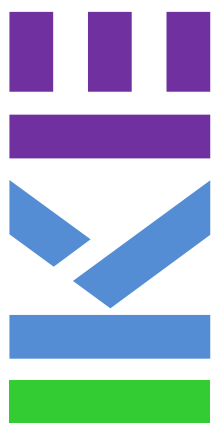
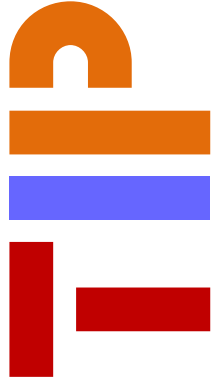


# TEENS GO GREEN BIKE TIPS & MORE

[www.saferoutestoschools.org](http://www.saferoutestoschools.org)



## HAVE A GOOD IDEA TO SHARE? SEND IT TO JAMES!

### BEAUTY AND THE BIKE:

- Avoid that embarrassing **helmet hair!** Pack a knit cap or baseball cap in your bag and do a quick change from your helmet before you meet your friends.
- Gone with **chain grease!!** Instead of buying fancy straps to keep your pants out of your bicycle chain, go to the fabric store and buy a couple lengths of Velcro - it's much cheaper and O.K. if you lose them.

### CARRYING STUFF:

- When wearing a **backpack**, put the heaviest items closest to your back and the lightest items towards the outside. Your balance will be best!
- **Bungee cords** make great fasteners for things you need to carry on your **bike rack** (musical instruments, books, oddly shaped school projects).
- Store bought bike **paniers** are popular for carrying stuff, but **plastic crates** work well too. Simply bungee cord the crate to your bike rack.

### PREVENT THEFT:

- Don't chance it - **always lock your bike**. An inexpensive alternative to a store-bought bike lock is a length of **chain** (about 3 feet) and a **combination lock**, which can be purchased at a local hardware store.
- When locking your bicycle, be sure to put the cable **through the front wheel, through the frame, and then through the bicycle rack**. Front wheels are stolen easily because of their quick release!
- **Forget your bike lock** and want to go into a store? Should you chance it? No!! Bring your bike into the store and ask if you can lean it in a corner somewhere.
- Don't want to **carry your bike helmet** around? Thread the straps through your bike lock and leave it with your bike.

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### RIDING IN THE RAIN:

- You want to ride, but it looks like rain. Check the radar @ [weather.gov](http://weather.gov). Bring a rain jacket just in case for the ride home and place valuables in plastic bags.
- In the wet winter, **synthetic fabrics** are your friend. Ditch the soggy cotton and get synthetics or **wool**. They have same environmental impact as natural fibers.
- A little mud gets you down? You need **fenders** which you can buy at a local bike store, or make 'em for FREE! Front fender: take a 2-liter bottle, cut off the top and bottom. Cut the remainder in half the long way. Poke holes for a zip-tie: twist-tie and attach your new fender to the bike frame.
- Carry plastic newspaper bags in your backpack for rain. They make great **shoe covers**.

### NINGA RIDING IN THE DARK:

- Have you ever been out later than you thought you would - and it became dark? Always have a **bike light** for the front and **flashing light** that you can attach to the back of your bike so drivers will see you (it's actually a law).

### BIKE TLC FOR HIGH PERFORMANCE

- Love your **chain**. Lube it well and wipe with a rag. It thanks you.
- Dry and wet are the two main types of **chain lube**. Dry is clean but washes off. Wet is messy but water resistant. Use dry in summer, wet in winter.
- Use dish soap & a sponge to **wash your bike**, then rinse. In just a few minutes your bike will be shiny and new instead of grimy and eww.
- **Pump up your tires**. Tires that are squishy mean that your legs must pump harder to pedal, and you'll go slower too. Take the time to pump tires before your ride. Also carry a small bike pump and a spare tire/tools for long rides in case of a flat.