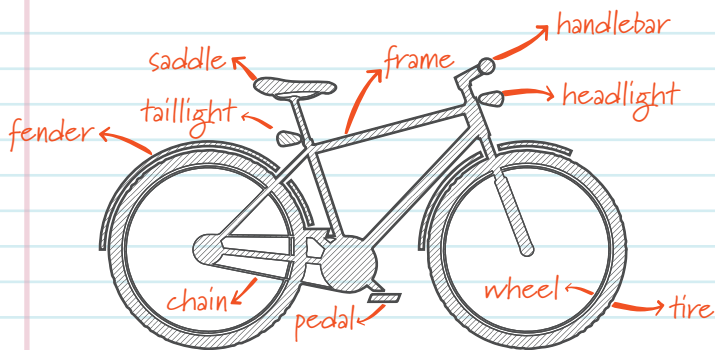


BIKE BASICS



MECHANICS OF A BICYCLE

GOOD TO KNOW:

Lights are measured in lumens.
More lumens = more light.

PRO TIP: Wipe down chains after wet or muddy rides to save them from wear & tear.

LOCKING UP



Pick the lock that works best for you!



U-lock: heavy, very secure, but inflexible



Cable lock: lighter, versatile, but not as secure



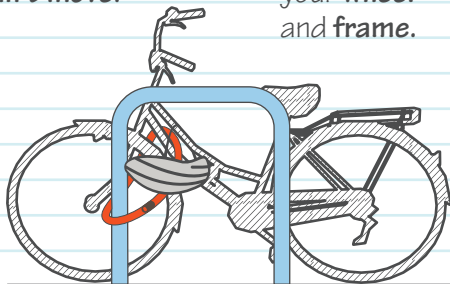
Chain lock: heavy, versatile, and very secure

1

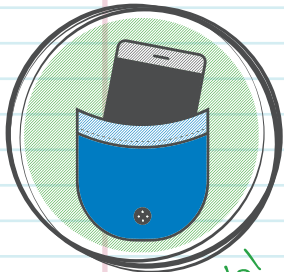
Make sure your lock goes around something you **can't** move.

2

Try to get your lock through both your **wheel** and **frame**.



TIPS FOR YOUR TRIP



Heads Up!

Leave your phone and headphones in your pocket or backpack.



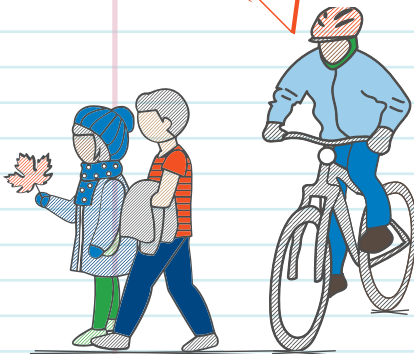
Check both ways, then check again, before crossing a street.



Ears Open!

Listen for the sound of cars approaching to help you know what is on the road.

There's no such thing as bad weather - only bad preparation!



PREPARATION CHECKLISTS

SNOW

- hat + gloves
- warm clothes
- boots
- lights

DARK

- bike headlight
- bike taillight
- bike bell
- reflectors

RAIN

- umbrella
- fenders
- rain jacket
- lights

ALWAYS

- helmet
- water
- closed-toe shoes

SO YOU WANT TO WALK OR BIKE TO SCHOOL?

Use these tools to plan a route that is safe and fun for walking, biking, or scootering!

1 Plan your route

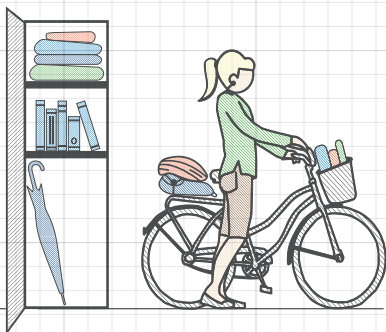
- If possible, find streets with sidewalks, bike lanes, paths, and crosswalks.
- Steer clear of busy streets and large intersections.

2 Test it out

- Review your route with your family and give it a test run to determine time.
- Look for crossings with a crossing guard and pedestrian walk signals.
- Identify a plan for emergencies.

3 Make it fun

- See if any friends who live along your route can join you.
- Track your progress! How many days per month do you walk/bike to school?



TIPS FOR AN EASY TRIP TO SCHOOL

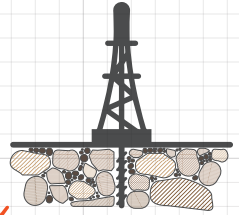
- Keep an extra set of clothes in your locker in case of rain or snow.
- Only bring your heavy textbooks to or from school when you need them.

MY EARTH MY HEALTH

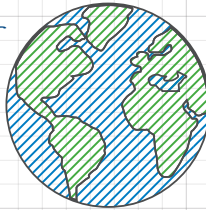
Walking, biking, or taking the bus or train to school reduces the number of cars on the road and helps reduce the release of harmful pollutants.

climate change can lead to more intense storms, extreme temperatures, and increased flooding

gasoline comes from the earth



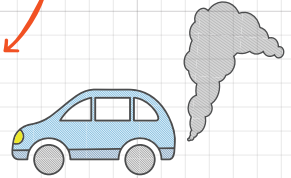
CO₂ traps heat and warms the earth



most cars and buses run by burning gasoline



burned fuel comes out of cars as Carbon Dioxide (CO₂)



Calculate how much positive impact you can have on the earth

D	x	5	x	.891	=	Weekly CO ₂ emissions savings in pounds
round-trip miles: home to school and back		school days per week		pounds of CO ₂ emissions per mile		

Better air quality makes life easier for **13%** of Massachusetts students living with asthma.

Students get **better grades** when they get daily activity.

Biking and walking to school are easy ways to get your recommended **60 minutes** of exercise each day.