

BIKE SMART. *BIKING 101...*

1. Remember the basic rules of biking:

- ✓ Yield to pedestrians
- ✓ Stop at all red lights and stop signs
- ✓ Ride in the same direction as traffic
- ✓ Do not ride on the sidewalk
- ✓ A white headlight and red taillight should be utilized when biking at night
- ✓ A bell should be utilized to signal your presence
- ✓ Do not wear more than one earphone / ear bud while riding

2. Use hands signals to signal your direction to drivers. DON'T CHANGE LANES SUDDENLY.



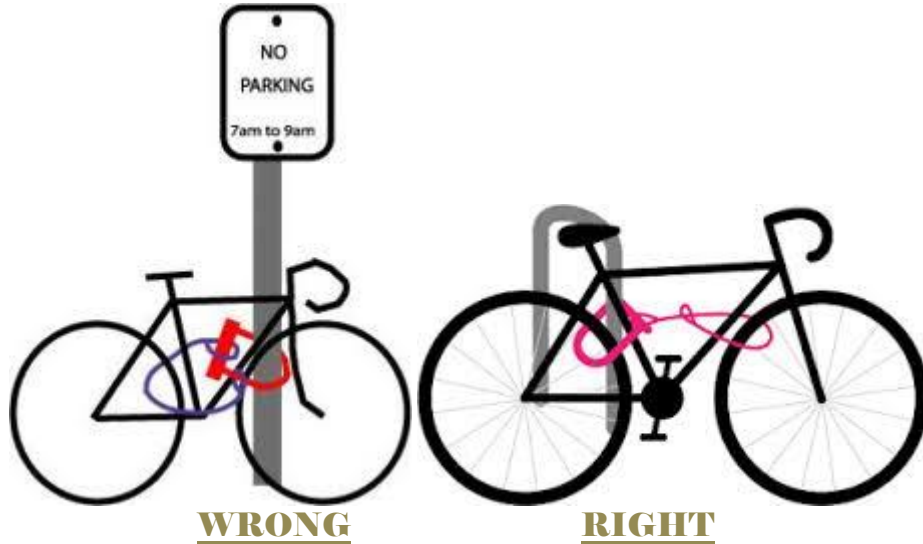
3. Head gear is important! Follow these helpful tips to help protect yourself from injury:

- ✓ Wear a helmet whenever you ride your bike
- ✓ Tighten the strap securely under your chin; don't let it hang loosely
- ✓ Wear your helmet on top of your head as it is designed to be worn. Don't tilt your head gear either toward the front or back of your head
- ✓ Make sure your helmet fits your head properly. If it's not sized correctly it cannot protect you adequately
- ✓ Replace your helmet if you notice any cracks or signs of damage



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4. Do not lock your bike to trees, light posts or sign posts.



5. Make sure that your bike cannot be lifted over and off the object to which it is locked.



For more information on how to Bike Smart in White Plains, visit www.cityofwhiteplains.com or call the City of White Plains Traffic Division at (914)422-1315.