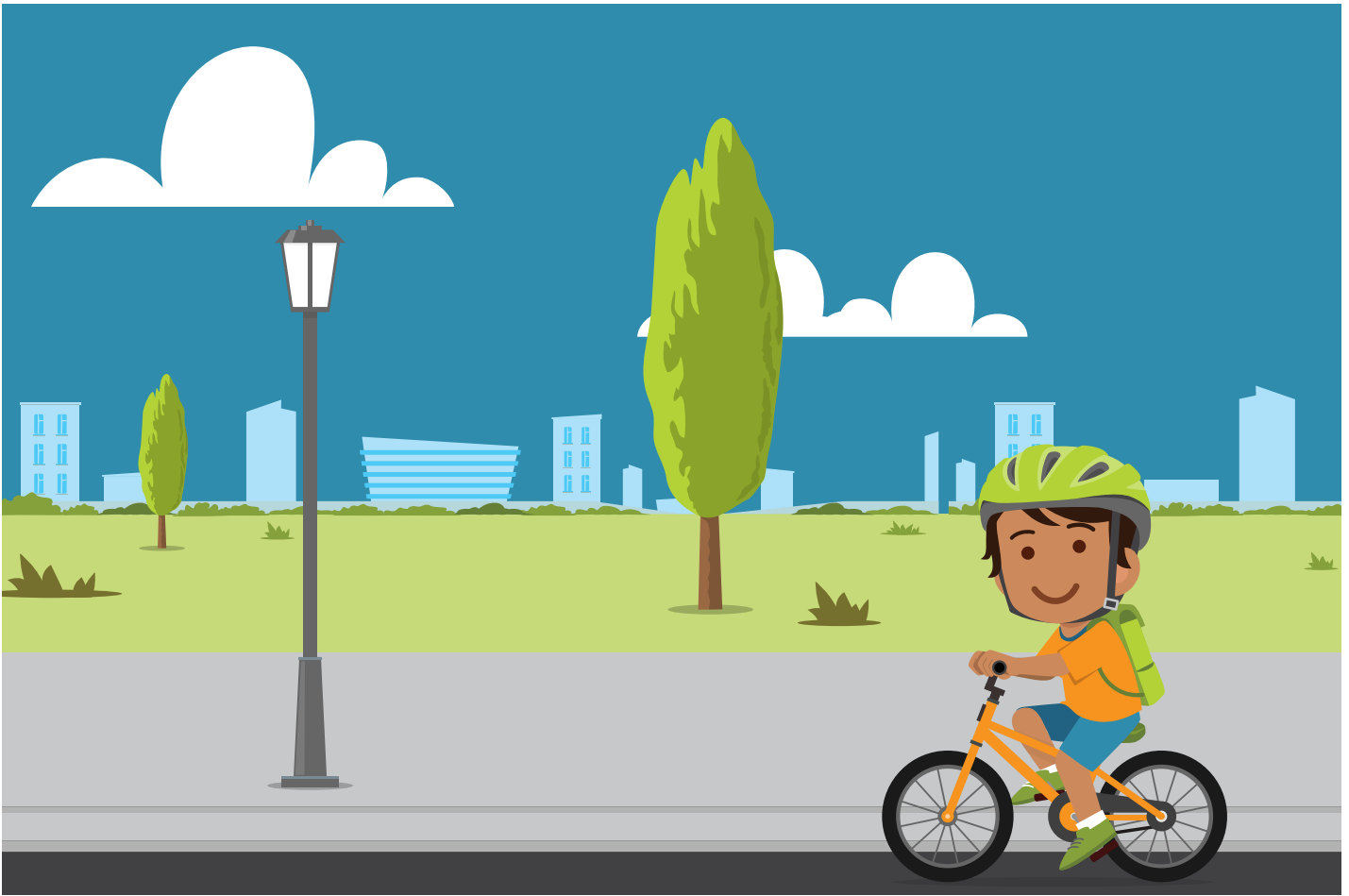


# RIDING YOUR BIKE IN THE HEAT



Summer is a fun time to ride bikes outside in the sunshine, but it can get hot, making it hard to ride your bike. Here are some tips to make it easier and more fun:

## Plan your route.

Think about the best way to get around and find a route with shade.

## Hydrate.

Drink lots of water before, during, and after your ride.

## Protect your skin and eyes.

Wear sunscreen, UV protective clothes, sunglasses, hats, and visors to protect your skin and eyes from the sun.

## Watch the weather.

Check the weather before you ride so you can avoid thunderstorms.

## Pack your bags.

Bring extra clothes just in case you get too sweaty to be comfortable at school. Carry your bags in a basket on your bike instead of on your back to keep cool.