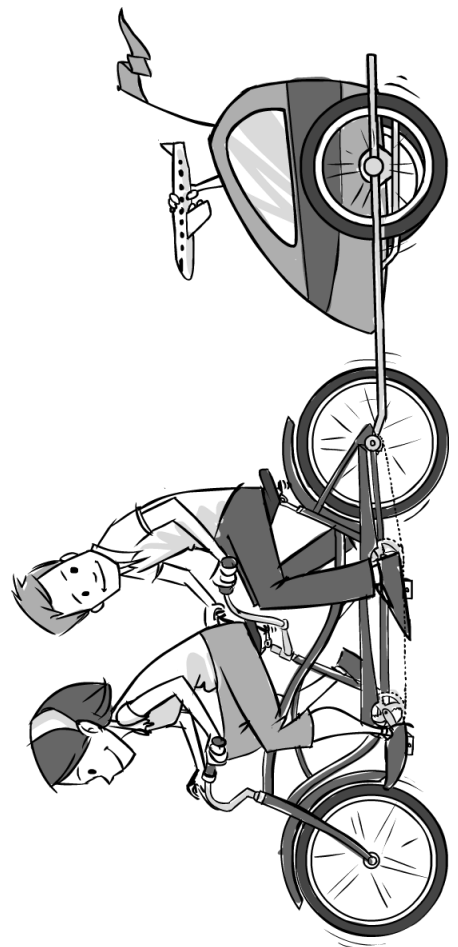


## Top 10 Reasons To Ride

1. It's fun!
2. Just 3 hours of bicycling per week can reduce your risk of heart disease and stroke by 50%.
3. A 140-pound cyclist burns 508 calories while pedaling 14 miles in an hour.
4. 40% of all driving trips happen within two miles of the home. If everyone in Provo rode their bicycle two miles each week, we could prevent 1,276,000 lbs. of CO2 emissions each month. If you need to know why this matters breathe some of the air on an inversion day (worst air in the nation).
5. The more cyclists on the road, the safer roads are for all users: bicyclists, pedestrians, and drivers.
6. Number of bikes that can be parked in one car parking space: 10. Also, on a bicycle you can always park right by the front of wherever you are going.
7. On average it costs \$8,588 to operate your car annually (AAA). A bicycle costs \$155 annually (LAB).
8. \$3.50 (or more) gallon of gas.
9. Gets you connected. People in cars are isolated from each other, but people on bicycles readily strike up conversations with neighbors or other commuters. This fosters a sense of community in both neighborhoods and workplaces.
10. While the going may be a little slower, biking saves you time and /or guilt by combining workout time with errand / recreation time.

## PROVO RIDE GUIDE



## HOW TO CHANGE A FLAT

1. If bike has been sitting a while pump up the flat tire and make sure it is flat.
2. Remove one side of the tire from the rim. Tire levers work better than screwdrivers and only cost a couple of bucks. Your bike shop will have them.
3. Once tire is off the rim check the tire for thorns or other *pothubercans*.
4. Patch old tube or replace. Make sure when buying new to know which valve stem you have.
5. Put half your tire back on the rim.
6. Insert the tubes stem into the hole in the rim.
7. Pinch the other side of the tire onto the rim.
8. Check your P.S.I. rating and pump tire up.



1. Get a Provo bike license in case of theft (just \$1 at 351 W. Center St.)
2. Ride on the road facing the same direction as traffic and staying as far to the right as practicable
3. Obey all rules of the road (lights, stop signs, yield signs, etc.)
4. Use hand signals (left turn = left arm extended, right turn = right arm extended, stop = left arm extended downward)
5. Take the entire lane of traffic if it would be unsafe to ride side-by-side with a car or if road conditions require it. Cars can only pass bicyclists if there is a 3-foot buffer between them (the "3-foot rule")
6. Only ride 2-abreast if it will not impede traffic
7. Use lights and reflectors after dark (white headlight, red taillight or reflector, and side reflectors, all visible from at least 500 feet)
8. Avoid cycling on the sidewalk in designated areas (University Ave. between 400 North and 100 South, Center Street between 100 East and 500 West, or anywhere that posts notice)
9. If you ride on the sidewalk, yield to pedestrians and let them know you're passing with a bell or friendly yelp.
10. Always, always have fun. (Ok, so this one might not technically be on the books...)

