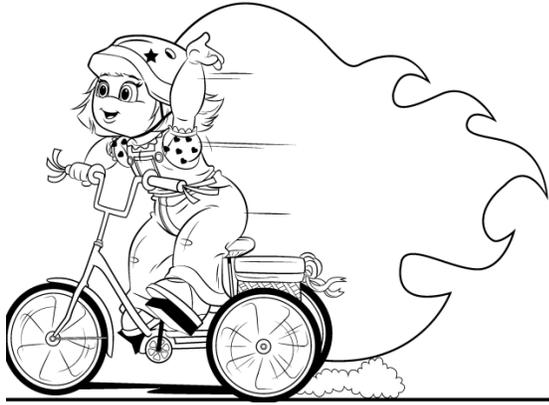


Riding Raps- Safety Tips for Bicycle Trips



Mama Said, “Wear It on Your Head!”

One day when the sun shone bright as a pin,

I grabbed my bicycle to take a spin,

But before I could get out of the door,

Mama told me, “You need just one thing more.”

I twirled around in my jeans and tee,

Pulled up my dirty socks for her to see.

“One more thing,” my Mama said,

“Wear your bicycle helmet on your head”.

I search for the helmet from door to door.

Until I find it on my closet floor,

I balance my bike helmet on my nose,

I dangle my bike helmet from my toes,

“The place for a bike helmet,” Mama said,

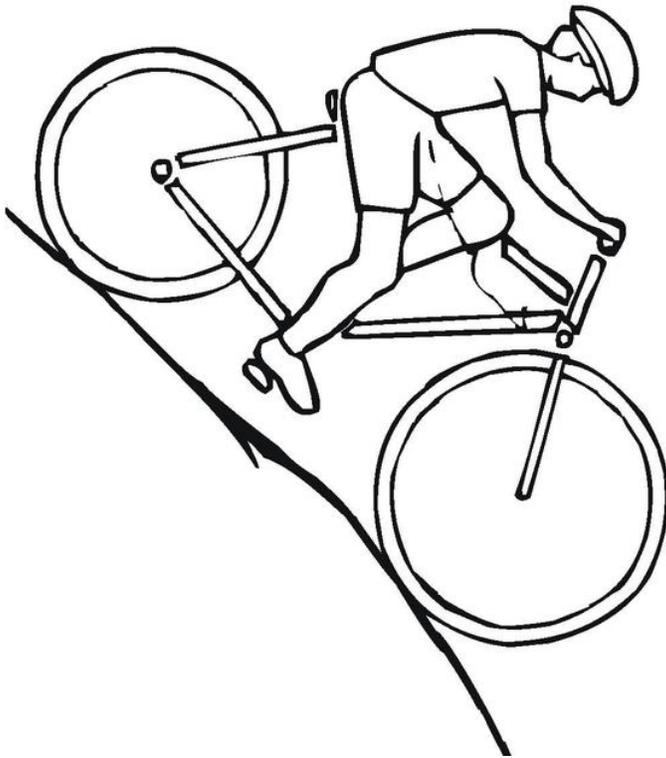
“Is fitted across your entire head!”



Don't Fly Down Hill!!

When I ride my bike- without trying
I go so fast I think I'm flying,
When I fast fly a hill going down,
I land with an ouch on the hard ground!

Downhill



Slowing and Going

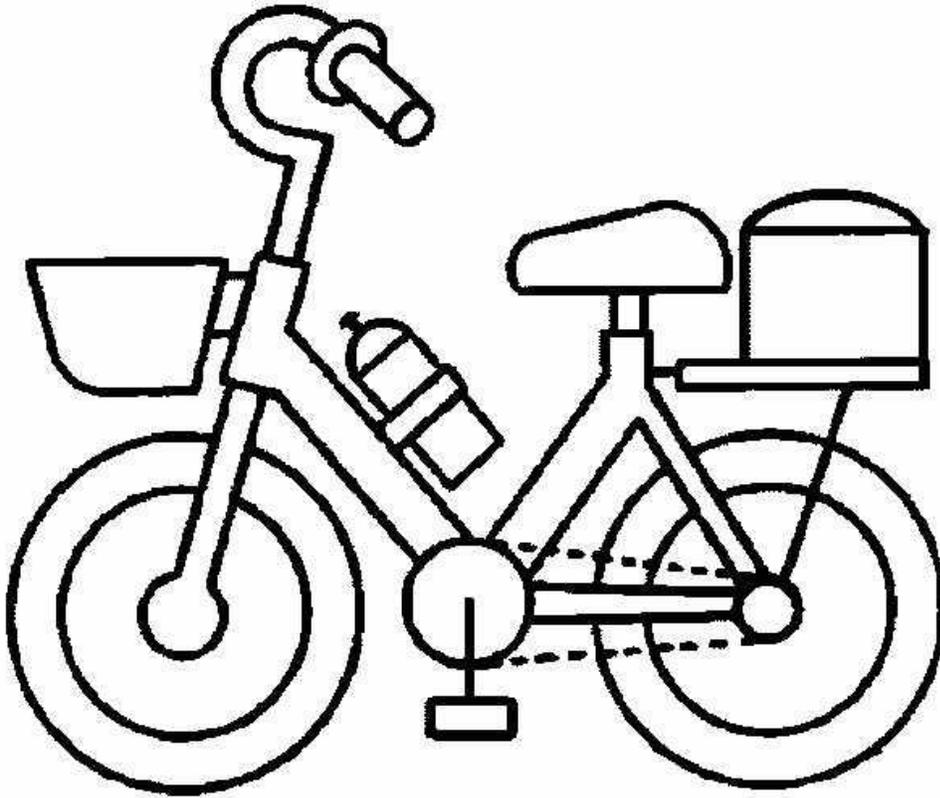
I ride my bike across sidewalk lumps,
I bounce up and down over grass humps,
With a bump-a-thump, and a bump bump
I fall off my bike and **ROLL ON MY RUMP!**

Back on my bike I keep on riding,
Over the humps that keep on hiding,
Instead of racing my pedals glide,
Bump bump-a-thump, I roll on my side.

Back on my bike I pedal so fast
That I don't believe my breath will last,
I feel it leaving as I race past
And smack land on my nose in the grass.



Bike Check Tech!



Check the brakes to make sure they can stop,

Check tires to get air pressure right,

Oil and test chain so it won't pop,

Adjust seat and to make sure it is tight.

Tighten handlebars to safely steer,

Get a basket for backpacks and cooking,

Follow this checklist every year,

To make your bike safe and good looking!

A Safety Test For Your Bicycle Dress

Dress safely for your bicycle hike,
Wear clothes that are shiny and bright,
Don't wear flip flops or sandal peekers,
The right bicycle shoes are sneakers.
Don't bicycle ride in your bare feet,
Make sure your pant legs are tight and neat.
Dangling clothes can catch in your chain,
Causing you a lot of sidewalk pain.
Don't ride with headphones tight in your ears,
They block the sounds that you need to hear
Like car horns honking or a loud shout,
Warning you to look up and look out!

