

**Cycling Tips From (<http://www.bikeleague.org>):**

*League of American Bicyclists*

## **Ten Commandments of Bicycling**

- I. Wear a helmet for every ride and use lights at night
- II. Conduct an ABC Quick Check before every ride
- III. Obey traffic laws: ride on the right, slowest traffic farthest to right
- IV. Ride predictably and be visible at all times
- V. At intersections, ride in the right-most lane that goes in your direction
- VI. Scan for traffic and signal lane changes and turns
- VII. Be prepared for mechanical emergencies with tools and know-how
- VIII. Control your bike by practicing bike handling skills
- IX. Drink before you are thirsty and eat before you are hungry
- X. Have fun