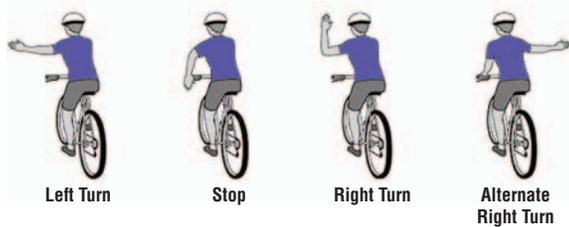


BICYCLE HELMET FIT:

- Your bike helmet should fit you properly; not too small or too big. Never wear a hat under your bike helmet.
- Once you have the right size helmet, wear it whenever you ride your bike so it will protect you. It should be worn level and cover your forehead. Don't tip it back so your forehead is showing.
- The straps should always be fastened. Make sure the straps are adjusted so they're snug enough that you can't pull or twist the helmet around on your head.
- Take care of your bike helmet and don't throw it around. That could damage the helmet and it won't protect you as well when you really need it. If you do fall down and put your helmet to the test, be sure to get a new one.

BICYCLE SAFETY TIPS:

- Make sure your bike is in good condition before riding. Check your tires for proper inflation and make sure your brakes are functioning properly.
- Always wear a bike helmet... and don't forget to snap your strap!
- Obey traffic signs and signals.
- Use hand signals before stopping or making a turn.



- Ride in the same direction as the flow of traffic. Do not ride on the wrong side of the street.
- Ride single file in provided bike lanes and stay to the right. When a bike lane is not present, ride as far to the right side of the road as possible.
- Be aware of traffic. Stop. Look left, right and left again before leaving a sidewalk or driveway. Enter traffic only when the road is clear.
- Stop or slow down at all intersections, marked or unmarked to make sure a car is not approaching.
- Concentrate – stay in control. Be visible, alert and communicate your intentions to other roadway users.
- Wear bright clothing so that you are seen easily.
- When riding at night, be sure your bicycle is equipped with a white headlight that illuminates the road in front and a red rear reflector that is visible in the back.
- Prevent bicycle thefts. Carry a lock and use it.

In case of an emergency, call **911**.

BIKE EVENTS IN PLEASANTON

April 23-24, 29/Middle School Bike Tune-ups and Helmet Fittings/Giveaways

Students and school staff can bring their bikes to school for minor tune-ups by the BikeMobile. Students will also learn how to wear their bike helmet properly and those in need can receive a free bike helmet.

May 1-31/Team Bike Challenge

Join the challenge with friends, neighbors or colleagues to encourage healthy transportation to and from work. Sign up at www.teambikechallenge.com

May 7-8/Bike to School Events

Students, school staff and parents are biking to school! Hart & Harvest Park Middle Schools are biking on May 7th and Pleasanton Middle School is biking on May 8th! Get in gear!

May 8 - Bike to Work Day

Stop by one of the local energizer stations for a FREE Bike to Work day t-shirt and bag, while supplies last and enjoy refreshments to keep you energized.

For event details including locations and time, visit www.pleasantongreenscene.org/transportation.

ENTER THE TRI VALLEY BIKE SAFETY MONTH RAFFLE!

Participants in each bike event listed are eligible to enter a random drawing to win prizes donated by local businesses and sponsors.

One entry per person per event. One prize per winner; drawing will be held at the end of May. Prizes must be claimed within 60 days.

BIKE SAFETY CLASSES IN PLEASANTON

April 12/Urban Cycling 101 Classroom Workshop

Learn the basics on how to ride safely in traffic. Ages 13+

May 2 /One-hour Commuter Workshop

Come learn the basics of bike commuting during your lunch hour. Lunch provided.

May 10/Family Cycling Workshop, FREE Bike Tune-ups

The family that cycles together, rides safely and has fun, too! The BikeMobile will be on-hand to do minor bike tune-ups.

Sign up for FREE bike classes at www.ebbc.org/education.

Funds for Bike Events & Promotions are provided in cooperation with:



CITY OF PLEASANTON

www.cityofpleasantonca.gov

Pleasanton Police Department/Animal Control (925) 931-5100

Street Sweeping/Maintenance (925) 931-5500

Traffic Engineering (925) 931-5671

Economic Development/Transportation (925) 931-5039

Rides to School Program www.pleasantonschoolpool.org

Bike Safety

2014

Map and Event Guide

www.pleasantongreenscene.org

