

# SHELLDON SAYS



Hi, from the  
Bike Smart Club

SUMMER 2005

## SUMMER BIKE SAFETY TIPS

On June 21, the first day of summer officially arrives. For bicyclists, summer is a great time to enjoy riding, but it can also be a dangerous time as the heat and humidity creep upward. While wearing a properly-fitted bicycle helmet is always the most important thing a cyclist needs to remember, the following tips can help ensure safe riding during the hot summer days ahead.



Riding is supposed to be fun, so as temperatures rise, remember to:

- 1) Take it easy. On hot summer days, don't plan on racing. Instead, take it slow and coast whenever possible. Also, stop and take frequent breaks.
- 2) Drink a lot. Take a big drink before your ride and again about every 20 minutes. Don't wait until you feel thirsty to drink. Either sport's drinks or water will keep your body hydrated.
- 3) Avoid wearing black. Lightweight clothing such as a light colored t-shirt, loose pants, and sneakers or tennis shoes are recommended. Avoid wearing open-mesh clothes and tank tops that can overexpose your skin to the sun.
- 4) Wear non-oil-based, water-resistant sunscreen that is at least SPF 15. Oil-based products hinder the body's ability to sweat. Even water-resistant sunscreens may lose their effectiveness after 80 minutes of swimming or perspiring heavily, so remember to reapply for continued protection.
- 5) Be aware of heat exhaustion. Stop riding if you feel weak, dizzy, nauseous, or if you stop sweating. These are signs that your body is over-stressed from the heat and can no longer regulate its own temperature. If this happens, immediately find a cool place to rest and drink plenty of fluids. Medical help may be necessary if symptoms continue.
- 6) Avoid riding from 11 AM to 3 PM, the hottest part of the day. Instead, ride early in the day or wait until evening.



### ASK Sheldon!



**WHY IS TURTLE WAX  
SO EXPENSIVE?**

**WHY CAN'T A BIKE STAND  
UP FOR ITSELF?**

*Because turtles have such tiny ears.*

*Because it's too tired.*

From the National Institute of Environmental Health Sciences, NIH, DHHS.

## SAFE WAYS TO CARRY ITEMS WHILE RIDING BIKE

School may be out for the summer, but riding your bike to the pool, playground, a friend's house or even to the store can still be a problem if you don't have a safe way to carry things. Carrying items in your hands or tucked beneath your arms can distract your steering and even block your vision. When you are distracted and hit an obstacle such as a rock or pothole, you increase your chances of a crash and injuries.

There are several ways you can carry things while riding your bike and still keep safe. First, use your backpack to carry small items. Second, if the items are too large or you have too many, add a handlebar basket or bicycle carrier to your bike. Third, consider buying a pannier, which doubles as a backpack.



Rear Rack

A pannier holds much more than a backpack and has extra padding to prevent the inside items from being crushed or poking through the material. An over-stuffed, heavy backpack can cause items to poke you in the back and even injure your back muscles. However, it is important to practice riding with the pannier when it's full in order to get used to the way it handles. Be sure to pick a practice spot away from traffic and to practice until you feel comfortable. By the time school starts again, you'll easily be able to carry your school books. For information on panniers, visit [bikenashbar.com](http://bikenashbar.com).



Pannier

## Do You Know Your Hand Signals?

Hand signals tell motorists if you intend to make a right or left turn, and if you plan to slow down or come to a stop. Signal as a matter of law, courtesy, and self protection. Use the signals below:



**Left turn. Hand and arm extended horizontally.**



**Right turn. Hand and arm extended upward.**



**Stop. Hand and arm extended downward**

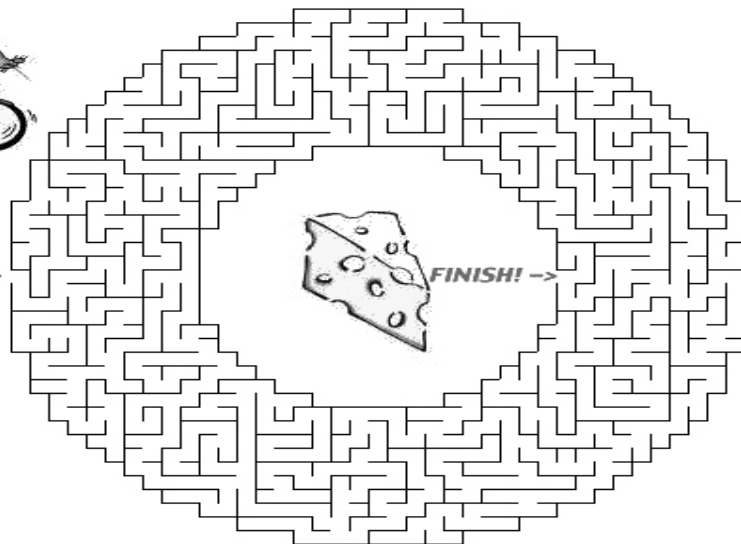
Practice your hand signals, ride on the right side of the road, and always look left, right, left at all stops. Remember when riding your bike that you must obey all the traffic signals, just like a car.

### QUESTION:

What is the mouse forgetting to do before he takes off on his bicycle?



START HERE -->



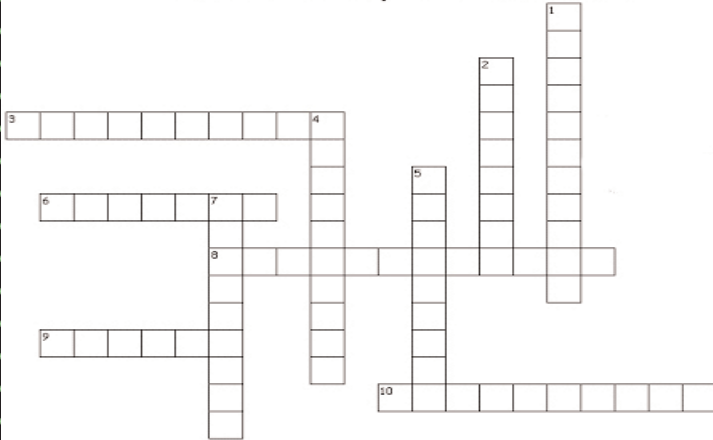
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### ANSWER:

Put on his helmet!

# Test Your Knowledge of Bike Safety

## Bike Safety Crossword 2



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### ACROSS:

3. Use these to steer
6. Use yours to stay upright
8. Where two roads meet
9. First piece of safety gear
10. These shine with low light

### DOWN:

1. Carry water to prevent this
2. Avoid one of these by learning bike safety
4. Baggage for bikes or horses
5. Part of the tire that holds the air
7. Holds a helmet in place

## MEET A CYCLING HERO

Have you ever heard of Lance Armstrong? He is a famous cyclist who was born in Texas in 1971. When he was only 13 years old, he won the Iron Kids Triathlon, and by the time he was a senior in high school, he began training with the United States Olympic cycling developmental team in Colorado. This was a hard time for Lance because he had both his school work to do and his training sessions to attend. On Saturdays, he took long bike rides and rode so far away from home that he had to call his mother to come and get him. After graduation he competed in many races, and by 1991 he was the U.S. National Amateur Champion.



In 1992, he competed for the first time as a professional cyclist in the Classico San Sebastian race. Unfortunately, he finished in last place. How do you think Lance felt? Do you think he gave up? Thankfully, his mother urged him to keep trying, and he did.

The very next year Lance won 10 competitions, and in 1995 he became the first American to win the Classico San Sebastian. This was the same race he finished in last place just three years earlier. By now, everyone knew about Lance Armstrong and his love for cycling. Because the sport had become so

important to him, he decided he wanted to do something special for the sport. He established the Lance Armstrong Junior Olympic Race Series to promote cycling and racing among America's youth.

Lance continued to win races and was ranked the number one cyclist in the world in early 1996, but later that year everything changed. He got terrible pain while riding his bike, and had to stop riding. Doctors told Lance he had a very serious disease called cancer, and they didn't know if he would live. Even though Lance was frightened, he was determined to fight the disease. He fought hard to get better while his family and friends helped him when he was weak. Because he wanted to help others with their cancer struggles, he formed the Lance Armstrong Foundation.

In 1997, Lance got better and began to think about racing again. In 1998, after training, he returned to cycling. He won some smaller races before entering the Tour de France, a race that lasts about 22 days. Riding 2,500 miles against hundreds of other cyclists, Lance led the race from start to finish and captured the title. Winning the Tour de France became one of Lance's greatest achievements, and he went on to win it again five more times, and was the first and only cyclist to win this race six years in a row.

Lance has said that he was "born to race bikes." He continues to beat his disease and is not only a great cyclist; he is a remarkable person and true-life hero.



**The American Trauma Society, PA Division (ATSPA), cares about your safety. We will make sure that your bicycle safety helmet is fitted correctly. We invite you to stop by our office at 2 Flowers Drive, Mechanicsburg, weekdays from 9 AM to 4 PM.**

### **Bicycling in Pennsylvania's State Parks**

The Pennsylvania Bureau of State Parks has actively developed safe bike trails in state parks, which feature a variety of sizes, terrain and scenic views.

**Gifford Pinchot State Park** - The Multipurpose Trail network consists of a 3.5-mile outer loop with a number of internal connectors. The trail surface is packed gravel and the terrain is mostly flat with a few gentle hills. The trail is suitable for family use and most bicycles. The trail winds through woodlands and along the lakeshore and is designed for a slow, leisurely ride. Directions: It is reached from Harrisburg via the Lewisberry Exit (35) of I-83 south then PA 177 south; or by US 15 south to Dillsburg, then to PA 74 south. From York, take PA 74 north or I-83 north. From I-83, take the Newberrytown Exit (32), PA 382 west to PA 177 south.

**Pine Grove Furnace State Park** - A two-mile section of the Cumberland County Bike Trail connects the Furnace Stack Day Use Area with Laurel Lake Day Use Area. Bicyclists are advised to use caution because all trails are shared with pedestrian traffic and some are open to motor vehicles. A bicycle rental concession is available at the boat launch at Laurel Lake. Directions: The park is easily reached from I-81. Visitors should take Exit 37 to PA 233 south then travel for 8 miles.

*Pennsylvania state law requires all bicyclists under the age of 12 to wear an approved helmet.*

#### **“SHELLDON SAYS” Bike Smart Club News**

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