Bicycling Tips from AuSM

- **Know Your Challenges – Take an Inventory.**
  - Body awareness, hand eye coordination motor control and balance.
  - Know your limits.

- **Conditioning! Plan to have fun.**
  - Start with small goals, and then move to more ambitious goals!
  - Practice in a safe place before going on streets and trails.
  - Parent involvement and assistance is really important!

- **Choose the bicycle that fits your needs and goals.**
  - There are bikes for every challenge and goal.
  - Make sure the bike fits you as you grow.
  - Maintain the bike so it works when you need it.

- **Safety Equipment.**
  - A properly fitting helmet. Tight enough to stay in place, yet loose enough for movement.
  - Optional elbow, wrist, or knee protection if you need it.
  - Lighting and/or reflectors.

- **Know the Rules.**
  - Most trails or parks post rules, which include speed and direction of travel.
  - On the streets, bicycles must obey all rules cars do.

- **Clothing.**
  - Loose comfortable clothing with shoes tied is a great way to start.
  - If you start riding a lot there are all kinds of specialized clothing at the bike shops.

- **Plan a trip or activity with your family.**
  - Consider an organized ride.
  - Meet other family and friends at a destination.
  - Try a new bicycle trail. State and City trail maps are online.

Make it a fun and safe summer!

childhood ✤ adolescence ✤ transition ✤ adulthood

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