

# Fall Fitness Challenge 2013



**Tip: When Being Active Leaves You Breathless**  
Adapted from: UnitedHealthcare

Bicycling to work is a great way to save on fuel and help the environment. And, it's good for your health – provided you follow some key strategies for safe cycling.

Remember these four BEs for two-wheel commuting:

## 1. Be prepared

- Visit a local bike shop to make sure your bike is adjusted to fit you – and is in good working order.
- Map out the safest route.
- Always wear a helmet that fits properly.
- Pack a cellphone in case of an emergency. But, don't use the phone – to talk, text or read messages – while biking.
- Make sure clothes, backpacks, etc. can't get caught in the bicycle chain. Tuck pant legs into socks and laces into shoes, if needed. And, wear shoes that can grip the pedals.

## 2. Be seen

- Wear eye-catching clothing, such as a neon safety vest. And, add reflective tape or strips to your back, legs, arms and helmet.
- Equip your bike with headlights, taillights and reflectors.
- Stay off sidewalks. Motorists may not see you at driveways and intersections. And, you could put pedestrians in danger.

## 3. Be predictable

- Ride with the flow of traffic, never against it.
- Obey all traffic laws and signs. Bicyclists should follow the same rules of the road as motor vehicles.
- Use appropriate hand signals before stopping and turning, so others can anticipate your actions. See "Four rules for the road."

### *Four Rules for the Road*

*When you're cycling, be careful out there. Be sure to:*

- 1. Ride with the flow of traffic, never against it.*
- 2. Obey all traffic laws and signs. Bicyclists should follow the same rules of the road as motor vehicles.*
- 3. Be especially cautious at intersections and driveways. That's where more crashes between vehicles and bikes occur.*
- 4. Use appropriate hand signals before stopping and turning, so others can anticipate your actions.*



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## 4. Be alert

- Keep an eye out for hazards, such as gravel or other debris, potholes, railroad tracks or wet patches – anything that could cause you to fall or swerve.
- Scan ahead. Watch out for parked cars, car doors opening into traffic, and vehicles exiting driveways or parking spaces.
- Leave ears clear. Music pumping through earphones may distract you from what's going on around you.
- Be especially cautious at intersections and driveways. That's where most crashes between vehicles and bikes occur.
- Cycle defensively. Watch motorists carefully. Some may have an eye out for you. But, others may not.

Finally, keep an eye on the weather – so you can plan accordingly. And, do use extra care if you are riding in the rain – or when there is frost, ice or snow on the road. Slow down – and allow extra time and space to stop.

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### *Drivers: Please share the Road*

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When you're driving, be courteous to those traveling by bike. Pass with care – and never blow your horn near cyclists.

## Park and Pedal

Can't decide on a ride? Consider this:

Commuting by bike costs as little as \$120 a year. Meanwhile, owning and operating a car can set you back more than \$9,000 a year on average. Source: U.S. Department of Transportation

Learn about Pima County's Bicycle and Pedestrian Program by visiting:  
<http://bikeped.pima.gov/>.

