

"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.



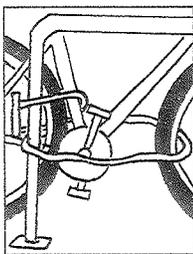
Ears: The straps should come to a "V" directly under your ear with sliders locked in place.



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

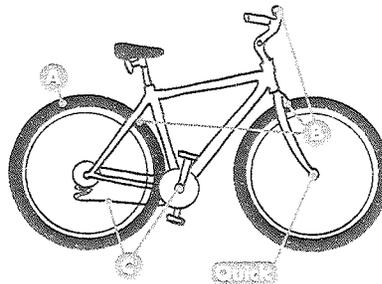


Locking Basics



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.

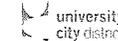
Check is for check over: Inspect your bike for any cracks, major dents or strange sounds. Tighten any loose objects. If you are unsure about anything, visit your local bike shop.



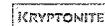
215.242.9253

Invite the Ambassadors to
your next event.

A project of the Bicycle Coalition of
Greater Philadelphia and

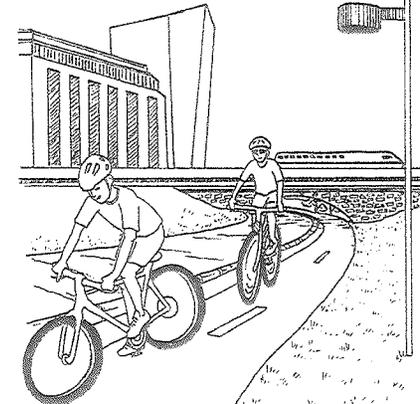


Corporate Partners



Take the Pledge
www.bicycleambassadors.org

A GUIDE TO BIKING IN PHILLY



**BICYCLE
AMBASSADORS**

www.bicycleambassadors.org

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.

