COMPARES PLEASURE TO a BIKE RIDE

HILLS ABOUND:

When going downhill, be mindful of gravity towards the rear of the bike. The rolling county hills can be rewarding to conquer and a blast to cruise down. To stay safe, be alert to road conditions and approaching cars, especially entering curves. Maintaining a center and a wide path while going downhill is crucial.

STICK TO THE SIDE:

Ride close to the side of the road/way where possible. Lanes of various distances, diverging paths, and dirt is common in Monroe County. Don’t expect to ride in the middle of the road as not wearing a helmet at all. You are human—not a scary extraterrestrial invading its territory. You are heard often enough to cause the dog to stop and remind him that you are human.

BE SEEN:

Motorists may not expect bicyclists on the road/way, and driver errors are common on many county roads. Pause in high-visibility places to be seen. Check out your headlight or tail lights once a month. They can take in order keep both yourself and Fido safe. Keep in mind what works in one situation, may not work in another. Many times dogs will come onto the road. If they do come onto the road, here are a few actions you can take in order to keep your dog safe.

WHAT DOGS MEAN TO YOU?

When your mouth is closed, there should be about half an inch of space between the chin strap and your chin. The side straps should come to a point just below your ears forming a “Y” shape. There should be little movement when you shake your head from side to side and a two fingers width between your eyebrows. Place the helmet on your head without fastening the straps and have friends help you fit your helmet properly. Wearing a helmet improperly is the same as not wearing a helmet at all. For your personal safety, wearing a helmet while bicycling is the most effective way to protect your brain from injury in case of an accident.

HOW TO FIT A HELMET

For your personal safety, wearing a helmet while bicycling is the most effective way to protect your brain from injury in case of an accident. Make sure your helmet fits properly. Wearing a helmet improperly is the same as not wearing a helmet at all. While wearing your helmet, be sure to:

- Have your helmet fit snugly around your head.
- Adjust the length of the straps to ensure they are tight enough to prevent your helmet from moving while you ride.
- Check your helmet for damage after each ride.
- Replace your helmet if it is damaged or if it has been in a crash.

WHY WEAR A HELMET

We Recommend That You…

WHAT DOGS MEAN TO YOU?

When your mouth is closed, there should be about half an inch of space between the chin strap and your chin. The side straps should come to a point just below your ears forming a “Y” shape. There should be little movement when you shake your head from side to side and a two fingers width between your eyebrows. Place the helmet on your head without fastening the straps and have friends help you fit your helmet properly. Wearing a helmet improperly is the same as not wearing a helmet at all. For your personal safety, wearing a helmet while bicycling is the most effective way to protect your brain from injury in case of an accident.

HOW TO FIT A HELMET

For your personal safety, wearing a helmet while bicycling is the most effective way to protect your brain from injury in case of an accident. Make sure your helmet fits properly. Wearing a helmet improperly is the same as not wearing a helmet at all. While wearing your helmet, be sure to:

- Have your helmet fit snugly around your head.
- Adjust the length of the straps to ensure they are tight enough to prevent your helmet from moving while you ride.
- Check your helmet for damage after each ride.
- Replace your helmet if it is damaged or if it has been in a crash.

WHY WEAR A HELMET

We Recommend That You…

WHAT DOGS MEAN TO YOU?

When your mouth is closed, there should be about half an inch of space between the chin strap and your chin. The side straps should come to a point just below your ears forming a “Y” shape. There should be little movement when you shake your head from side to side and a two fingers width between your eyebrows. Place the helmet on your head without fastening the straps and have friends help you fit your helmet properly. Wearing a helmet improperly is the same as not wearing a helmet at all. For your personal safety, wearing a helmet while bicycling is the most effective way to protect your brain from injury in case of an accident.

HOW TO FIT A HELMET

For your personal safety, wearing a helmet while bicycling is the most effective way to protect your brain from injury in case of an accident. Make sure your helmet fits properly. Wearing a helmet improperly is the same as not wearing a helmet at all. While wearing your helmet, be sure to:

- Have your helmet fit snugly around your head.
- Adjust the length of the straps to ensure they are tight enough to prevent your helmet from moving while you ride.
- Check your helmet for damage after each ride.
- Replace your helmet if it is damaged or if it has been in a crash.

WHY WEAR A HELMET

We Recommend That You…

WHAT DOGS MEAN TO YOU?