

English	Translation
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QUICK GUIDE	自行車出行
To Bike Commuting	快速入門指南
THE BIKE	自行車
Any bike will work as long as it fits properly!	只要選擇適合的自行車便可以騎車出行！
Check out the different styles:	查看不同類型的自行車：
Road Bike – good for speed, but not recommended for rides that have gravel/rocky segments	公路自行車 – 速度快，但不建議在碎石及岩石路段騎行
Mountain Bike – wider tires, better for rougher rides but moves slower	山地自行車 – 自行車輪胎更寬，適合在崎嶇的路面騎行，但是速度較慢
Hybrid Bike – best for 1-10 mile rides, moves slower but more comfortable with more carrying capacity	混型自行車 – 最適合 1-10 公里的騎行距離，速度較慢但舒適，可載量大
THEGEAR	裝備
Helmet	頭盔
Shades	眼鏡
Gloves	手套
Comfortable clothes	舒適騎行服
Lights/reflectors	燈/反光鏡
Tools, tube, pump, and patch kit (or ride with someone who does)	工具、備用內胎、打氣筒及修補零件 (或與擁有這些裝備的人同行)
For more info, visit www.cupertino.org/saferoutes	更多詳情，請流覽以下網頁： www.cupertino.org/saferoutes
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QUICK GUIDE	自行車
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ALWAYS PERFORM THE ABC QUICK CHECK BEFORE RIDING!	每次騎行前均要做 ABC 三項快速檢查
A. Air! Do your tires have enough?	A. 輪胎充氣！輪胎的氣是否足夠？
B. Brakes! Are they working? Use the “rule of thumb”.	B. 剎車！剎車功能是否正常？使用「經驗法則」來判斷。
C. Chains, cranks, cassette, and chain rings. Check ‘em out!	C. 鏈條、曲柄、齒輪和齒盤。請逐一檢查！
Quick: Quick release levers. Make sure yours are tightened!	快速：檢查快速釋放杆。確保您的快速釋放杆可以收緊！
Check: Check your bike with your eyes and ears for anything out of place.	檢查：用目視和耳聽方式檢查自行車是否有異常。
MORE QUESTIONS?	更多疑問？
ASK YOUR LOCAL BIKE SHOP!	請諮詢當地的自行車商店！

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