

MAGDA GARGULÁKOVÁ & MARIE URBÁNKOVÁ

I AM IN LOVE WITH MY

# BICYCLE



b4u publishing



MAGDA GARGULÁKOVÁ & MARIE URBÁNKOVÁ

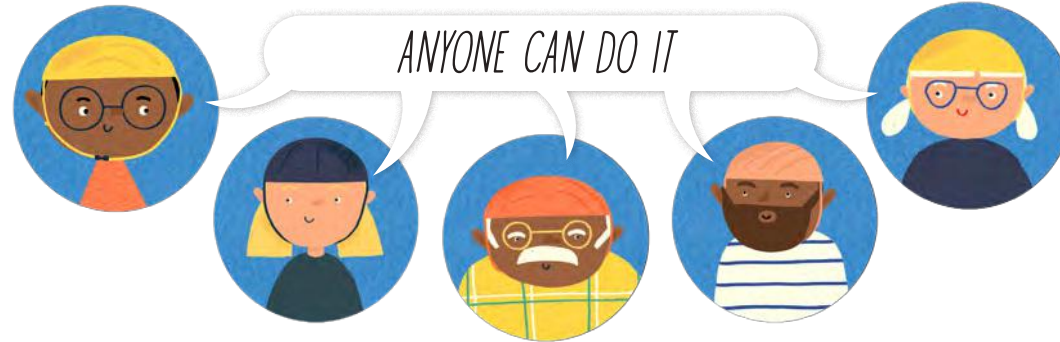
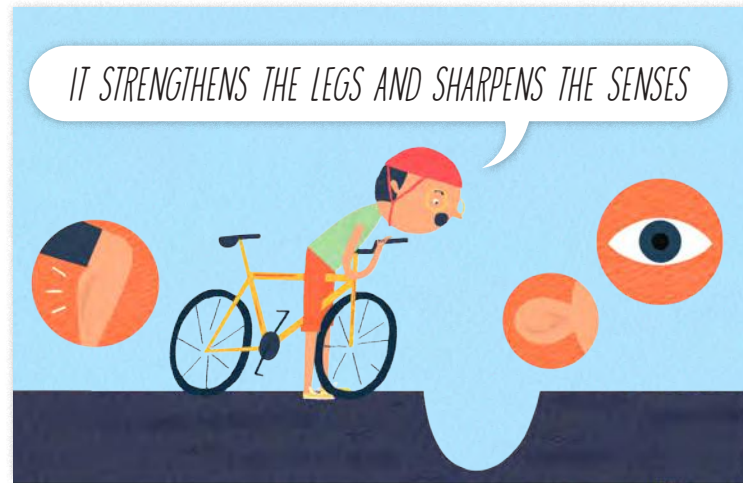


I AM IN LOVE WITH MY BICYCLE



# WHY CYCLE?

Because cycling is great! Because the wheels go round as the world goes by. Because cycling puts colour in your cheeks, and that makes life jollier. Also because:



# WHERE CAN YOU CYCLE TO?

Anywhere you can think of. Anywhere you need or want to be. Climb on and off you go!



# ASSEMBLE A CYCLIST!

You can wear anything to ride a bike – even an old T-shirt and sweatpants. If you're a cycling freak like me, you will favour comfortable, breathable, quick-dry clothing. One more piece of advice: wear things in lighter colours, to make yourself clearly seen wherever you cycle.

**SHOES** These should be light, comfortable and not too tight. Beware of long laces, which can get in the way.



BUCKLED



ELASTIC LACES



VELCRO



LACE



ANOTHER LACE

**REFLECTIVE ACCESSORIES** It is important to be seen, always and everywhere. On roads, a reflective vest is the very thing!



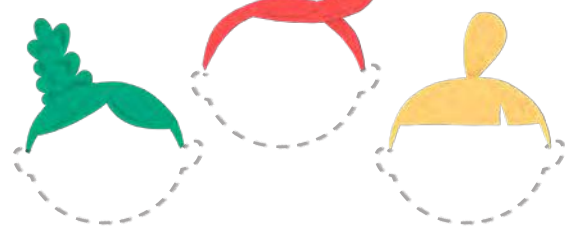
REFLECTIVE STRIP



REFLECTIVE VEST

**SOCKS** They should fit well without puckering, be breathable and sweat-resistant.

**HAIR** Which style will you choose for today's ride?



**GLASSES** For protection against sunlight, wind, and flies.



**HELMET** When riding a bike, you must wear it always and everywhere: it can save your life.



WITH ANTI-PERSPIRATION HOLES



AERODYNAMIC



PROTECTS THE CHIN AND TEETH



CLASSIC



DRAGON HELMET

**GLOVES** Gloves protect your hands in the event of a fall. Padding on the palms reduces pressure on hands holding handlebars. It also keeps them from freezing in winter.



FOR ROMANTICS



FOR RACERS



FOR TOUGH GUYS



WINTER



WITH PADDED PALMS



NON-PUCKERING



BREATHABLE



WITH MINI-TEDDIES



SHORT

**TOP** A comfortable, breathable one you feel good in.



TOP



ORDINARY T-SHIRT



WITH PRACTICAL POCKETS ON THE BACK



WITH ZIP



MINIMALIST

**PANTS** Choose the length depending on the weather, but always avoid long legs, which could catch in the chain. On longer rides, you will appreciate pants with a padded behind.



CYCLING PANTS WITH PRACTICAL BRACES



FOR STEAMY SUMMER RIDES



FOR ELEGANT CYCLING



WITH PADDED LINING



WHEN IT'S VERY COLD



WIND-RESISTANT

**WHEN IT'S COLD** Sweatshirt and jacket, ideally a windbreaker. Your choice depends on how cold it is. But never wear a puffer: you'd sweat too much in it.



# RULES FOR GOOD CYCLING

TREAT OTHERS WITH RESPECT AND CONSIDERATION



THE SAME RULES OF THE ROAD APPLY FOR CYCLISTS AS FOR CAR DRIVERS



BE CLEARLY SEEN



FOLLOW THE RULES

RIDE ON THE FAR RIGHT



GROUPS OF CYCLISTS RIDE ONE BEHIND ANOTHER



COMPLY WITH TRAFFIC LIGHTS AND SIGNS



lane reserved for cyclists

USE ROADS, CYCLE TRACKS AND CYCLE LANES WHERE CYCLING IS PERMITTED



CONCENTRATE AND ATTEND TO WHAT IS GOING ON AROUND YOU



USE HAND SIGNALS

... so that others know what you're about to do

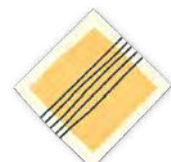


advanced stop line for cyclists at a crossing

## SIGNS YOU SHOULD KNOW



**Main road**  
Road users joining from side roads must give way to you.



**End of main road**



**Give way**  
Slow down or stop. Continue on your way only once the road is free.



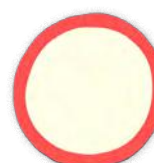
**Crossroads**  
Behave with extra caution.



**Stop**  
Continue on your way only once the road is free.



**No entry**  
Do not enter this street from this side.



**No entry from either side**  
This street is closed to cyclists and motorists.



**No turn**  
Do not go where the arrow is pointing.



**No cyclist**  
If you wish to go this way, you must first dismount.



**One-way street**  
This street may be followed in one direction only.



**Direction of travel**  
Go only where the arrows are pointing.



**Path for pedestrians and cyclists**  
Cars aren't allowed here



**End of path for pedestrians and cyclists**



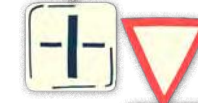
**Cycle path**



**Organization of traffic lanes**  
The right-hand lane is reserved for cyclists.



**Directional arrows**  
These show the lane you must take if you intend to turn left, turn right or go straight on.



**Signs showing organization of an intersection**  
The main road is marked in bold.



**Cycle route**



BE AWARE THAT SIGNS MAY VARY SLIGHTLY FROM COUNTRY TO COUNTRY

# A LITTLE PRACTICE

There's nothing difficult about riding a bike. But when out on the road, you must follow all the rules and be really careful.

## HOW TO RIDE OVER AN INTERSECTION

Intersections look complicated, but you will get the hang of them in time, so don't worry. To begin with it's enough to remember these simple rules:

**1.** Whoever is on the main road has priority.

**2.** When entering or exiting a side road, give way to those on the main road.

**3.** If there is no sign to tell you otherwise, give way from the right.



## HOW TO GET AROUND AN OBSTACLE



Look hard in all directions



Make a hand signal



Go around the obstacle and re-join your lane

## INJURY

Every cyclist takes the occasional fall, so don't be discouraged by yours. Just be sure to avoid serious accidents.



IN CASE OF SERIOUS INJURY (BROKEN BONES, LOSS OF CONSCIOUSNESS, PERSISTENT NAUSEA), SEE A DOCTOR.



CONCUSSION



BONE FRACTURES



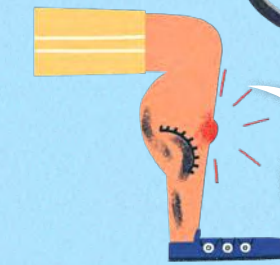
YOUR BIKE LANDS ON TOP OF YOU



GRAZES

## MINOR DIFFICULTIES

RIDING IN A LONG SKIRT



BEATEN-UP, DIRTY LEGS

BRUISED GROIN



STINKY FEET

## CARE



CLEAN AND CHECK YOUR BIKE REGULARLY

FROM TIME TO TIME, GET IT INSPECTED AT A REPAIR SHOP





*SO MANY BICYCLING GOINGS-ON!* If you're going for a ride, I'd be happy to join you. First, though, I must take my bike to the repair shop – I had a little problem with it last time out. While I'm gone, why not check out all that's going on? This place is buzzing!

- 1 How many cyclists have gone bathing on this summer day?
- 2 Which cyclist is about to win a big race?
- 3 Riding in the wrong direction doesn't pay! Who is in the wrong lane?
- 4 A flat bicycle tyre can't be ridden on. The air must be pumped back in. Where is that pump?
- 5 Red! Stop and stay where you are! Someone here is not following the rules. Who?
- 6 One bike needs repairing – right now! Which?
- 7 Toys and animals like to ride too. Can you find them all?
- 8 Oh dear! Peter didn't see that hydrant. Make sure that he hasn't been seriously hurt.

## *IF YOU HAVE A BIKE, GET ON!*

If you haven't – we'll lend you one! Then let us go out on the lanes and roads, through the mud and puddles. A bike takes you anywhere you fancy. On a bike, you're free and unstoppable. Just pedal... and understand what's going on around you. Whether you're an avid cyclist or just starting out, it's good to know a few things about bikes – such as which is the right one for you, how high to set your saddle, and what you should never, ever do on a bike. So, why not read all about it – in this book! It may be small, but it's packed with fun and information. You'll learn why your helmet should be a good fit, as well as lots of other things about bikes and cycling. You'll take a ride in a fun bicycle maze and get to know for yourself why a bike sometimes needs mudguards. But enough of this talk! Get on your bike and let's be on our way!



[www.albatrosmedia.eu](http://www.albatrosmedia.eu)

© Designed by B4U Publishing,  
member of Albatros Media Group, 2024.  
Author: Magda Garguláková  
Illustrations © Marie Urbánková  
All rights reserved.