



# May is



# Bike Safety Month



Have you seen the new “sharrow” (which stands for Shared-lane marking) Bike Logo’s on a number of streets around River Forest? The sharrow is an international logo and was designed to bring a heightened awareness to alert motorists of the lateral locations bicyclists are likely to occupy within the travel lanes.

### Some of the Benefits of Marked Shared Lane Guidance:

- ◆ Creates a shared travel environment on streets with insufficient width for bicycle lanes
- ◆ Raises awareness of potential presence of bicyclists
- ◆ Positions riders in the most visible location to motorists while avoiding the door zone of the parking lane
- ◆ Connects gaps where obstructions or turn lanes interrupt

continuity of bicycle lanes or paths

- ◆ Provides directional guidance to help avoid wrong way bicycle riding
- ◆ Reduces incidents of sidewalk riding

For more information on bicycling in River Forest go to the Village website: [www.vrf.us/bicycling](http://www.vrf.us/bicycling)

### Did you also know that May is Bike Safety Month?

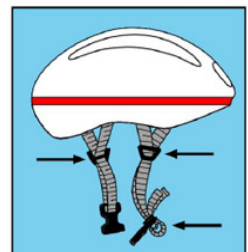
Learning how to ride a bike is a rite of passage in childhood, and it’s an activity that families can certainly enjoy together. Did you know that bikes are associated with more childhood injuries than any other consumer product except automobiles.

Sadly, child bicycle accidents and deaths increase dramatically during the summer months. Please make it a family rule that **every time you or your child rides a bike, wear a properly fitted bicycle helmet.** It’s the

single most effective safety device available to reduce head injuries and death from a bicycle accident. A bicycle helmet should sit on top of your head in a level position, and should not rock forward, backward or from side to side. The helmet straps must always be buckled, but not too tightly.



Wear the helmet flat on the head, not tilted back at an angle!



Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.

For more bike safety tips, please contact the River Forest Fire Prevention Bureau at 708-714-3562