


Training for your *big* weekend



 See everything around you. Look, signal & look again. Use hand signals to let drivers and other bicyclists know where you're going. Look and make eye contact. Don't assume drivers will stop.

A lways stay alert. Keep a lookout for obstacles in your path.

 Flaunt it. Make your presence felt. Wear bright color clothing. At night or in inclement weather, it is important to use reflective lights in the front, side and rear that make you visible from all directions.

very time you ride, wear a helmet. Make sure it is properly fastened and fitted. (The helmet should fit snugly and not move when you shake your head.)

ake your phone and put it in your bag. We shouldn't even need to say this, but talking on the phone, texting or checking Instagram while biking are major no-nos. Also refrain from listening to headphones because they can make it more difficult to hear approaching cars and pedestrians.

Y ou in the brand new Tour de Pink safety video. Learn more information [here](#).

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