, there's no excuse for anyone in the family, including grandma and grandpa, not to join in the fun.

IBert (ibertinc.com) makes a bicycle seat for children that mounts on the front between the rider and the handlebars. Being up front instead of being trailed behind allows for better maneuverability, say the makers, and the kids aren't exposed to dust kicked up by the tires. The innovative Zigo (myzigo.com) is a stable low-riding three-wheeled child-carrier bike that transforms into two styles of strollers and a stand-alone bike. For those who want to take their pets along for the

ride, Pet Cruiser (petcruiser.com) carriers mount on handlebars. Cruzbike (cruzbike.com) makes an ergonomically correct recumbent bike for those who prefer that their legs come out in front while their torso reclines. Older riders may feel more comfortable on the Day 6 Dream bike (day6bicycles.com) that has a wide seat and contoured backrest, extended handlebars for upright riding and an easy "step-through" design. For those who have a lot of stuff to haul around, Yuba (yubaride.com) makes a utility bike with a large cargo platform that some people call "the pick-up truck of mountain bikes." The electric power-on-demand OHM (ohmcycles.com) assists riders who need a little extra help getting uphill or traveling long distances. For urban riders, DAHON (dahon.com) makes lightweight, sturdy bikes that can be folded in two for easy carrying and storage. And to cart all those bikes around, whether it be to the bike path or on vacation, Thule (thule.com) makes affordable, easy-to-use bike racks.