Cycling is Fun and Functional

- Bicycling is a great way to get around town for short trips and daily errands.
- It is exercise that’s good for your heart, easy on your joints, and a great way to help the environment.
- Cycling is Fun and Functional.

Prevent Theft

- Wear a helmet
- Wear bright-colored rain gear and allow longer stopping distances in wet weather conditions
- Check the air, brakes, chain, and quick release levers each time before riding
- Avoid slippery surfaces like wet leaves, steel plates, sand and roadway
- Avoid car doors by riding at least three feet from parked cars
- Avoid riding on sidewalks
- Give clearance to angle parked cars so that drivers can see you
- Anticipate driver vision problems, such as sun glare by riding defensively
- Lift your bike and place the front wheel in the rack where the label says, "Place front wheel here.""