

# BICYCLE SAFETY

Riding a bike is a great way to get around. Biking is good for your health and great for the environment. Be sure to bike safely when sharing the roads and sidewalks with motorists and pedestrians.

- Always wear a helmet. Helmets can save your life in an accident.
- Ride in the same direction as traffic and obey the same traffic laws, signs, and signals that apply to motorists.
- When walking or riding your bike on a sidewalk or along a crosswalk, obey all pedestrian signs and signals.
- Bikes must yield the right-of-way to pedestrians on sidewalks and crosswalks.
- Use arm signals to help communicate your intentions to motorists and pedestrians.
- If riding at night, laws require your bike to have a front light visible from a distance of at least 500 feet and a rear red reflector visible for up to 600 feet.

## Are you Good to Go?

During the third week of May, take the Good to Go commuter challenge.

*For more information, visit [wglt.org/goodtogo](http://wglt.org/goodtogo).*

## Wellness.IllinoisState.edu

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