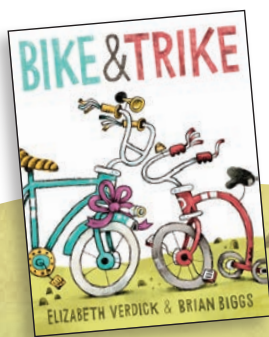
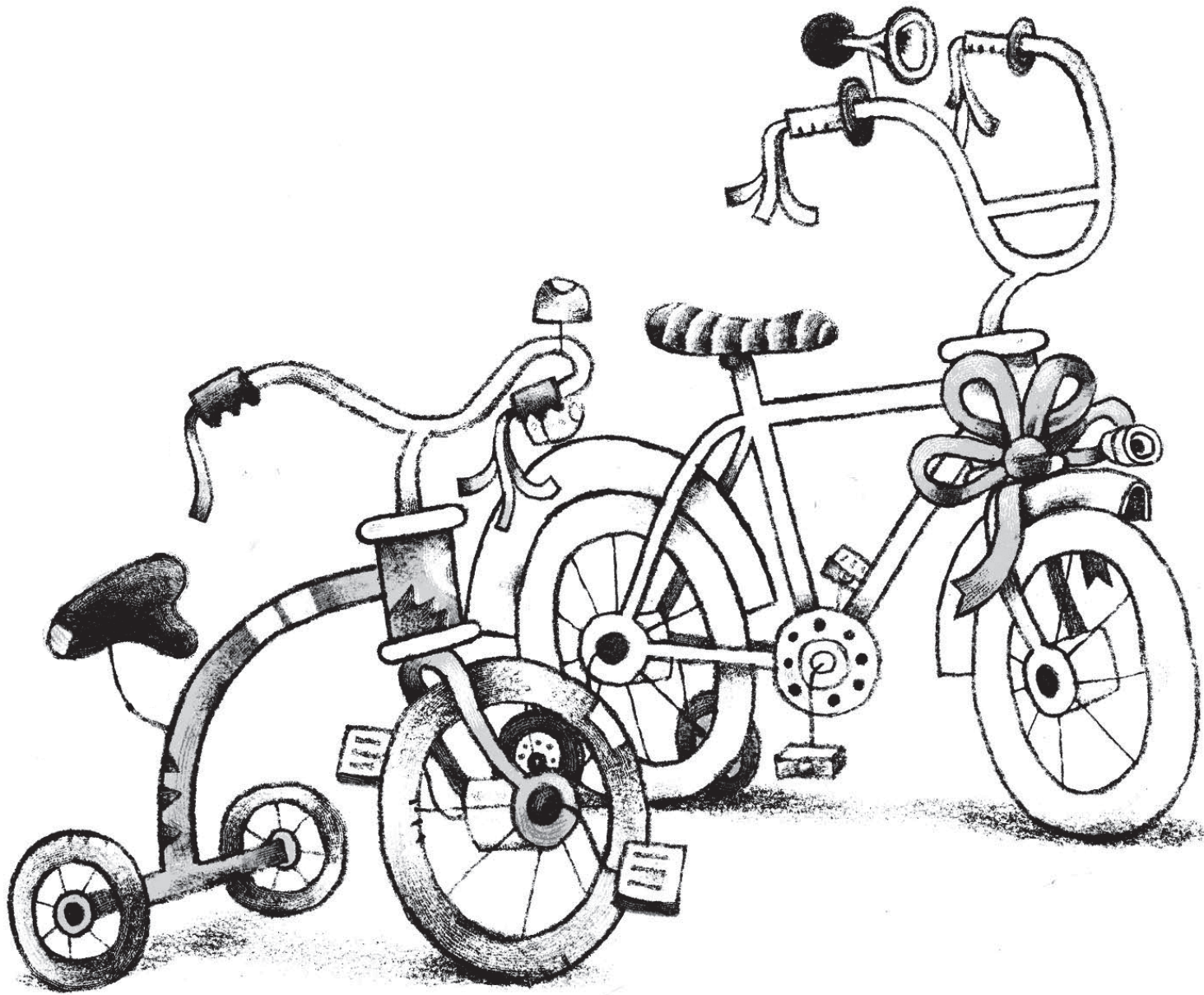


Color BIKE & TRIKE!



BIKE & TRIKE

ELIZABETH VERDICK & BRIAN BIGGS

Paula Wiseman Books
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BIKE & TRIKE Safety Tips



Lulu and Tru *say*:

- Put on a well-fitting helmet every time you ride.
- Wear bright- or light-colored clothing so riders and drivers can see you.
- Choose shoes that cover your toes while you ride.
- Have a grown-up with you!



Trike *says*:

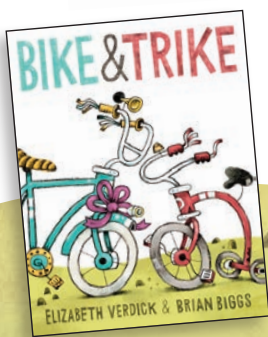
- Be sure your bike or tricycle is the right size for you.
- Keep your hands on the handlebars and your feet on the pedals.
- Ride at safe speeds—especially around corners.



Bike *says*:

- Check before you ride: brakes, tires, chain. (An adult can help you.)
- Use sidewalks and bike paths.
- Cross at crosswalks—look both ways first.
- Only one person on a bike—no extra riders.
- Ride during daylight hours, not at night.

You're a Winner on Wheels!



Illustrations © Brian Biggs

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