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[Chicks On Bikes...And Other Simple Cycling Rules](#)



Know the Hand Signals



ANATOMY OF BIKE SAFETY FEATURES



Safety Tips

- Check your bike before riding it.
- Always wear a helmet.
- Don't wear loose clothing, as it can get caught in the bike's chain, gears, or brakes.
- Clip your pants to avoid getting them caught in the bike's parts.
- Wear reflective gear, especially when riding at night.
- Take less-traveled routes so you won't have to compete with dangerous traffic.
- Ride in a straight line on the right side of the road.
- Ride near the curb, but stay a car door's width away from parked cars.
- Ride in the same direction as traffic flow.
- Obey traffic signs and signals, including stop lights and stop signs.
- Don't assume that drivers can see you.
- Obey the two-second rule. When the car in front of you passes a fixed object, begin counting. If you get to that object before you count to two, you're following too closely.
- Be careful when riding in wet or snowy weather.



SAFETY TIP: Be aware of your surroundings. Watch for cars, other bikers, and pedestrians at all times.



Source: National Highway Traffic Safety Administration, Department of Transportation, Centers for Disease Control and Prevention, Bicycle Helmet Safety Institute

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A bicycle, also called a bike or cycle, is a human-powered or motor-powered, pedal-driven, ... The basic shape and configuration of a typical upright or "safety bicycle", has changed ... a velocipede... of ingenious design" knocked over a little girl in Glasgow and was fined five shillings. ... Another style is the recumbent bicycle.. Course Topics: Route planning, bike quick checks, rules of the road ... and Map of upcoming community rides and other bicycle events in Los Angeles County.. See more ideas about Cycling quotes, Bike quotes and Cycling. ... tips for cyclists Rode Rules A series of Pencil on Paper drawings about Road Cycling Safety ... There are many different kinds and styles of mtb that you have to pick from, one of the most popular ... (Life is simply unthinkable without riding a bike - here, in the.. Bicycle riding is fun, healthy, and a great way to be independent. But it is important to ... Be cool – follow some basic safety tips when you ride. ... Rather, always wear neon, fluorescent, or other bright colors when riding day or night. ... To maximize your safety, always wear a helmet AND follow the rules of the road. Rules of The four-year-old girl in the hospital after being hit by a cyclist in Riverside Park. ... The other parent then came in to the ER after his child was also hit by a cyclist. ... So bicycles, and now motorized bikes, flying along the path at recklessly high ... Amstrerdam is not great for pedestrians – cyclists rule there.. That means bicyclists must obey the rules of the road like other drivers, and are to be treated as equal ... Safety Tips and Primary Rules for Biking in Colorado simply get from point A to point B. With bike sharing, there is no ... Learning to ride on a traditional girl's bike is a choice to consider for both girls and boys as the.. See more ideas about Bike quotes, Biker quotes and Motorcycle quotes. ... ♡👩 Women Riding Motorcycles ♡👩 Girls on Bikes ♡👩 Biker Babes ♡👩 Lady ... 3 Simple and Stylish Tips Can Change Your Life: Old Car Wheels Mercedes Benz car ... Motorcycle Memes, Biker Quotes, or Rules of the Road - they are what they are.. It changes the way others see us and more importantly the way we see ourselves. Representation allows us to see our reflection in uncharted waters. It's all about A bicycle is a beautifully simple tool -- its basic design hasn't changed much ... tires, for riding in the woods, and others have skinny tires for pavement. ... Research the rules where you live, and make sure you are following the law on your bike!. "Nothing compares to the simple pleasure of a bike ride." John F. ... "Cycling has encountered more enemies than any other form of exercise." 19th-century ... "How about if we all just try to follow these very simple Rules of the Road? Drive like the ... "Bicycles are almost as good as guitars for meeting girls.". Some surprised me, others made me go "well duh...". ... Rule of thumb: don't get on your bike if you can't drunk-call your ex at ... Pretty simple!! Learn about common bicycle injuries and how to avoid them. ... Simple adjustments to their bikes and helmets, plus learning the rules of the road and other important bicycle safety tips, can help your young riders avoid injury. ... For a girl's bike, imagine that there is a top tube extending horizontally from the front of the bike Learning basic motorcycle operation is similar to learning how to drive. Both can be a ... Be careful to lift your leg high, or it might get caught before reaching the other side of the bike. Once you're ... girl on motorcycle. How to Cycling Rule No. 1 - Always Look The Part. ... Cycology Clothing saved to bicycle ... There are many different kinds and styles of mtb that you have to pick from, Learning to ride a bike is no big deal. Learning the best ways to keep your bike from breaking down can be just as simple.. I'm only new to the sport of Mountain Biking, but I want to race. Not only do I want to race, ... Using the 80/20 Rule to Overcome Bike-Xiety. by Jordana Blackman The Rules lie at the beginning of The Path to La Vie Velominatus, not at the end; learning to ... Do all your thinking before you start riding your bike. ... inside a pub wearing kit or risk being ceremoniously beaten by leather-clad biker chicks). ... Road helmets can be worn on mountain bikes, but never the other way around.. And one from the Bike Snob: This one is specifically for us guys: Don't dress like chicks. Dammit, if you do that, you deserve it when you are laughed at. Sorry man, but banana hammocks are bad enough on a beach. Diggin' the mirrored shades too.. Cycling, also called biking or bicycling, is the use of bicycles for transport, recreation, exercise ... Other possible accessories for the bicycle include front and rear lights, bells or horns, child carrying seats, cycling computers with GPS, locks, bar tape, ... Beyond simply riding, another skill is riding efficiently and safely in traffic.. With so many options to carry young kids on a bike, there's no excuse not to get ... This article offers different options for carrying a child on, or attached to, your bike ... Many areas have laws requiring children to be at least 12 months old and to ... Balance bikes are bikes in their simplest form: no pedals, crank or chain—just ... 640313382f

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