



May 2013

# YOU SHOULD KNOW

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Keys to a Safe Ride  
6 Rules of the Road  
Take the Biker's Quiz



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Dear Subscriber,

Here's a special issue on bike safety for adults just in time for National Bike Month. Learn how visibility, location and preparation are key to a season of safe and fun biking. And be sure to send us your comments and suggestions on You Should Know.



## THE DOCKET /

> IF YOUR BUSINESS OR HOME SUFFERED STORM SANDY WATER-SURGE FIRE DAMAGE, PLEASE CONTACT

## American Ridership Continues to Grow

### Bike Safety Tips for Adults

As spring spreads across the nation, bikers are popping up as regularly as the lilacs, magnolias and daffodils. Biking among adults has undergone somewhat of a renaissance in America, according to various transportation studies. And why not? Biking is great exercise, easy on the environment and perfect for sightseeing. But any time you mix bikes with motor vehicles, accidents can happen. Before you saddle up for your next ride, *you should know* the latest on bike safety.

Roll on. >>>



The number of bike commuters rose 64 percent in America between 2000 and 2009. (Photo: [Pedbikeimages.org](http://pedbikeimages.org/)/ Adam Darin)

## BY THE NUMBERS /

### 675 Deaths

In 2011, 675 bicyclists were killed in crashes, a 10 percent increase from 2010. Overall, bike injuries and deaths are down for all age groups since 1975 except for men older than age 20.

Source: *Fatality Facts*, Insurance Institute for Highway Safety

### 90% No Helmet

Over the past decade, roughly 90 percent of bikers killed in road accidents were not wearing helmets. Despite this fact, only 20 to 25 percent of all bikers wear bike helmets.

Source: *Statistics*, Bicycle Helmet Safety Institute

### #1

More children go to hospital emergency departments for bicycle-related crashes than for any other sport.

US.

> **\$1.2 MILLION JURY AWARD: NY COUNTY, FALL AT DEFECTIVE SIDEWALK TREE WELL, CAUSING KNEE REPLACEMENT**

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## for ER

Source: *Prevent Bicycle Crashes: Parents and Caregivers (download)*, National Highway Traffic Safety Administration

## BOOKMARK FAVORITES /

### Clearinghouse Serves Anyone Interested in Biking

The [Pedestrian and Bicycle Information Center](#) (PBIC) bills itself as a national clearinghouse for information about “health and safety, engineering, advocacy, education, enforcement, access and mobility for pedestrians and bicyclists.”

### League Represents Interests of America’s Bikers

Founded in 1880, the [League of American Bicyclists](#) is the oldest recreational biking group in America. In addition to extensive educational resources and training courses, the group also sponsors [National Bike Month](#) in May and the [National Bike Challenge](#).

### Everything You Want to Know About Helmets

The [Bicycle Helmet Safety Institute](#) is the A-to-Z authority on bike helmets. Check out their no-frills website for helmet [statistics](#), [reviews](#), [fitting guides](#), [teaching resources](#) and more.

Email:  
info@oliveriandschwartz.com

Phone: (800)427-9546 or  
(212)987-1100. [Continue reading.](#)



## How Bike-Smart Are You?

Take our bike safety quiz for adults and you could win a free Cat Eye bike computer!

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