

2009

SAFEhaven BIKE RODEO

Thursday, September 10, 2009

5:30 p.m. to 7:30 p.m.

Walnut Springs Elementary • 1900 W. Walnut Avenue

Get your bike ready for the SAFEhaven Bike Rodeo with this easy safety checklist! Then just bring it with you to Walnut Springs Elementary. The SAFEhaven Bike Rodeo is for kids ages 5-12. The first 50 registrants ages 5-12 receive FREE bike helmets from NBU. All participants will receive a FREE SAFEhaven Bike Rodeo spoke reflector, FREE coupons from Crocodile Gap Family Fun Center, FREE bike safety inspections and FREE helmet fitting. There will be entertainment and fun for everyone! **Parking will be available at Memorial Elementary, County Line Elementary and Dayspring Christian Fellowship Church.**



Let the SAFEhaven volunteers register your bike for free and you could win a **FREE BIKE** courtesy of Bike and Run Works!

The SAFEhaven Bike Rodeo is sponsored by:

SAFEhaven[®]
NBU Community Service Project
in partnership with



All children must be accompanied by an adult and all adults must be accompanied by a child, please!
For more information, visit www.nbutexas.com or call (830) 629-8486.

Bicycle Safety Checklist ABCD Bike Check

The ABCD bicycle check is a good way to keep a bike in good condition every time you ride it. The check doesn't take long and keeps you from being hurt. If you need help doing any part of the check, ask your parents.

- A. **Wheels and air pressure in tires.** Check the air pressure by pushing on the tire with your thumb. If the tire is too easy to push in, you need to add air. The nuts that hold the wheel to the bike need to be tight so your wheel doesn't fall off. Spin each wheel to see if it is wobbling or rubbing on any part of your bike. If it is, you might need to have it fixed.
- B. **Steering, brakes and drive train.** Handlebars should have proper grips and should be lined up with the wheel so you can control your bike. Check to make sure your brakes will stop your bike. Your chain should be clean and lubricated. On a bike without gears, the chain should be tight. On a bike with gears, the rear shifter tightens the chain for you. Each pedal should spin easily and be big enough for your foot.
- C. **Reflectors and proper clothing.** You need to have a white reflector on the front of your bike and a red reflector on the back. Your shoes should cover your toes and your clothes should fit well enough that they don't catch on any part of your bike.
- D. **Proper fit.** On a standard bicycle, when you stand over the bike with your feet flat on the ground and shoulder-width apart, there should only be 1-4 inches of space between you and your bike. Your seat should be high enough that your legs aren't bent too much and are low enough that you don't completely straighten your legs.

If you or your parents have any questions about this checklist, talk to a bike mechanic to make sure you are riding a safe bicycle.