

Safety Check ✓

From the Safety Chick

Resolve to Ride Safe in 2005

A few items to keep in mind . . .

R	ROAD-keep an eye on the road and the hazards that may come your way.
I	INTERSECTIONS-Can be a dangerous place for any cyclist, proceed with caution.
D	DRIVEWAYS-Look out for cars backing out.
E	EQUIPMENT-Make sure your gear (brakes, wheels, shifters etc) is in safe condition.
S	SIGNAL-don't forget the riders and drivers around you, use the appropriate traffic signals and verbal warnings.
A	ALERT- there is a lot going on around you, pay attention.
F	FLUIDS-any time of the year, we need fluids.
E	ENERGY-it's a good idea to make sure you are in shape to ride. If you haven't ridden for a while, you may need to build up a few miles before heading out for 30+ miles.