

01

Strap on your helmet securely. Have two fingers' width between the bridge of your nose and helmet.

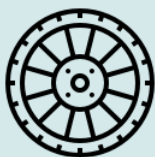


Check both the front and rear brakes. Make sure brakes are aligned.

02

03

Inspect your tires for proper inflation. Locate correct pressure (PSI) on side of tire.



Maintain reflectors on bike. Protect your skin with sunscreen

04

05

Pack a lunch or snack for energy. Bring water along to stay hydrated.



Legs should be slightly bent when in the lowest pedal position.

06

07

Wear a high-visibility vest to increase your visibility on track and in traffic.

