

## Bicycle Safety



Board member and road biker, Don Wharff, gave a brief presentation on bike safety at August's Resident Organization meeting. Don covered the importance of wearing a helmet, the use of riding lights, following traffic laws and paying attention to the road ahead.

A biker typically sits 6 feet in the air and a fall from that height, even when standing still, can be hazardous. Don pointed out that senior citizens are far more likely to fall getting on and off a bike than while riding down the street. Conclusion, please wear a helmet. Helmets can be purchased for around \$30.

Lights are an important part of ensuring a rider's safety. Don demonstrated use of both white (front) and red (rear) running lights. He noted that his white blinking light has saved him on more than a few occasions. People just don't look for bikers when pulling out from a side street. Don recommended that residents riding inside Crescent Run use a white front light. He joked, "Old people live in Crescent Run, and they may look for a car when backing out of driveway but not a bike!" A set of rechargeable lights can be purchased online for as little as \$16.

Vehicle traffic laws also apply to bikers. Don cautioned that if you ride outside Crescent Run, always ride on streets that have clearly marked BIKE LANES. Lastly, when signaling a turn, do so in an exaggerated way. It is important to be noticed. That is why bikers wear bright colored shirts.

Don's last comments focused on paying attention to the road ahead. Never take your eyes off the road in front of you nor to any side streets to your left and right. Inside of Crescent Run, ride on your side of the road. Again, Don emphasized that old people live here and they all think they own the whole road, especially the turns.

**Stay on your side of the road and pray. Safe riding!**

*Written by resident Don Wharff*

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