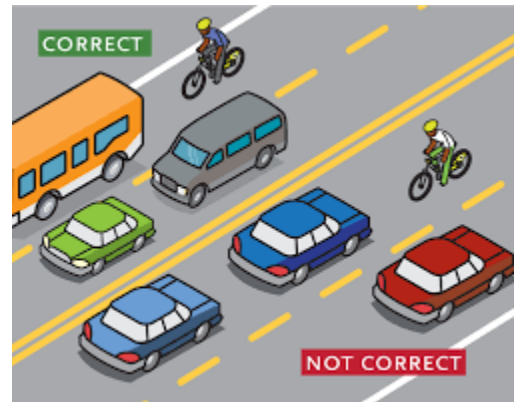


Bike Safety 101

Always ride with vehicular traffic. Go with the flow!



When turning, be aware of traffic and use proper hand signals.

Check your bike and safety equipment before riding. Ensure brakes are functioning, tires are full, helmet is fit correctly (1 finger width between strap and chin) and reflective lights are visible!



CRANFORD

—New Jersey—

Plan your route prior to leaving, bike on less traveled roads and roads with slower speed limits.



Avoid riding in the dark and if necessary, wear bright clothes and use proper reflective lights.

Ride your bike properly, this means one passenger per bike and both hands on the handlebars.

