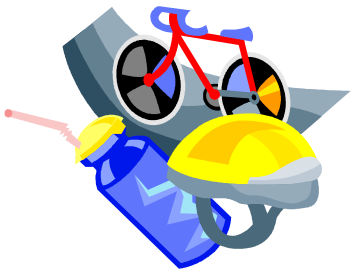


## Vehicle of the Future

<http://www.bkcmouth.com/Materials/BMOK.pdf>

The bicycle is the vehicle of the future. It has a competitive edge in urban transit: it's efficient, it's economical, it's healthy, it's ecological, and it's fashionable and fun. Too often overlooked and underrated, the bicycle is the simplest and most pleasure inducing way to get healthier while saving our environment and reconnecting with our community in a positive way.

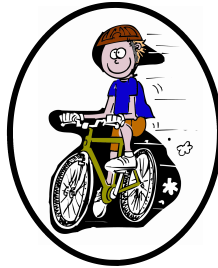


## Bicycling Reduces Health Costs

<http://www.bkcmouth.com/Materials/BMOK.pdf>

According to the CDC, more than 200,000 deaths per year can be attributed to physical inactivity. Obesity costs our nation \$68 billion in health care and personal costs annually. The statistics on the lack of physical activity among children are also alarming. Most children are driven to school in cars or buses, and one child out of every 4 is overweight.

## Cycling: A Healthy Transportation Choice



- The Health Benefits of Cycling
- ABC Quick Check
- Ten Commandments of Bicycling
- Helmet Sizing & Fitting
- Vehicle of the Future
- Bicycling Reduces Health Costs



## The Health Benefits of Cycling:

[http://www.transport.gov.au/gov/transport/health\\_benefits](http://www.transport.gov.au/gov/transport/health_benefits)

Cycling improves community health - every trip cycled instead of driven reduces air pollution. The noxious pollutants released by motor vehicles include carbon dioxide, nitrogen oxides, sulphur dioxide, lead and volatile organic compounds. These pollutants contribute to:

- lung cancer
- heart and lung disease
- asthma
- reduced lung function
- respiratory illness



### Cyclists live longer!

<http://www.cdc.com/arcinotobacco/bkcmouth.pdf>

A study took place in Copenhagen, Denmark over 14.5 years. It found that cycling to work (an average of 3 hours cycling per week) decreased risk of mortality by about 40% compared to a sedentary control group. This study involved 30,000 people. The study took into account age, health status, and socio-economic factors such as education. It also found that older people gained even more from physical activity than younger people.

The full report can be found at <http://archinte.ama-assn.org/issues/v160n11/full/oi90593.html>

**Regular exercise, such as cycling and walking is important in the prevention of:**

- Coronary Heart Disease (CHD)
- stroke
- certain types of diabetes
- falls, fractures and injuries (through improved strength and co-ordination)
- colon cancer
- hypertension (high blood pressure)
- osteoporosis
- Depression
- lower back pain

**and, it improves**

- psychological well-being
- metabolism
- muscle strength and flexibility
- strength and endurance
- respiratory function
- concentration and memory

**as well as**

- strengthening the immune system
- increasing energy levels
- managing weight



For more information, contact Paige at 541-608-2429 or [p.west@rvtd.org](mailto:p.west@rvtd.org)



## ABC Quick Check

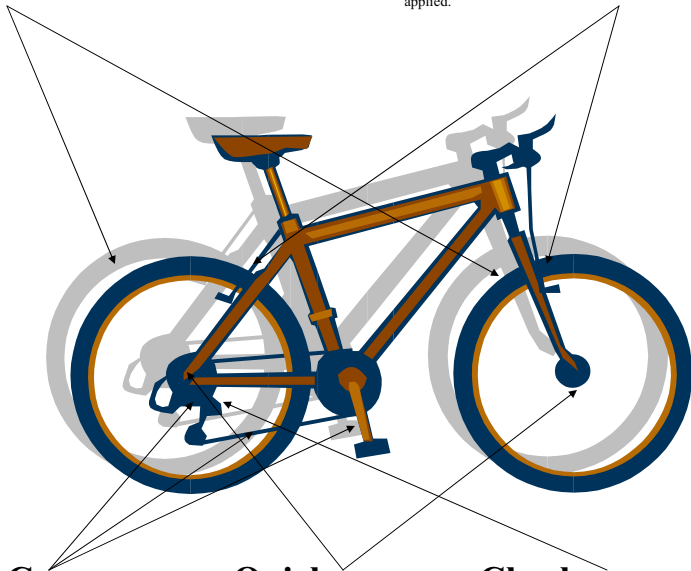
<http://www.khanmuth.com/Materials/DMOK.pdf>

### A is for air

Inflate tires to rated pressure as listed on the sidewall of the tire. Use a pressure gauge to insure proper pressure. Check for damage to tire tread and sidewall; replace if damaged

### B is for brakes

Inspect pads for wear; replace if there is less than 1/4" of pad left. Check pad adjustment; make sure they do not rub tire or dive into spokes. Check brake level travel; at least 1" between bar and lever when applied.



### C is for cranks, chain and cassette

Make sure that your crank bolts are tight; lube the threads only, nothing else. Check your chain for wear; 12 links should measure no more than 12 1/8 inches. If your chain skips on your cassette, you might need a new one or just an adjustment

### Quick is for quick releases

Hubs need to be tight in the frame; your quick release should engage at 90°. Your hub quick release should point back to insure that nothing catches on it. Inspect brake quick releases to insure that they have been re-engaged

### Check is for check it over.

Take a quick ride to check if derailleurs and brakes are working properly. Inspect the bike for loose or broken parts; tighten, replace or fix them. Pay extra attention to your bike during the first few miles of the ride

## Ten Commandments of Bicycling

<http://www.khanmuth.com/Materials/DMOK.pdf>

- I. Wear a helmet for every ride
- II. Conduct an ABC Quick Check before every ride
- III. Obey traffic laws: ride on the right, slowest traffic farthest to right
- IV. Ride predictably and be visible at all times
- V. At intersections, ride in the right-most lane that goes in your direction
- VI. Scan for traffic and signal lane changes and turns
- VII. Be prepared for mechanical emergencies with tools and know-how
- VIII. Control your bike by practicing bike handling skills
- IX. Drink before you are thirsty and eat before you are hungry
- X. Have fun



## Helmet Sizing & Fitting

<http://www.khanmuth.com/Materials/DMOK.pdf>

- 1) **Wear a helmet**  
A helmet is your last line of defense in an accident; never ride without one. Helmets can reduce serious head injuries by 85% in a crash. A helmet will not protect your head if it is not properly fit
- 2) **Shell and pads**  
Find the smallest helmet shell size that fits over your head. Helmet pads should not be used to make a helmet that is too big fit your head. Leave about two-fingers width between your eyebrows and the front of the helmet
- 3) **Helmet Fit (Do the "Eyes, Ears and Mouth" check:—>)**  
Make sure that the helmet fits on top of the head, not tipped back. Always wear a helmet while riding a bike, no matter how short the trip. After a crash or any impact that affects your helmet, replace it immediately.
- 4) **Straps**  
The straps should be joined just under each ear at the jawbone. The buckle should be snug with your mouth completely open. Periodically check your strap adjustment; improper fit can render helmet useless
- 5) **Ventilation**  
In general, the more vents the better; improper ventilation can cause overheating. Helmets with good ventilation can actually be cooler than riding with no helmet at all. More vents usually mean a higher priced helmet; buy one that you are proud to wear.
- 6) **Colors**  
Helmets come in different colors in different models; buy a highly visible color. Shell color does not affect the temperature of the helmet against your head. Pick a color that encourages you or your kids to wear it.

### "Eyes, Ears and Mouth" check:

**EYES check:** Position the helmet on your head. Look up and you should see the bottom rim of the helmet (one to two fingers above the eyebrows).

**EARS check:** Make sure the straps of the helmet form a "V" under your ears when buckled. The strap should be snug but comfortable.

**MOUTH check:** Now open your mouth as wide as you can! Do you feel the helmet hug your head? If not, tighten those straps!

[http://www.outback.org/na7\\_outback/summit\\_item\\_id=304&folder\\_id=169](http://www.outback.org/na7_outback/summit_item_id=304&folder_id=169)



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