## Ride Smart, Stay Safe

Your Safety on two wheels starts with the right choices. Protect yourself, be visible, and ride with confidence.

Protect Your Head

01

03

05

Always wear a properly fitted helmet that meets safety standards

02 Be Seen, Stay Safe

Use reflective clothing or a bright vest, especially when riding at dawn or dusk

Light Your Way

Equip your bike with front and rear lights to stay visible

04 Follow Traffic Laws

Ride in the same direction as traffic and obey all traffic signals and signs

Be Predicable

Trauma Services

Use hand signals when turning or stopping, and avoid sudden, unpredictable moves

06 Stick to Bike Lanes

When available, use designated bike lanes for added safety

CAPE FEAR VALLEY

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