



Bicycling Safety Tips

- Ride on the right, never ride against traffic
 - Ride in the right lane, except when passing another vehicle, preparing for a left turn or avoiding hazards
 - Ride on paved shoulders and bike lanes when present and free of hazards
 - Ride no more than two abreast, returning to single-file if riding two abreast would impede the flow of traffic
 - On curving canyon roads without bike lanes or shoulders, play it safe and ride single file
 - Obey traffic laws, signs, and signals
 - Use hand signals to indicate left or right turns, slowing or stopping
 - Use a headlight, taillight, and reflectors at night
 - Make eye contact with drivers
 - Never assume motorists see you or that you have the right-of-way
 - Wear passive safety equipment to protect yourself: helmet, glasses, and gloves
 - Expect the unexpected; your first responsibility is to be safe
 - To report aggressive driving if you witness a motorist putting a bicyclist at risk on the road, **dial *CSP (*277) on your cell phone**. Be prepared to communicate the license plate number, location and direction of travel, the vehicle and driver description if possible, and the aggressive behavior being displayed.
- For more Colorado bicycle safety information, visit <http://bicyclecolo.com> and <http://colobikelaw.com>.

Stretch for Success in Cycling Performance (or a more enjoyable summer cruise!)

Bicycling has many health benefits and can be a fun summer activity for the whole family. However, like any exercise, it can lead to muscle tightness and overuse syndromes if not combined with a regular stretching routine. Especially for athletes who spend many hours on the bike, it is common to wind up with back and neck pain, knee pain, and numbness in feet or hands as muscles become stronger, tighter, and more adapted to the cycling position. Stretching can hasten recovery after a workout and help prevent these common cycling injuries.

Stretch for 5-10 minutes before AND after a ride

Warm up your muscles by walking or riding for a few minutes before stretching. Trying to stretch cold, stiff muscles will be less effective and can cause injury. Move slowly into the position of stretch. Do not bounce. Hold each stretch for 30 seconds and repeat each stretch 2-3 times. You should stretch all the major muscle groups used in cycling, including shoulders, neck, back, hips, hamstrings, quadriceps, and calves.

In addition to keeping your muscles and joints flexible through stretching, your body mechanics and position on your bike are also very important and will affect your comfort and performance while riding. Believe it or not, there is a wrong way to ride a bike!

If you are experiencing pain or discomfort during or after bicycling even with the use of a stretching program, or if you are interested in learning about correct positioning and body mechanics to improve your riding and prevent overuse injuries, contact **Impact Sports Medicine** at **303-446-2200** for an evaluation. Don't let improper alignment and body mechanics keep you from enjoying your bicycle this summer.

