With 90 million Americans currently taking to two wheels, bicycles are a part of our daily life. If you have the urge to get out and try it, here are a few tips to keep in mind!

**BE SAFE**
**BE SEEN**
**BE SMART**
**BE AWARE**

The use of iPods, cellular phones and other electronic devices while riding reduces your ability to be aware of your surroundings.

**TIPS FOR CYCLISTS**

DRIVE YOUR BICYCLE WITH TRAFFIC, NOT AGAINST IT

ALWAYS WEAR A HELMET AND LIGHT COLORED CLOTHING IN ORDER TO REMAIN VISIBLE

FOR YOUR SAFETY, USE PUBLIC TRANSPORTATION WHEN COMMUTING OFF-CAMPUS

FOR MORE INFO ON TRAFFIC SAFETY VISIT US ONLINE AT STONYBROOK.EDU/RSP