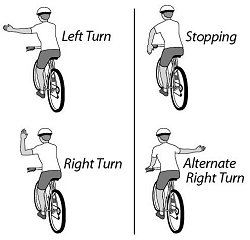
History of Cycling

The term *bicycle* was first used in France in 1860’s, but this two-wheeled method of transport has been around since the early 19th century. Since then, it has taken on many shapes and sizes, including more or less wheels.

Rules

When cycling on the roads, there are several things that are necessary to know or check before starting out. These include making sure your brakes are working, having a appropriate helmet (required by law), that your tires are filled with the right amount of air, and that the bicycle that you are using is the size and fit for you. It is also recommended to have a tool kit and/or a pump, just incase you need to quickly fix any damage to your bike, a rear-view mirror, pannier bags, and a bell to warn other cyclists. Also, if you are planning on going cycling at night, then B.C. law requires that you have a front white headlight, and rear red reflectors, so that other traffic can see you. You should always try to make yourself visible by other traffic, and that includes bright coloured clothing, never riding in a motorist's blind-spot, never passing moving traffic on the right, and always being aware of what if around you. However, you may overtake slower traffic on the left.

Always remember that you are part of the traffic, so can therefore not ride on the sidewalk. B.C. law states that cyclists need to keep to the right of traffic, but that does not mean being less than a meter from the curb. However, if there is no shoulder or bike lane, and the curb lane is narrow,or if you are riding at the same speed as traffic, then cyclists are encouraged to take to whole lane by riding in the center of it. Always ride in a straight line, and shoulder check regularly, even if you have a mirror. There are also four hand signals that all road cyclists are recommended to know. They are :



Health Benefits

Cycling is fun, healthy, practical, cost efficient, and good for the environment. It is also a low impact exercise, which means it is easier on your joints than running, because it is a non weight-bearing form of exercise. It is also good for any age or level of fitness, because it can be done at any level of intensity.

Bibliography:

<http://en.wikipedia.org/wiki/History_of_the_bicycle#Earliest_unverified_history>

<http://www.bikesense.bc.ca/Bike_Sense-Nov05.pdf>