

"BEFORE YOU RIDE" CHECKLIST

Helmet Fit

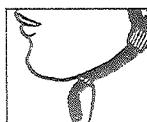
Eyes: Your helmet should sit level and cover your forehead. Look up and you should see the brim of the helmet.



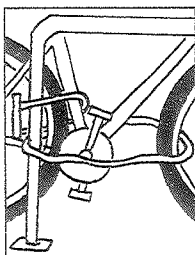
Ears: The straps should come to a "V" directly under your ear with sliders locked in place.



Mouth: Tighten the chin strap. Open your mouth. If the helmet is tight enough, you will feel the helmet pull down slightly.

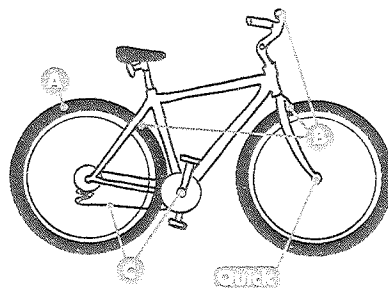


Locking Basics



1. Use a U-Lock to secure the frame and rear wheel to the rack.
2. Use a cable lock or cable loop to secure the front wheel.
3. Alternatively, you can remove your front wheel and lock the frame and wheels to the rack.

ABC QUICK CHECK



A is for air: Inflate tires to pressure rating on the sidewall of tire and check for damage.

B is for brakes: Applied brakes should stop a spinning wheel and leave 1 inch space between lever and handlebar.

C is for cranks, chain & cassette: Ensure your crank bolts are tight and check that your chain is clean, lubed and runs smoothly.

Quick is for quick release: The quick release levers on wheels and saddles should curve into the frame of the bike and leave a slight mark on your hand when tightened properly.

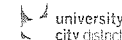
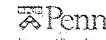
Check is for check over: Inspect your bike for any cracks, major dents or strange sounds. Tighten any loose objects. If you are unsure about anything, visit your local bike shop.



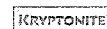
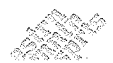
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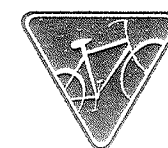
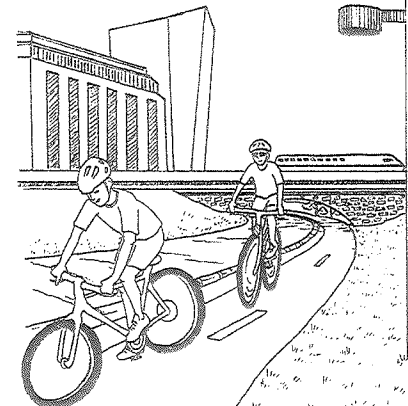


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A GUIDE TO BIKING IN PHILLY



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OUT AND ABOUT - URBAN RIDING BASICS

The Basics

- A bike is a legal vehicle with the same rights and duties as a motor vehicle.
- Obey all traffic signs, signals and rights-of-way.
- Always wear your helmet.
- Wear bright colored clothing.
- Keep pant legs and shoelaces out of moving parts.
- Use a white front light and rear red light from dusk to dawn.

Ride with Traffic

- Make Physics Work for You: Two objects moving towards each other have a faster closing speed than two objects moving in the same direction.

Hand Signals



Riding skills

- Practice looking over your shoulder, this helps you keep an eye on traffic while keeping a straight line.
- Keep a look out for potholes, glass, puddles and opening doors.
- Leave plenty of space between you and the vehicle in front of you.

Lane positioning

- Ride in the right wheel line of a lane if there is no bike lane or wide shoulder.
- Stay out of the door zone, ride 4 feet away from parked cars.
- Keep a straight line; don't swerve in an out of parked cars.

Sidewalks

- Walk your bike on the sidewalk. It's the law and riding puts you and other users in danger. Cyclists double their chances of a crash by riding on sidewalks; pedestrians and cars don't expect to see you there.

