



Bicycle Season is Here Again

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The roads are getting cleaned and snow is gone. The bicycle season is here again. You are one of up to 85 million bicyclists in the United States. Now is the time to get yourself and your bike ready for the bicycle season.

Have your bike tuned up prior to riding. This will make sure the brakes work properly, the gears shift smoothly and tires are inflated correctly and trued. A properly tuned bike is safer to ride.

Make sure your helmet is in good shape and fits correctly. Using a helmet can reduce the risk of a brain injury. A proper fitting helmet should fit snug but not tight and should be level on your head and not tilted back. Chin straps need to be snug not tight and fastened. You should have a CPSC (Consumer Products Safety Commission) sticker. If you have had your helmet on during a crash or it is cracked, you should replace the helmet. See your local bicycle shop if you need assistance with selection and fit.

Using a helmet does not equal better safety. Safety is having good bicycle skills while riding and following the rules of the road. As a bicyclist, you have the same rights and duties as a motor vehicle. (MN Statute 169.222).

Have a great bike season!

Information for this article was obtained from the State of Minnesota and the Bicycle Helmet Safety Institute web sites.