

Wheel wisely! Learn bicycle safety

It's time to dust off the bikes and feel the wind in your face as you peddle around the neighborhood.

Bikes have been around for over 180 years. Karl Drais of Germany was called the "father of the bicycle" after he invented the velocipede. There were no pedals. The rider sat on the frame and moved the bike by kicking the ground with his feet.

Early bikes with a big front wheel (called ordinaries) were very hard to ride. The wheel was as big as 64 inches.

After the invention of a safer bicycle with a small front tire in the 1890s, bicycle sales in the United States took off. Bicycling has remained a popular mode of travel and recreation.

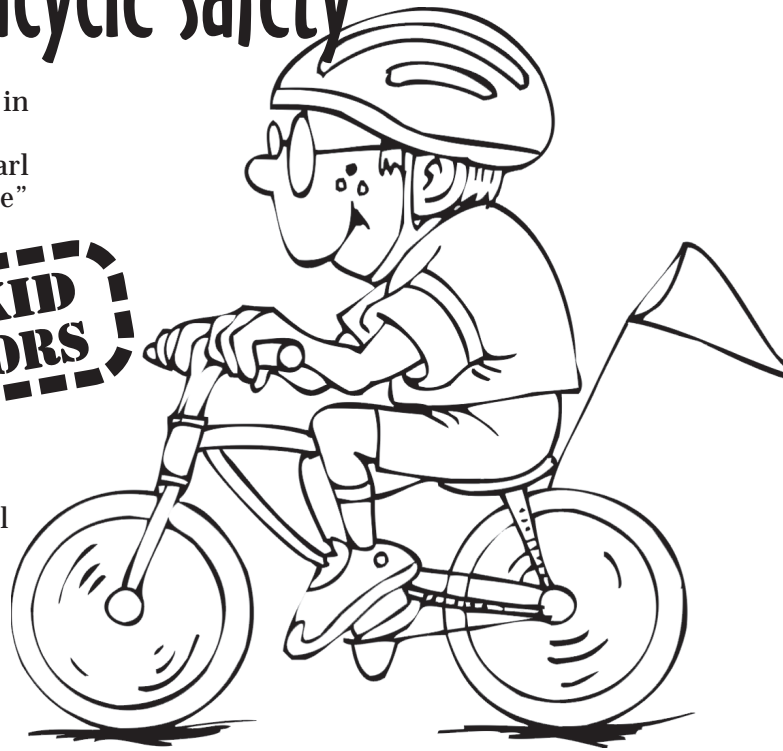
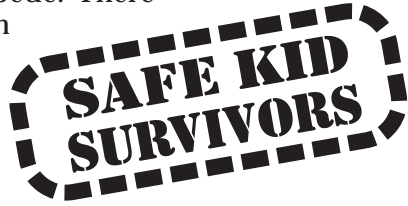
So hats off...er, helmets on...to bicycle safety!

Tips for safe bicycling

You may think you're a good biker, but crashes happen all the time to good riders. Wearing a bike helmet is the most important thing you can do to protect your brain and your life when you ride.

1. Wear a helmet every time you ride.
2. Stop at the end of the driveway and check for traffic.
3. Always ride on the right side of the road. Ride with the traffic.
4. Obey traffic laws. You must stop for stop signs and stop lights.
5. Be predictable. Don't swerve. Don't clown around. Don't ride in the middle of the street.
6. Signal when making a turn.
7. Wear light-colored clothes when you ride. If you ride at night, you must have a white front light and a red rear reflector.
8. Don't ride too close to parked cars.
9. Yield the right-of-way. Cars have to slow down for walkers, and so do you. When riding on a path, trail, or sidewalk, keep your speed down. Call out that you are approaching or passing.
10. Don't ever hitch a ride on a moving vehicle or do stunts or wheelies on a road with cars and trucks. Never ride more than one person to a bike, unless it is a bike with two seats.

(The American Automobile Association, League of American Bicyclists and Optimist International provided information for the article.)



Newspaper Tick-Tack-Toe

TIME	SAID	THEN
SCHOOL	AND	2007
99	MONTH	MEET

Find the printed word or number in each square somewhere else in the newspaper. Cut it out and paste it in the square. The first person to fill in three boxes in a row wins the game.



Newspaper Activity

Search the newspaper for words that describe things that could be associated with bikes or bike riding. Example: band-aids
 Draw a map of a bike route around town.
 Look through the newspaper for shops you will see on your route.