

Spring Into Action



Stay Alert!

Springtime is a great time to get active with the improved weather. But, guess what? Many other people will have this same idea, too. While most people don't have any problems sharing bike lanes or paths with others, it's important to remember that you might have to share these areas with more riders than usual as people break out of their cabin fever.



Spring Cleaning? Give the Bike a Tune-Up

Since your bike may not have been used too much over the winter months, give it a little tune-up to make sure that it's in good working order. Check the frame for damage, ensure that the tires are in good condition with enough air, brake levers working and pads are not worn out, and properly lubricate the appropriate parts of the bike.



Your child's first and most important teacher is you. Whether you intend to teach them or not, each and every day they are watching and learning from you.

So it is important to ask the question, "Are they learning what you want them to know?"

Stay Hydrated!

Now that the weather is getting nicer, you may be getting more active and will need more water to stay hydrated!

