

## May is National Bike Month

Be safe out there!

### Bike to Work Week Events

May 17-21, 2010

Visit the APPT website for details!

[www.nevcoappt.org](http://www.nevcoappt.org)

- Register for events today
- Interactive maps

### Safety Tips

- **Wear a helmet!** - Cheap insurance, brain injuries are no fun, and helmet-hair is sexy
- If you are going to ride on the road, **you must follow ALL the rules of the road the same as a car.** - Stop at stop signs.
- **Be as visible as possible.** - Bright colors, lights, flags, anything that commands the attention of drivers.
- **Be predictable!** - Ride confidently and signal ALL lane changes and turns.

Remember, you have the same rights to use our roads as any vehicle. If there's a bike lane show it love, but don't hesitate to take a lane if it makes you more visible and safer.

We are ALL ambassadors to the alternative transportation movement. Cooperation and understanding toward all roadway users will create the future we want to see.

Like mom said, "Stay safe, be nice and have fun!"

# nevada county



### Feeling the spirit but not quite the skills?

**APPT will be hosting MARS Workshops (Maintenance and Riding Skills)** to get you ready to ride with the cars! Learn the basic skills needed to ride in the road as well as how to fix your bike if it breaks down!

**May 12<sup>th</sup>, 3-5pm**

**May 19<sup>th</sup>, 3-5pm**

**Location: Briar Patch Community Market**

290 Sierra College Drive, Grass Valley



Turn *recreation* into *transportation*!



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