



# CITY OF PULLMAN WASHINGTON

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## PRESS RELEASE

### FOR IMMEDIATE RELEASE

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### National Bike Month

**PULLMAN** – May is National Bike Month and is celebrated in communities across the nation. Established in 1956 and sponsored by the League of American Bicyclists, National Bike Month is a chance to showcase the many benefits of bicycling and a time to encourage more folks to give bicycling a try. The best way to celebrate is to get on a bike: ride to work, ride to school, ride to the grocery store, or just ride for the sheer joy of being outside.

The League of American Bicyclists has released its latest ranking of bicycle friendly states and Washington achieved the #1 ranking nationally for the eighth straight year. Some of the National Bike Month events include:

- May 6: Bike to School Day
- May 15: Bike to Work Day
- May 20: Ride of Silence ([rideofsilence.org](http://rideofsilence.org))

Pullman police officers will be on bike patrol May 6 around Pullman schools to promote bike safety with bike riding students. We ask drivers to be extra careful and to be on the watch for bicyclists. We encourage all bicyclists to follow these safety rules:

**Follow the Law** - Your safety and the public image of bicyclists depend on you. You have the same rights and duties as drivers. Obey traffic signals and stop signs. Ride with traffic and use the rightmost lane in your direction of travel.

**Be Predictable** - Make your intentions clear to everyone on the road. Ride in a straight line and don't swerve between parked cars. Signal turns and check behind you well before turning or changing lanes.

**Be Conspicuous** - Ride where people can see you and wear bright clothing. Use a front white light, red rear light, and reflectors when visibility is poor. Make eye contact with others.

**Think Ahead** - Anticipate what drivers, pedestrians, and other people on bikes will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes, and other road hazards. Cross railroad tracks at right angles.

**Ride Ready** - Check that your tires have sufficient air, brakes are working, chain runs smoothly, and quick release levers are closed. Carry tools and supplies that are appropriate for your ride.

**Wear a Helmet** – Your best defense against serious injury.

For more information, visit [wabikes.org](http://wabikes.org) and [bikeleague.org](http://bikeleague.org).

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