



GMR encourages everyone to stay safe when riding a bike. Bicycle riding is an affordable mode of transportation, enjoyable recreational activity and an excellent form of exercise. But bike riding is not without risk. Each year, in the United States, approximately 900 persons die from injuries due to bicycle crashes and more than 500,000 people are treated in emergency departments.

It is important for everyone to follow a few basic tips to ride safe:



Obey the speed limit



Wear a certified bicycle helmet correctly each time you ride, regardless of your age



Ride in the same direction as traffic and obeying all traffic signs and signals



Wear light clothing, use reflectors and lights and use hand signals as directional indicators



Use a bike that fits you properly and is in good working order, including working brakes



Wear clothing that is not loose or with strings that could get caught in the bike mechanism



Wear shoes that prevent slippage and protect the feet



Replace any helmet that has been involved in a crash or is damaged, or if the helmet cannot be adjusted or no longer fits

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