

MINNESOTA

WALK! BIKE! FUN!

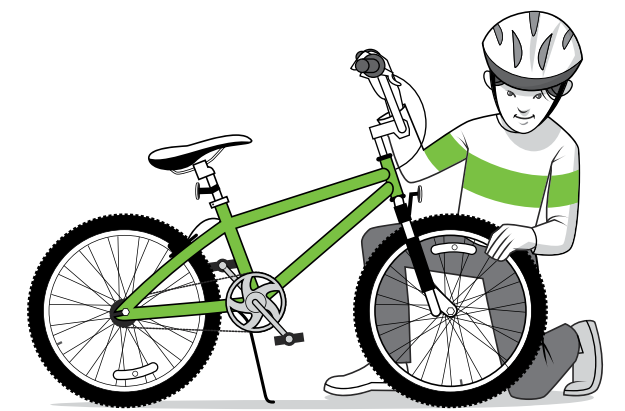


RULES OF THE ROAD

- 1 Stop at red lights & stop signs.
- 2 Ride on the right in a straight line.
- 3 Signal your turns.
- 4 Watch for cars, pedestrians & road hazards.
- 5 Be visible.

BEFORE YOU GO: Do the ABC Quick Check

- A** is for Air
- B** is for Brakes
- C** is for Cranks, Chain & Cassette



Take a quick ride to check it all before you go!

PROTECT YOUR MELON: Always Wear a Helmet!

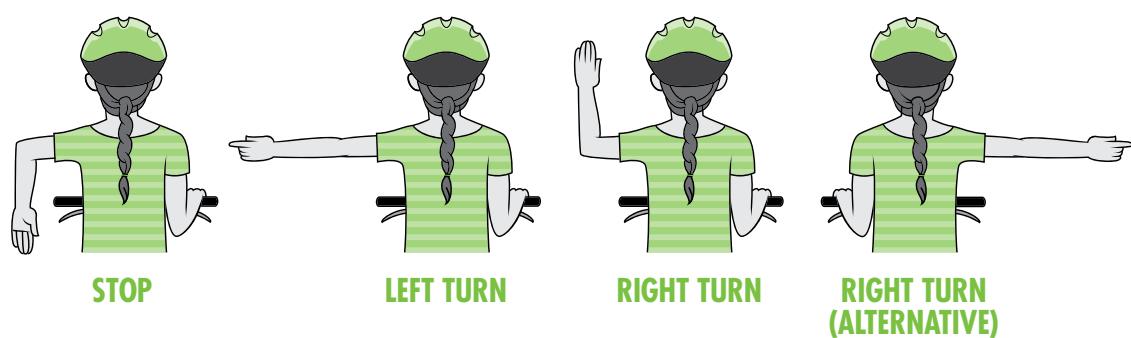
Helmet Position Your helmet should sit level on your head and low on your forehead – one or two finger widths above your eyebrows.

Side Straps Adjust the slider on both side straps to form a “V” shape under and slightly in front of each ear.

Final Fit Does your helmet fit right? Open your mouth wide . . . **big yawn!** The helmet should pull down on the head.



SIGNAL YOUR TURN!



To download your free copy, go to:
BIKEMN.ORG/EDUCATION