

Ride Your Bike

Remember the feeling of freedom you felt when you first learned how to ride a bike? It can still feel that way! Like walking, biking is a fun, easy, and affordable way to get active and fit.

If you can ride a bike instead of driving a car to work or to go shopping, you can save money on gas while you get your exercise and it's good for the environment!

Biking can be a fun family activity, too. Children as young as 5 years old can safely ride their two-wheelers on paved paths. Younger children can ride tricycles or sit in bike trailers or safety seats.

Most of the quiet rural towns and villages of Grant County offer opportunities for family biking on quiet residential streets. For the serious biker, a complete map of SW Wisconsin bicycle loops is available from UW-Extension or Chambers of Commerce.

Bagley

Wyalusing State Park 996-2261

13081 State Park Lane

7.7 miles of mountain bike trails

www.wyalusing.org

Platteville

Rountree Branch Trail 778-1131

UW-Platteville campus to the east

Hiking and biking

Bike Safely

The biking rules of the road are the same for children and adults: ride on the right side, *with* the traffic; obey all traffic signs; and signal your turns.

- Bikes should have light reflectors. Bikers should wear clothes that make them visible day or night.
- Children should not ride a 2-wheeled bike until they are ready, at about age 5 or 6. Stick with coaster (foot) brakes until your child is older and more experienced for hand brakes.
- Buy your child a bike that is the right size, not one your child has to "grow into." Oversized bikes are especially dangerous.

- Bikers of all ages need to wear a helmet on *every* bike ride, no matter how short or how close to home. Many accidents happen in driveways, on sidewalks, and on bike paths, not just on streets.
- When purchasing a helmet, look for a label or sticker that says the helmet meets the CPSC safety standard.
- A helmet should be worn so that it is level on the head, not tipped forwards or backwards. The strap should be securely fastened, and you should not be able to move the helmet in any direction. If needed, the helmet's sizing pads can help improve the fit.

Source: American Academy of Pediatrics
www.aap.org/family/bicycle.htm