



May 2013

YOU SHOULD KNOW

IN THIS ISSUE

/

Keys to a Safe Ride
6 Rules of the Road
Take the Biker's Quiz



Patrick Malone & Associates

888-625-6635

Dear Jessica,

As a daily bicycle commuter, staying safe on the bike is on my mind a lot. So here's a special issue on bike safety for adults, just in time for National Bike Month. Learn how visibility, location and preparation are key to a safe ride.



THE DOCKET /

> CHECK OUT OUR BETTER HEALTH CARE NEWSLETTER.

American Ridership Continues to Grow

Bike Safety Tips for Adults

As spring spreads across the nation, bikers are popping up as regularly as the lilacs, magnolias and daffodils. Biking among adults has undergone somewhat of a renaissance in America, according to various transportation studies. And why not? Biking is great exercise, easy on the environment and perfect for sightseeing. But any time you mix bikes with motor vehicles, accidents can happen. Before you saddle up for your next ride, *you should know* the latest on bike safety.



The number of bike commuters rose 64 percent in America between 2000 and 2009.

(Photo: Pedbikeimages.org/ Adam Darin)

Roll on. >>>

BY THE NUMBERS /

675 Deaths

In 2011, 675 bicyclists were killed in crashes, a 10 percent increase from 2010. Overall, bike injuries and deaths are down for all age groups since 1975 except for men older than age 20.

Source: *Fatality Facts*, Insurance Institute for Highway Safety

90% No Helmet

Over the past decade, roughly 90 percent of bikers killed in road accidents were not wearing helmets. Despite this fact, only 20 to 25 percent of all bikers wear bike helmets.

> LATEST NEWS FROM OUR PATIENT SAFETY BLOG

> CHILD SAFETY TIPS AND ACCIDENT PREVENTION FROM OUR CHILD PROTECTION BLOG

> MALPRACTICE A-Z: ANSWERS ON SPECIFIC TOPICS

Source: [Statistics](#), [Bicycle Helmet Safety Institute](#)

#1 for ER

More children go to hospital emergency departments for bicycle-related crashes than for any other sport.

Source: [Prevent Bicycle Crashes: Parents and Caregivers \(download\)](#), [National Highway Traffic Safety Administration](#)

BOOKMARK FAVORITES /

Clearinghouse Serves Anyone Interested in Biking

The [Pedestrian and Bicycle Information Center](#) (PBIC) bills itself as a national clearinghouse for information about “health and safety, engineering, advocacy, education, enforcement, access and mobility for pedestrians and bicyclists.”

League Represents Interests of America’s Bikers

Founded in 1880, the [League of American Bicyclists](#) is the oldest recreational biking group in America. In addition to extensive educational resources and training courses, the group also sponsors [National Bike Month](#) in May and the [National Bike Challenge](#).

Everything You Want to Know About Helmets

The [Bicycle Helmet Safety Institute](#) is the A-to-Z authority on bike helmets. Check out their no-frills website for helmet [statistics](#), [reviews](#), [fitting guides](#), [teaching resources](#) and more.



How Bike-Smart Are You?

Take our bike safety quiz for adults and you could win a free Cat Eye bike computer!

[Game on](#)



Talking the Issues

Check out podcasts featuring topics from past issues of *You Should Know* and subscribe to future shows via iTunes or RSS feed.

[Listen now](#)

You Should Know is a copyrighted publication of Voice2News, LLC, and is made possible by the attorney shown above. This newsletter is intended for the interest of past and present clients and other friends of this lawyer. It is not intended as a substitute for specific legal advice. You received this newsletter at <jessica%40jdsupra.com> because you indicated to the above attorney your interest in receiving information via email. If you no longer wish to receive these emails, click here to unsubscribe from this newsletter, and your request will be honored immediately. You may also submit your request in writing to: Steven L. Miller, Editor, 4907 Woodland Ave., Des Moines, IA 50312. Be sure to include your email address.