



**Alliance for  
Community  
Traffic  
Safety**

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## **Gear Up for Summer Riding**

Summer is a great time to go for a bike ride. Maybe you ride year round and you are preparing for a ride to the coast or a mountain trail in Central Oregon. A ride around a campsite with family and friends on a warm summer day might be more your style. Or maybe you are thinking about saving fuel and riding for your daily commute.



Whatever it is that makes you choose to ride be sure you are road ready with these basic tips.

- Get your bike checked out at a local bike shop or mobile repair service. Make sure brakes, chains, tires & wheels are ready to hit the road.
- Have lights on the front & rear of your bike. Even if you don't plan to ride at night, lights make you more visible during the day.
- Get a helmet that fits properly and wear it for every ride.
- Wear light colored or reflective clothing. Be visible to other road users.
- Don't wear headphones or hoods while riding. They can limit vision or hearing while riding.
- Carry some basic tools with you, such as a flat repair kit, and a small pump.
- Be alert and predictable. Ride in the same direction as traffic.
- Hot temperatures can cause your body to dehydrate quickly. Be sure to bring plenty of water.

Biking can be a great alternative to driving. It saves on fuel and environmental impact as well as providing exercise. Whether your bike adventures take you on a short trip around town or across the state, take a little time and be prepared to travel safely.