

# Bicycle Rodeo



Injury Prevention Division  
Utah County Health Department  
801.851.7513

# **Bicycle/Pedestrian Rodeo Instructions**

## **Basic Skills to be taught:**

- Hand signaling
- Braking
- Balancing
- weaving
- Turning
- Learning traffic signs
- Checking for traffic

**Helmets** are required to participate in the course. Ensure helmets are worn correctly. (They should fit level on top of the head, with the front low on forehead, about 1" above eyebrows. Chin straps should be tight..)

**Workers/Helpers** should be trained in basic bicycle skills, laws and rodeo procedures. At least seven volunteers are needed for the bicycle/pedestrian rodeo, one at each station and one at the preparation area. An extra volunteer could be used in station 1 & 5 making a total of nine volunteers needed, but these stations can function with just one volunteer. Children can go through in groups anywhere from 3-6 people.

**\*\*Do Not undo the binding!! A photocopy of the activity page may be given to the volunteer at the station (turn signals are on "Crazy Crossroads").**

## **Signs Needed:**

- 2 Curvy Road Signs
- 1 Yield Sign
- 2 Stop Sign (1 is for the crossing guard at station 5)
- 1 Railroad Crossing
- 1 One Way Right
- 1 One Way Left
- 1 School Crossing

## **Total: 9 Signs**

Station one involves the left over signs to teach the children what they mean. Many different signs could be used.

- School Crossing
- Curvy Road
- Stop
- One Way
- No Right/Left Turn
- Yield
- Walk on Left Side Facing Traffic
- Ride Bicycles On Right Side With Traffic

## Course Setup

**Course Area** should be level and hard-surfaced. School playgrounds, parking lots, or seldom used streets that can be blocked off for several hours are suitable.

**Mark lines** for maneuvers with chalk or gaffers tape/masking tape/duct tape. Traffic cones can be used to mark off rodeo are and used in lieu of chalk or tape with some of the skills.

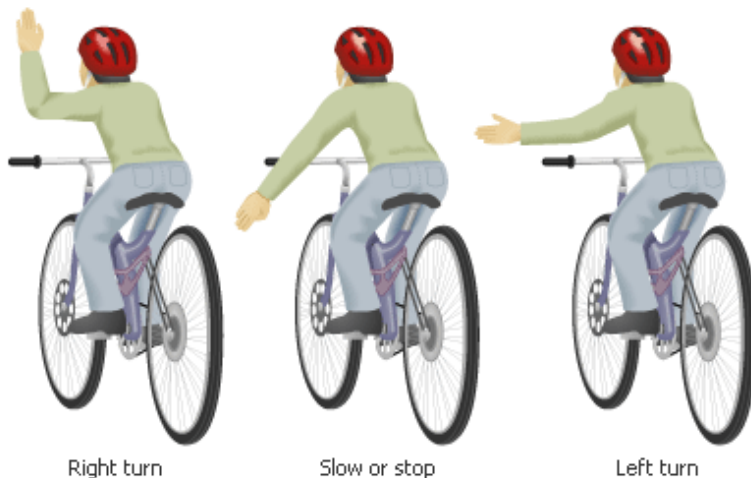
**Spacing is very important.** Make sure there is enough space allowed at each station so maneuvers can be completed easily (weaving around cones, balancing, etc.) Make sure there is enough space between stations to accommodate waiting children.

**Windy conditions** can cause signs to blow over and break off. To prevent this, place a brick on a wooden stand to anchor.

## Instruction Station

Before starting, it is important that children understand exactly what is expected of them.

- Explain the rules you have set up
- Explain each skill and what they will need to accomplish
- Demonstrate hand signals and have children practice them with you



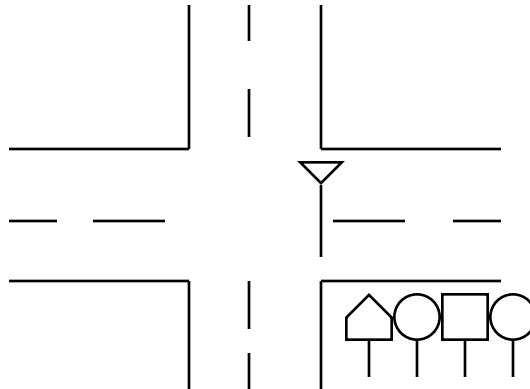
- Explain the meanings of each traffic sign (stop, yield, etc.)
- Ensure correct helmet fit
- Explain traffic rules (right on right with traffic, walk on left facing traffic)

# Crazy Crossroads

With sidewalk chalk, draw an intersection. Put a “yield” sign at the intersection. Have a number of other signs (all that aren’t being used in the rest of the stations) there to teach the children what they mean.

Needed: 1 or 2 volunteers

Yield Sign  
Other signs



The purpose of this station is to teach proper hand signals, meanings of road signs, the correct way to cross a road at an intersection, and how to properly use a helmet.

As the children approach the intersection, explain to them the importance of wearing a helmet. Explain to them the three-finger rule and have them do it along with you. This is to:

1. Tighten straps so that only one finger can fit under the chin strap
2. Helmet is placed two finger widths above your eyebrows
3. Tighten the straps so they fit snugly under the ears

Also, show them the helmet must sit level on the head, not tilted to the front or back.

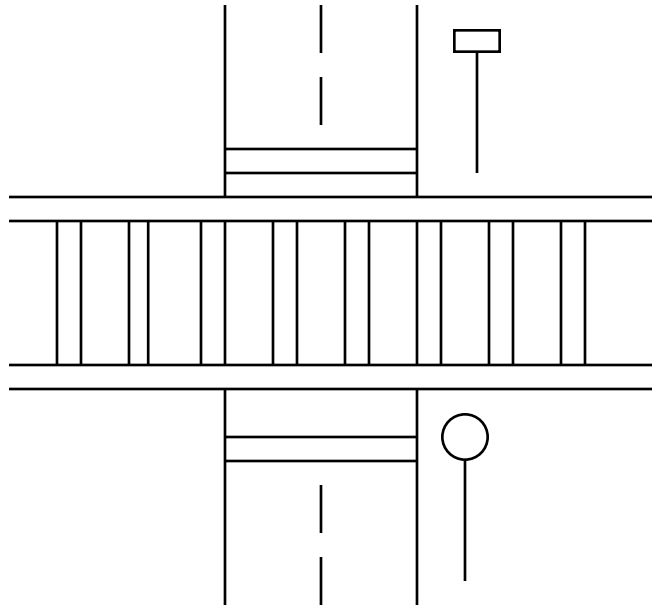
Then, show them the different road signs and ask them if they know what they mean. Teach them what they are and what they need to do when they see one. Also, teach the children the proper hand signals. Explain to them they always need to signal with their left hand. **Show them the signals for right turn (arm bent up), left turn (arm straight out), and slowing or stopping (arm bent down).**

At this time, also tell the children under age 12 they need to always ride on the sidewalk. Now, have the children go through the intersection with a yield sign. Tell them when they are riding their bike or walking they should treat a yield sign the same way they treat a stop sign. They should stop, look left, right, then left again for cars, and if none are coming, they should walk their bike across the street. If a car is coming, they must stop, wait for the car to pass by, and then look left, right and left again. A worker can pretend to be an automobile. Also explain to the children when a car is stopped for them to cross the street, it is important for them to make eye contact with the driver to make sure they have been seen. Tell younger kids they should only cross with an adult.

# Railroad Crossing

With sidewalk chalk, draw two parallel lines (road) leading to a railroad track. Stand the “RR Crossing” sign just in front of the track. At the end of the station, stand a “right turn only” sign.

Needed: 1 volunteer  
Railroad Crossing Sign  
One Way Left Turn



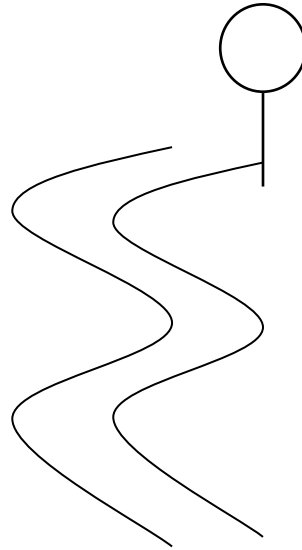
The purpose of this station is to teach children how to cross at a railroad crossing.

Explain to the children what the railroad sign means (railroad crossing ahead). Have the children stop at the railroad crossing and get off their bikes if they are riding them. Explain to the children with bikes that it is very important to walk their bikes across the railroad track. The wheels of their bike could get stuck or the tracks could cause them to crash. Crashing could knock them out and they wouldn't be able to get away from a coming train. Before crossing the tracks have them look both ways for a train. Explain if a train is seen or heard, they must back far off from the tracks because wind can pull them down under or knock them over. Tell them they should not run or cross the tracks if they can see or hear a train. Sometimes children think they are faster than the train, but they could get a shoe caught or fall down and they might not be able to get away from the train. After the children cross the railroad track, have them signal and turn right to the next station.

# The Balance Beam

With sidewalk chalk, draw two curvy lines about six inches apart. Just before the balance beam stand a “*curvy road*” sign. You can use cones for children to weave between as they balance for a more solid “barrier”.

Needed: 1 volunteer  
Curvy Road Sign



The purpose of this station when using a bike is to teach balance and control while riding bikes at low speeds. For children who are walking, this station it teaches balance and the importance of staying on the sidewalk or a designated area when walking.

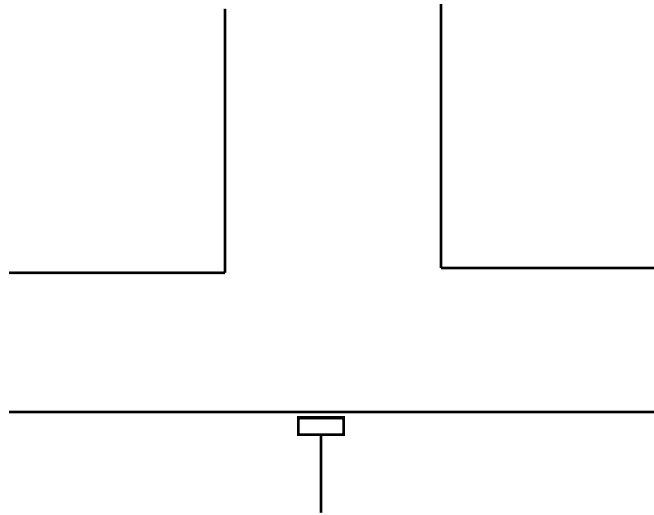
When talking to children on bikes, explain to them it is sometimes necessary to ride a bike slowly. Ask the children when they think it is important (driveways, parking lots, schools, recreation centers, parks, etc.). Tell the children they need to practice riding their bikes slowly because it can be hard. Then, have them ride their bikes between the two lines as slowly as possible without crossing over the lines or putting their feet down.

When talking to children walking, explain to them the similarities of the balance beam to walking on a sidewalk. It is very important to stay on the sidewalk when walking because if they go off of the sidewalk into the road, a car may hit them. Tell them that they should always try to walk on the sidewalk, but if there isn't one they should stay as far to the side of the road as they can and be sure to walk facing traffic. Then have them walk the balance beam.

# Demon Driveway

With sidewalk chalk draw a picture of a driveway leading into a road. Place barriers in the road (a parked car, cardboard cars, trees, bushes, etc.). Stand a "left turn only" sign at the end.

Needed: 1 volunteer  
Right turn only sign  
Obstacles



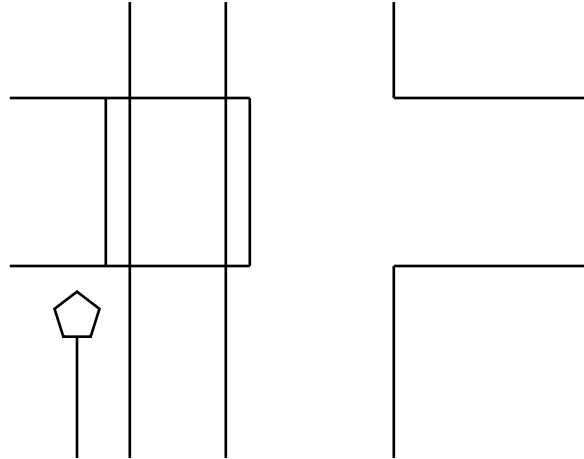
The purpose of this station is to teach children that barriers can get in the way of seeing a car when looking both ways.

Have the children walk or ride their bikes down the driveway towards the road and then stop. Before crossing the road, explain that things can get in the way which makes it hard to see if a car is coming. Talk to them about crossing the street by a parked car, STOP, look left, right then left again, and if no cars are coming they may either walk or walk their bikes across the street. If they don't walk out to the edge of the car they may think that no cars are coming when really a car could have been hidden by the parked car.

# School Crossing

With sidewalk chalk, draw an intersection with a crosswalk. Place a “school crossing” sign just before the children reach the crosswalk.

Needed: 1 or 2 volunteers  
School Crossing Sign  
Hand Held Stop Sign



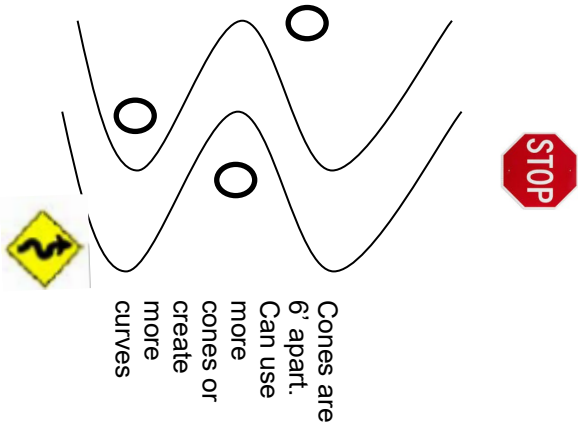
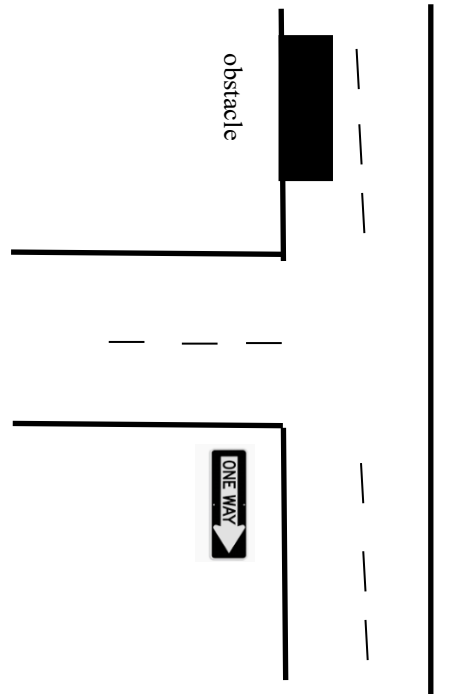
This station teaches children riding bikes about the correct behavior toward pedestrians. It also teaches children walking through the rodeo the proper way to cross at a school crosswalk.

Have children on bikes stop at the crosswalk. Explain to them what the school crossing sign means (a safe place for school children and other pedestrians to cross the street). Tell them when they are riding their bike, it is their responsibility to stop for a person crossing the street. Explain to them this is also the rule when riding on the sidewalk. They must always stop for people using the sidewalk. Now, have the children cross the crosswalk by walking their bikes across the street. If possible, have someone in the crosswalk to make it more realistic.

Stop the children who are walking at the intersection. First, ask them why it is important to cross the street where a crossing guard is available. Talk to them about how much traffic there is around a school when school begins and lets out. Teach them about the importance of using a crossing guard. The crossing guard wears bright colored clothing and carries a stop sign. This gets the attention of drivers and lets them know to stop for children to cross the road. If a child tries to cross the street alone, they might not be noticed by a driver and could get hit. Then, act as a crossing guard and lead the children across the street.



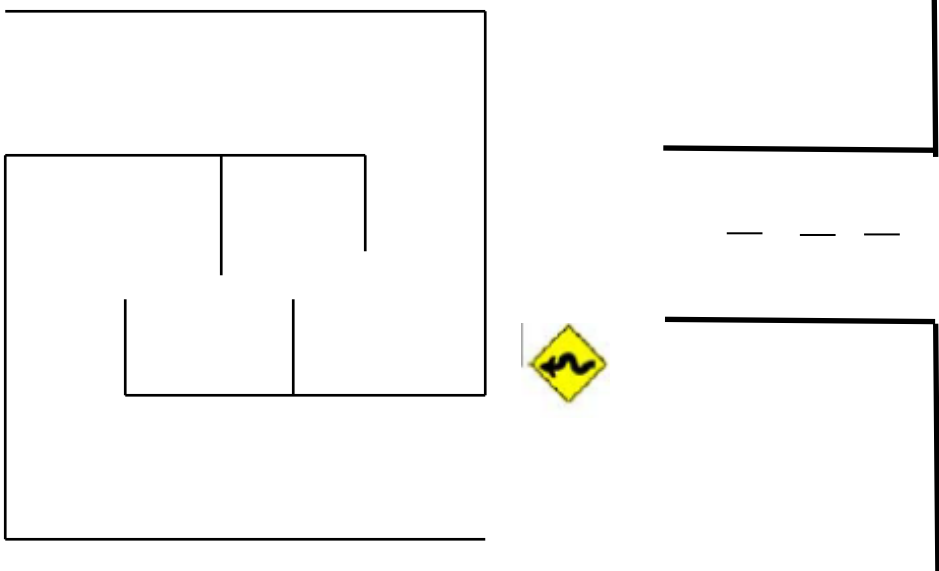
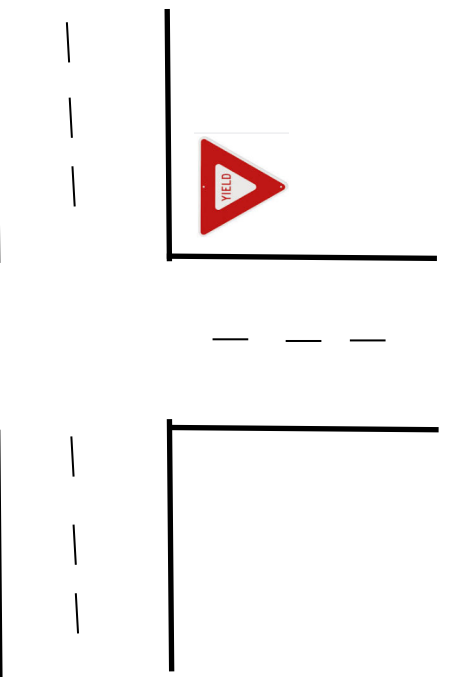
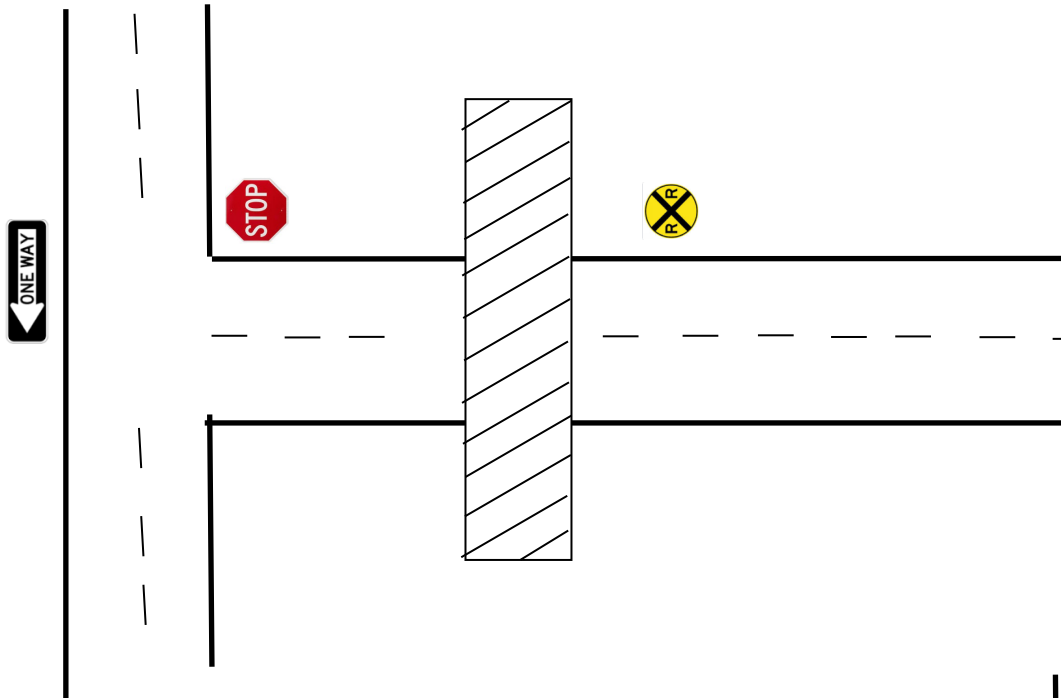
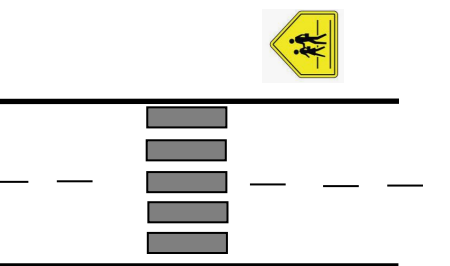
# Sample Course



INSTRUCTIONAL AREA



RIDE BICYCLES ON RIGHT WITH TRAFFIC




WALK ON LEFT FACING TRAFFIC






# Bicyclists Make Safe Choices!


-  Bicycles in the roadway are considered  vehicles.

-  Bicyclists ages 10 and older should  bicycle like a  vehicle, on the street, in the same direction as other traffic and follow the same rules.






- Sidewalks were designed for  pedestrians. If you  bicycle on the sidewalk:

- ▶  Bicycle slowly and give  pedestrians the right of way.

- ▶ Don't  bike into  Grandma or  baby brother in his stroller.

- ▶ Follow the rules for  pedestrians.

- Cross the road by  walking your  bicycle in the crosswalk just like a  pedestrian. 

-  Stop before  crossing the street from a sidewalk to give  motorists  time to  see you.

- Make sure turning  motorists see you by making  eye contact.



# Utah Cycling Laws

## What is a Bicycle?

A “Bicycle” means every device propelled by human power by feet or hands acting upon pedals or cranks, with seat for the operator, and wheels 14 inches or greater in diameter. Bicycle includes an electric assisted bicycle ([41-6a-102](#)).

Your bicycle is considered a vehicle and you have the same rights and are subject to the same provisions as the operator of any other vehicle ([41-6a-1102](#)). This includes obeying traffic signals ([41-6a-305](#)), stop and yield signs ([41-6a-902](#)), and all other official traffic control devices ([41-6a-208](#)), pedestrians in crosswalks ([41-6a-1002](#)) and school buses. ([41-6a-1302](#)).

For an operator of a bicycle who is 16 years of age or older, facing a steady circular red signal or red arrow: brings the bicycle to a complete stop at the intersection; determined that the traffic-control signal has not detected the operator’s presence by waiting a reasonable time of not less than 90 seconds at the intersection or stop line before entering the intersection; no other vehicle or pedestrians entitled to the right of way are entering or approaching the intersection; cautiously enters the intersection and proceeds across the roadway ([41-6a-305](#)).

## Riding With Traffic

Ride in the same direction as traffic ([41-6a-1105](#)).

Ride as far to the right as practicable except when ([41-6a-1105](#)):

- Passing another bike or vehicle
- Preparing to turn left

- Going straight through an intersection past a right-turn-only lane
- Avoiding unsafe conditions on the right-hand edge of the roadway
- Traveling in a lane too narrow to safely ride side-by-side with another vehicle

Ride no more than two abreast and then only if you would not impede the normal and reasonable movement of traffic ([41-6a-1105](#)).

In some instances where a usable off-roadway bike path has been provided, you may be directed by an official traffic control device to use the path rather than the roadway ([41-6a-1105](#)).

## Signaling

To make a left turn, you have two options as a bicyclist:

Use the left turn lane or two-way left turn lane in the same manner required of motor vehicles ([41-6a-801](#)) or

Staying on the right side of the roadway, ride through the intersecting roadway to the far corner and stop. After it is safe and legal to do so, cross going in the new direction, continuing to travel on the right side of the roadway ([41-6a-1108](#)).

Always signal your intention to turn right or left, change lanes, or stop at least two seconds before doing so ([41-6a-804](#)). You do not have to maintain a continuous signal if you need your hand to control the bike. Once stopped in a designated turn lane you are not required to signal again before turning ([41-6a-1109](#))

The acceptable hand signals are:

- Left turn – left hand and arm extended horizontally
- Right turn – left hand and arm extended upward or right hand and arm extended horizontally
- Stop or decrease speed – left hand and arm extended downward ([41-6a-804](#))
- Motorists may not pass within 3-feet of a moving bicycle. Motorists may not attempt to distract a bicyclists ([41-6a-706.5](#)).

## Is My Bike Street Legal?

- You are required to have a white headlight, red taillight or reflector, and side reflectors, all visible for at least 500 feet ([41-6a-1114](#)) any time you ride earlier than a half hour before

sunrise, later than a half hour after sunset, or whenever it is otherwise difficult to make out vehicles 1000 feet away ([41-6a-1603](#)).

- You must have brakes capable of stopping you within 25 feet from a speed of 10 miles per hour on dry, level, clean pavement ([41-6a-1113](#)).
- You cannot have a siren or whistle on your bike ([41-6a-1113](#)).

## Bicycle Parking

- You may park your bike on a sidewalk along a roadway anywhere it is not expressly prohibited or where it would impede pedestrian or traffic movement. You may also park your bike on the roadway anywhere parking is allowed as long as you are parked within 12 inches of the curb or edge of roadway ([41-6a-1402](#)) and your bike does not block any legally parked motor vehicles. Your bike does not have to be parallel to the curb, but may be parked at any angle to the curb ([41-6a-1107](#)).

## Additional Rules of the Road

- A peace officer may at any time upon reasonable cause to believe that your bicycle is unsafe or not equipped as required by, or that its equipment is not in proper adjustment or repair, require you to stop and submit the bicycle to an inspection and a test as appropriate ([41-6a-1110](#)).
- Always yield to pedestrians and give an audible signal when overtaking them. Use care and safe speeds to avoid collisions. Never ride where bicycles are prohibited ([41-6a-1106](#)).
- Never carry more people on your bike than it was designated and equipped to handle; though, as an adult, you may carry a child securely attached to you in a back pack or sling ([41-6a-1103](#)).
- While cycling, never attach yourself or your bike to any vehicle moving on the highway ([41-6a-1104](#)).
- Never race bicycles on the highway except in events approved by state or local authorities ([41-6a-1111](#)).
- Do not carry any package, bundle, or article that prevents using both hands to control your bike. You must have at least one hand on the handlebars at all times ([41-6a-1112](#)).
- Don't be rude, ride with respect.
- It benefits all bicyclists to ride courteously. Courtesy is voluntary social behavior that exceeds our obligations under the law. Share the road includes bicyclists as well as

motorists.

- Don't respond to road rage or harassment. The motorist who passes too closely is probably looking to provoke a response from you. If you respond in kind, you give them what they want. Give them a friendly wave instead of the other.
- If riding two abreast make it easy for motorists to pass you. Singling up when a motorist approaches from the rear is polite. Bicyclists appreciate it when a motorist slows down and gives them more than three feet when passing. Return such courteousness rather than doing the minimum required by law.
- Don't pass on the right unless you can leave three feet between you and the motor vehicle or are in a bike lane. Passing stopped traffic on the right creates conflicts at intersections and frustrates drivers who must repeat their passing maneuvers.
- Ride predictably; in a straight line and with clear indication when you will change direction.
- Don't text and ride (Duh).

## Which Utah Roads are Cyclists Permitted to Ride?

[View Map](#)

### Find it Quick

[Memberships](#)

[Donate](#)

[Legal](#)

### Bike Utah

1420 Edison St.  
Salt Lake City, UT  
84115

### Contact

385.831.1515  
[info@bikeutah.org](mailto:info@bikeutah.org)



## Bike Safety Tips

Everything you need to know to keep your kids safe when biking.

There are so many great reasons to ride your bike: It offers fun, freedom and exercise, and it's good for the environment. Here are a few tips so that you will be as safe as possible while you're doing it.

### Wear a Helmet

- We have a simple saying: "Use your head, wear a helmet." It is the single most effective safety device available to reduce head injury and death from bicycle crashes.



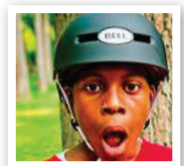
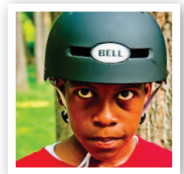
### Find the Right Helmet Fit

- Make sure your child has the right size helmet and wears it every time when riding, skating or scooting. Your children's helmet should meet the U.S. Consumer Product Safety Commission's (CPSC) standards. When it's time to buy a new helmet, let your children pick out their own; they'll be more likely to wear them for every ride.



**More children ages 5 to 14 are seen in emergency rooms for injuries related to biking than any other sport. Helmets can reduce the risk of severe brain injuries by 88 percent – yet only 45 percent of children 14 and under usually wear a bike helmet.**

- [Make sure the helmet fits and your child knows how to put it on correctly.](#) A helmet should sit on top of the head in a level position, and should not rock forward, backward or side to side. The helmet straps must always be buckled, but not too tightly. Safe Kids recommends kids take the [Helmet Fit Test.](#)
- **EYES** check: Position the helmet on your head. Look up and you should see the bottom rim of the helmet. The rim should be one to two finger-widths above the eyebrows.
- **EARS** check: Make sure the straps of the helmet form a "V" under your ears when buckled. The strap should be snug but comfortable.
- **MOUTH** check: Open your mouth as wide as you can. Do you feel the helmet hug your head? If not, tighten those straps and make sure the buckle is flat against your skin.



## Use Appropriate Helmets for Different Activities

- Children should always wear a helmet for all wheeled sports activities.
- A properly-fitted bike helmet is just as effective when riding a scooter, roller skating or in-line skating.
- When skateboarding and long boarding, make sure your child wears a CPSC certified skateboarding helmet.

## Proper Equipment and Maintenance Are Important

- Ensure proper bike fit by bringing the child along when shopping for a bike. Select one that is the right size for the child, not one he or she will grow into.
- When children are sitting on the seat of the bicycle, their feet should be able to touch the ground.
- Before the ride, make sure the reflectors are secure, brakes work properly, gears shift smoothly, and tires are tightly secured and properly inflated.
- Long or loose clothing can get caught in bike chains or wheel spokes. Dress young kids appropriately to ensure a safe ride.

## Keep an Eye Out

- Actively supervise children until you're comfortable that they are responsible to ride on their own.
- Every child is different, but developmentally, it can be hard for kids to judge speed and distance of cars until age 10, so limit riding to sidewalks (although be careful for vehicles in driveways), parks or bike paths until age 10. No matter where you ride, teach your child to stay alert and watch for cars and trucks.
- Children should be able to demonstrate riding competence and knowledge of the rules of the road before cycling with traffic.

## Model and Teach Good Behavior

- You'd be surprised how much kids learn from watching you, so it's important for parents to model proper behavior. Wear a helmet, even if you didn't when you were a kid.
- Teach your kids to make eye contact with drivers. Bikers should make sure drivers are paying attention and are going to stop before they cross the street.
- Tell your kids to ride on the right side of the road, with traffic, not against it. Stay as far to the right as possible. Use appropriate hand signals and respect traffic signals, stopping at all stop signs and stoplights. Be predictable when riding.
- Stop and look left, right and left again before entering a street or crossing an intersection. Look back and yield to traffic coming from behind before turning left.



## Be Bright, Use Lights

- When riding at dusk, dawn or in the evening, be bright and use lights – and make sure your bike has reflectors as well. It's also smart to wear clothes and accessories that have retro-reflective materials to improve biker visibility to motorists.
- Most states require a front light but allow the use of a rear reflector. Headlights aren't so much for bicyclists to see where they are going but for others to see them. Riding without a headlight means drivers won't see you, and surprising motorists is never a good idea.



# Consejos de seguridad para ir en bicicleta

Todo lo que necesita saber para mantener seguros a sus hijos cuando monten en bicicleta.

Hay muchas y muy buenas razones para andar en bicicleta: Ofrece diversión, libertad y ejercicio, y es bueno para el medio ambiente. Aquí hay algunos consejos para que usted esté tan seguro como sea posible mientras lo practica.

## Lleve un casco

- Tenemos una máxima muy sencilla: “Usa la cabeza, lleva un casco”. Es el dispositivo de seguridad más eficaz para reducir las lesiones en la cabeza y las muertes por accidentes de bicicleta.



## Encuentre el ajuste correcto del casco

- Asegúrese de que su hijo tenga un casco de la talla adecuada y que lo lleve cada vez que monte en bici, sobre patines o en patineta. El casco de sus hijos debe cumplir las normas de la Comisión de Seguridad de Productos de Consumo de EE. UU. (U.S. Consumer Product Safety Commission). Cuando llegue el momento de comprar un nuevo casco para sus hijos, deje que ellos lo escojan; estarán más predispuestos a usarlo cada vez que monten en bici.



**Más niños entre los 5 y los 14 años de edad visitan el servicio de urgencias por lesiones relacionadas con el ciclismo que por cualquier otro deporte. Los cascos pueden reducir el riesgo de lesiones cerebrales graves en un 88 por ciento; pero sólo el 45 por ciento de los niños menores de 14 años tienen la costumbre de llevar casco de bicicleta.**

- [Asegúrese de que el casco se ajusta bien y de que su hijo sabe cómo ponérselo correctamente.](#) Un casco debe colocarse en la parte superior de la cabeza en una posición nivelada, y no debe oscilar hacia adelante, ni hacia atrás ni lateralmente. Las correas del casco deben estar siempre abrochadas, pero no demasiado apretadas. Safe Kids recomienda que los niños hagan la siguiente [Prueba de Ajuste del Casco.](#)

- **Prueba de los OJOS:** Coloque el casco sobre la cabeza. Mire hacia arriba y debería ver el borde inferior del casco. El borde debe quedar aproximadamente a una pulgada por encima de las cejas.



- **Prueba de las OREJAS:** Asegúrese de que cuando las correas del casco están abrochadas, forman una “V” debajo de las orejas. La correa debe estar ajustada, pero cómoda.



- **Prueba de la BOCA:** Abra su boca lo más que pueda. ¿Siente que el casco se ajusta a la cabeza? Si no es así, ajuste las correas y asegúrese de que la hebilla quede plana contra su piel.



## Use los cascos apropiados para las diferentes actividades

- Los niños siempre deben usar un casco para todas las actividades deportivas sobre ruedas.
- Un casco de bicicleta debidamente ajustado es igual de eficaz cuando se monta una patineta, patines sobre ruedas o patines en línea.
- Cuando vaya en monopatín, normal o de tabla larga, asegúrese de que su hijo use un casco de monopatín.
- Un equipamiento y mantenimiento apropiados son muy importantes.
- Puede garantizar un ajuste adecuado llevando a su hijo a comprar la bicicleta. Elija una que tenga el tamaño adecuado para el niño, no una que le servirá en el futuro.
- Cuando los niños están sentados en el asiento de la bicicleta, los pies deben de poder tocar el suelo.
- Antes de iniciar un paseo, asegúrese de que los reflectores estén bien fijados, los frenos funcionen correctamente, las marchas cambien suavemente y de que los neumáticos estén bien sujetos y correctamente inflados.
- La ropa larga o suelta puede quedar atrapada en las cadenas de la bicicleta o en los radios de las ruedas. Vista a los niños pequeños adecuadamente para garantizar un paseo seguro.

## Manténgase alerta

- Supervise activamente a los niños hasta que se sienta seguro de que están preparados para montar por su cuenta.
- Cada niño es diferente, pero desde el punto de vista de su desarrollo, hasta los 10 años les puede resultar difícil juzgar la velocidad y la distancia de los coches, por lo que hasta esa edad es preferible limitar los paseos a las aceras (tenga cuidado con los vehículos en las salidas de garaje), parques o carriles bici. En cualquier lugar donde monte, enseñe a su hijo a mantenerse alerta y atento a los automóviles y camiones.
- Los niños deben ser capaces de demostrar su competencia con la bici y el conocimiento de las reglas de la seguridad vial antes de hacer ciclismo entre el tráfico.

## Dé ejemplo y enseñe buen comportamiento

- Se sorprendería de lo mucho que los niños aprenden observándole, por lo que es muy importante que los padres sean un ejemplo de comportamiento apropiado. Use un casco, incluso si no lo hizo cuando era un niño.
- Enseñe a sus hijos a hacer contacto visual con los conductores. Antes de empezar a cruzar la calle, los ciclistas deben asegurarse de que los conductores estén prestándoles atención y se detengan.
- Dígalos a sus hijos que circulen por el lado derecho de la carretera, en el sentido del tráfico, no en contra. Manténgase lo más a la derecha posible. Utilice las señales manuales apropiadas y respete las señales de tráfico, deteniéndose en todas las señales de alto y semáforos.
- Pare y mire a la izquierda, a la derecha y a la izquierda de nuevo antes de entrar en una calle o de cruzar una intersección. Mire hacia atrás y ceda el paso al tráfico que viene por detrás antes de girar a la izquierda.

## Use luces de bici

- Cuando monte al atardecer, al amanecer o por la noche, sea inteligente y use luces; y asegúrese también de que su bicicleta tenga reflectores. También es inteligente llevar ropa y accesorios que tengan materiales reflectantes para mejorar la visibilidad del ciclista para los demás conductores.
- La mayoría de los estados obligan al uso de una luz delantera, pero tan solo recomiendan el uso de un reflector trasero. Las luces no sirven tanto para que los ciclistas vean por dónde van, sino para que otros puedan verlos. Montar sin luces significa que los conductores no le verán, y nunca es una buena idea sorprender a los automovilistas.



# \$10 BIKE HELMETS



*Includes helmet, fitting and educational information*

## Pick up locations:

**PROVO**  
151 S University Ave  
Rm 2700

**AMERICAN FORK**  
599 South 500 East  
(by appointment)

**PAYSON**  
285 North 1250 East  
(by appointment)

*Call 801-851-7513 for additional information*

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# CASCOS DE BICICLETA POR \$10



*Incluye el casco, ajuste e  
información educativa*

## Ubicaciones donde conseguir uno:

PROVO  
151 S University Ave  
Oficina 2700

AMERICAN FORK  
599 South 500 East  
(con cita)

PAYSON  
285 North 1250 East  
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