

## A Note on Safety

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Every activity has its hazards, and cycling is no different. Our ride will spend the majority of its time on public roads with automobile traffic, so special caution will be needed throughout. One need not feel a sense of fear of cycling, however, and certain riding techniques can help to significantly lower your risk.

There will be a constant focus dedicated to keeping riders safe during the ride, including a designated Safety Coach to help fellow riders continuously improve their safety IQ. Individually, every rider who participates must be familiar with safe cycling methods prior to attending any part of the Fuller Center Bicycle Adventure. Wearing a helmet is required for our trip and the starting point of bike safety, not its end point.

A simple internet search for bicycling safety will bring a flood of worthwhile reading material on the subject to get you started. Talking with and asking for tips from other cyclists in your area or at your local bike shop can be very valuable, and of course actual time spent on your bike prior to your participation will only help you become better prepared.

I highly recommend you take a few minutes and begin reading some tips online. Here are a few sites to help get you started:

- NHTSA Basic Bicycle Safety Tips: [www.youtube.com/watch?v=jdrxlPQpt4](http://www.youtube.com/watch?v=jdrxlPQpt4)
- GCN's Helmet fitting guide: [www.youtube.com/watch?v=lyhyrITHDgw](http://www.youtube.com/watch?v=lyhyrITHDgw)
- More details on riding in traffic: [www.bicyclesafe.com](http://www.bicyclesafe.com)

Take a look at our safety pledge on the next page as well for more details on the safety principles we will follow on the ride.

