

Most vehicles on the road today are equipped with daytime running lights to keep them visible to other motorists at all times. However, bicycles are not required to have these even though bicycle riders are the most vulnerable people on the road. For your own safety I would encourage everyone to ride with flashing lights on their bike and have them turned on every time you ride. Not just any lights either. These lights must be bright enough to be seen on bright, sunny days. I started riding with these lights about 10 years ago when I read that two professional racers were killed in separate accidents with motorists while on training rides. Since that time, all professional racers use blinking lights when they train and to my knowledge none have been killed since while training.

When I was shopping for my lights, I had three requirements. First the lights had to be USB rechargeable. When you ride as many miles as we do you do not want to be replacing batteries all the time. Second, the lights had to have adequate lumens to be seen during the day. And last they had to have long run times between charging to last the length of my longest rides.

For my headlight I use the Cygolite Dash Pro 600 USB. This is a powerful little light that will fit on any handlebar. It provides 600 lumens of power, up to 80 hours of run time and has 8 light modes. See it here: <https://cygolite.com/product/dash-pro-600-usb/> . For my taillight I use the Cygolite Hotshot Pro 200C. This is a tiny light that weighs almost nothing and has a built-in clip that makes use of the light strap on most under-seat bags. It provides 200 lumens of power, up to 210 hours of run time and 6 light modes. See it here: <https://cygolite.com/product/hotshot-pro-200c-usb/> .

For the last couple of years, I have added a light to the top of my helmet. The reason is most LED lights are directional. So, if a motorist is coming at you from front or back, they are great. However, if a motorist is coming from a cross street at an intersection, he still may not see you. With the added helmet light all I need to do is turn my head in his direction and he has no choice but to see me. My helmet light is the Lezyne Macro Drive Duo. This is two lights in one with a white

light in front and a red light in rear. See it here:

<https://ride.lezyne.com/collections/led-lights-hybrid/products/1-led-15-v204> . I

know this light is effective as I have seen many motorists coming from my side  
brake hard after seeing me.

Use your lights and stay safe!

Don Ami