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Bike Safely



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As spring descends upon us, many people's activity levels increase. This is generally a good thing, allowing for increased cardio strength and a number of other positives. The more we integrate activities into our regular routine, the more likely

we will keep at it. One activity I have been able to make a habit of is bicycle riding. It is a skill most people have, and many people might even own a dusty rusty two wheeled steed. However, before you pedal off consider taking some steps to insure your and others' safety. Safety comes in two major forms: equipment and skills. The first you can reasonably buy; the latter involves commitment.

Make sure your bicycle is safe. A sure way to start out on a safe bicycle is to get your old bicycle tuned

up or buy a new one that fits your current needs. A bicycle purchase, either new or used, might be best done through a bicycle dealer. A bicycle dealer will be looking for return business to that shop and thus will treat you well. Once you have your ride, a helmet is very important. Also, the correct tire inflation and checking the brakes are critical. Shake the bike listen and look for a jiggle, everything tight on the bike? Keep your gear (cloths and a bag) and gears, drive chain out of each other's way. Seat handle bars all levers need to be tight.

Commit yourself to road safety. Safe usage of the byways happens if everyone respects the rights of others on the road. Compel yourself to exercise courtesy. Attend to your path so you can be aware of what is coming up. Skilled considerate biking should be an exhilarating refreshing experience. I cannot stress enough how important extending an understanding to another on the way can be. I suggest losing the earbuds



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