

SUMMER BIKE SAFETY

SPONSORED BY BEVERLY BIKE & SKI & BEVERLY AREA PLANNING ASSOCIATION

Summer is the perfect time to be out in the community riding your bike. But before you ride, think about bicycle safety and security. Bike theft is a problem and traffic is busy everywhere.

Put the following tips into action and ride safely this summer.



PROTECT YOUR BIKE

REGISTER YOUR BIKE WITH THE CHICAGO POLICE DEPARTMENT.

- Registration makes identification possible if your bike is stolen. Get forms at the **22nd District Police Station, 1900 W. Monterey Ave** or register **on-line at home.chicagopolice.org/services/online-bicycle-registration/**.
- Contact 22nd District CAPS office, CAPS022District@chicagopolice.org or 312-745-0620 for more information.

LOCK YOUR BIKE WHENEVER YOU LEAVE IT UNATTENDED.

- Use a **high quality lock** that cannot be easily broken.
- **Lock the bike frame** -- not just the wheels, which are easy to remove.
- **Lock your bike** inside the garage and lock the garage doors!



PREPARE TO RIDE

RIDE A BIKE THAT WORKS PROPERLY AND FITS YOU.

- **Beverly Bike & Ski**, 9121 S. Western Ave. (773-238-5704) offers a full tune up that includes cleaning and polishing.
- **Make sure the rider can stand** just in front of the seat with the bike between his or her legs and with feet flat on the ground.
- **Check seat height** by having rider sit on bike with feet on pedals; with one pedal in the 6 o'clock position, the knee should be only slightly bent.



PROTECT YOUR SAFETY

OBEY THE RULES, CHOOSE SAFE ROUTES, WATCH OUT FOR OTHERS.

- Ride with traffic. Use hand signals for stopping and turns.
- Wear equipment to protect you and make you more visible to others.
- Choose routes with less traffic, slower speeds and traffic lights at busy intersections.
- Obey street signs, signals and road markings, and rules of the road -- just like cars.
- Slow down and check for moving cars when passing an alley or driveway.
- Make eye contact with drivers especially at intersections and driveways to make sure they see you and wait for you to ride by.
- Watch out for pedestrians. Let pedestrians know you're there by saying "on your left" or by ringing a bell, then pass them carefully.
- Watch for car doors!
- Ride in the street. Adults and teens cannot ride on sidewalks in Chicago. Bicyclists are safer on the street where drivers are looking for them.

ALL RIDERS MUST WEAR HELMETS

To maximize safety, wear your helmet properly.

EYES, EARS & MOUTH TEST

PROVIDED BY THE CHICAGO DEPARTMENT OF TRANSPORTATION



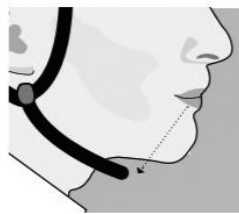
EYES

When you look up you should see the helmet's front rim - not the visor. If you can't see the front rim, tilt the helmet forward until you can.



EARS

Snap the chin buckle closed. On each side of your head, the helmet's 2 straps should meet under your ears to form a "V." If they don't, move the straps up or down through the junction.



MOUTH

With the chin buckle closed, open your mouth wide. You should feel the helmet pull down on your head. If it doesn't, take the helmet off and make the chin buckle strap shorter by sliding it through the buckle.

THE ABC QUICK CHECK

PROVIDED BY THE ACTIVE TRANSPORTATION ALLIANCE

Air. Check both your tires for air. They should be about the firmness of a basketball.

Brakes. Slide your bike forward and squeeze the left brake (front wheel), if the back wheel pops off the ground, your front brake is ready. Then slide your bike forward and squeeze the right brake (rear wheel), if the rear wheel skids, your back brake is ready.

Chain. Check your chain by lifting the rear wheel off the ground and moving your pedals forward. The chain should be on the chain rings and move smoothly with the pedals.

Quick. Check the quick release skewers on your wheels to make sure they are at the proper tightness so your wheels don't come off.

Check. Spin each wheel and look to make sure they appear straight and are not rubbing on the brakes.

More information on the Active Transportation Alliance: www.activetrans.org • info@activetrans.org • 312-427-3325



This month BAPA launches the all new **HISTORY MYSTERY BIKE ADVENTURE!**

Each month, June through September, sharpen your sleuthing skills by getting on your bike and tracking down clues.

Prizes for winners! All new adventure every month!

FIND ADVENTURE #1 IN THIS ISSUE OR ONLINE AT WWW.BAPA.ORG.

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