The AhaBulb Party Game

STUFF EVERY CYCLIST SHOULD KNOW

How to play (30 seconds)

1. The reader reads a card and its three answers out loud.
2. Everyone says "One, two, three, Goldilocks!" and holds up 1, 2, or 3 fingers.
3. The reader flips the card and reads the answer and the Why.
4. Everyone who was right takes a point.
5. The reader reads the joke with a straight face. Anyone laughs or groans? The reader takes a point. Nobody got it right? The reader takes a point.
6. Pass the deck left. Most points when the points run out wins.

What you need

These cards and the point tokens on the last two pages. No tokens? Use coins, buttons, pebbles, or marshmallows. 3 to 10 players, ages 8 and up.

Expert rule: Bet It

Before the reader flips the card, you may put one of your points on your answer. Right: take your normal point plus one extra. Wrong: your bet goes back to the pile. That's it.

Printing

Print single-sided, on cardstock if you have it. Cut on the dashed lines. Each card is a 3.5 x 5 inch index card. The answer half is upside down on purpose, so the table can't peek.

Cards 1 to 50 of 64. More cards and the free daily online game at sesk.info. Built 2026-10-14.

SPORTS & FITNESS

When you ride a bike on the road, which way should you go?

- **A** In the same direction as traffic
- **B** Facing oncoming traffic
- **C** Whichever side has less traffic

FLIP FOR THE ANSWER

A In the same direction as traffic

WHY Bikes ride with traffic, in the rightmost lane going your way. Drivers pulling out or turning look for traffic coming from the usual direction, so riding against it surprises them.

STRAIGHT FACE
Why did the bike ride with traffic? It didn't want to go against the flow of the conversation.

SESK.INFO #9785

SPORTS & FITNESS

In most states, what does the law give a person riding a bike on the road?

- **A** Only the rights of a pedestrian
- **B** Rights but no traffic duties
- **C** The same rights and duties as a driver

FLIP FOR THE ANSWER

C The same rights and duties as a driver

WHY In most states a bike on the road is treated like a vehicle. You get the right to use the road, and you must obey the same signs, signals and rules as drivers.

STRAIGHT FACE
My bike follows every traffic law. It's a real law-a-bike-ing citizen.

SESK.INFO #9786

SPORTS & FITNESS

Which hand signal tells drivers you are turning left on your bike?

- **A** Left arm bent up at the elbow
- **B** Left arm held straight out to the side
- **C** Left arm pointing down

FLIP FOR THE ANSWER

B Left arm held straight out to the side

WHY To signal a left turn, stick your left arm straight out sideways. Arm bent up means a right turn, and arm pointing down means stop or slow down.

STRAIGHT FACE
I gave a left turn signal to my bike. It said, 'Hand it to you, that was clear.'

SESK.INFO #9787

SPORTS & FITNESS

Besides the left-arm signal, what other right-turn signal can bicyclists use in many states?

- **A** Right arm held straight out to the right
- **B** Right arm pointing down
- **C** Waving the right hand overhead

FLIP FOR THE ANSWER

A Right arm held straight out to the right

WHY Many states let bike riders signal a right turn by pointing the right arm straight out to the right. It is easier for drivers to understand than the old bent-arm signal.

STRAIGHT FACE
My bike only turns right when I point. It's very well trained.

SESK.INFO #9788

SPORTS & FITNESS

On a bike, what does a left arm bent up at the elbow, hand pointing to the sky, mean?

- **A** I'm turning left
- **B** I'm stopping
- **C** I'm turning right

FLIP FOR THE ANSWER

C I'm turning right

WHY Left arm bent upward is the classic right-turn signal, the same one drivers use.

STRAIGHT FACE
Why did the cyclist raise his arm? He knew the right answer.

SESK.INFO #9789

SPORTS & FITNESS

How do you signal 'I'm stopping or slowing down' on a bike?

- **A** Left arm pointing down
- **B** Left arm straight out
- **C** Right arm bent upward

FLIP FOR THE ANSWER

A Left arm pointing down

WHY Point your left arm down toward the road to show you are stopping or slowing. Riders behind you and drivers get a warning before you brake.

STRAIGHT FACE
Why did the bike point at the ground? It was getting down to business.

SESK.INFO #9790

SPORTS & FITNESS

In Idaho and Oregon, how far before a turn should a bike rider start signaling?

- **A** About 10 feet
- **B** At least 100 feet
- **C** Half a mile

FLIP FOR THE ANSWER

B At least 100 feet

WHY Idaho and Oregon say to signal during the last 100 feet before turning, about the length of six cars. If you need both hands to control the bike, you may stop signaling.

STRAIGHT FACE
I signaled for 100 feet. My arm said it was a real stretch.

SESK.INFO #9791

SPORTS & FITNESS

When riding at night, what color light do state laws require on the front of a bike?

- **A** Red
- **B** White
- **C** Amber

FLIP FOR THE ANSWER

B White

WHY A bike at night needs a white light in front, just like a car's headlights. Florida and Washington say drivers must be able to see it from at least 500 feet away.

STRAIGHT FACE
Why did the bike get a headlight? It wanted a bright future.

SESK.INFO #9792

SPORTS & FITNESS

Under Washington law, what must be on the back of a bike ridden in the dark?

- **A** A white light
- **B** A red reflector
- **C** Nothing is required

FLIP FOR THE ANSWER

B A red reflector

WHY Washington requires a red rear reflector visible up to 600 feet in car headlights. A red rear light or a flashing LED taillight may be added, and riding experts recommend one.

STRAIGHT FACE
My rear reflector is so modest. Whenever I compliment it, it just reflects it back.

SESK.INFO #9793

SPORTS & FITNESS

Under Florida's passing law, how much space must a driver give when passing a bike in the same lane?

- **A** At least 1 foot
- **B** At least 3 feet
- **C** At least 10 feet

FLIP FOR THE ANSWER

B At least 3 feet

WHY Florida drivers must leave at least 3 feet when passing a bike. If they can't do that safely, they must wait behind the rider. Many states have similar 3-foot laws.

STRAIGHT FACE
My bike needs three feet of space. Funny, since it only has two wheels.

SESK.INFO #9794

SPORTS & FITNESS

In Washington, how must a driver pass a bike in the right lane when at least two lanes go that way?

- **A** Pass within the same lane
- **B** Honk, then squeeze by
- **C** Move completely into the lane to the left

FLIP FOR THE ANSWER

C Move completely into the lane to the left

WHY When a rider is in the right lane, right shoulder, or bike lane and another lane goes the same way, Washington requires the driver to move fully left to pass.

STRAIGHT FACE
Why did the car change lanes for the bike? It had a wheel good reason.

SESK.INFO #9795

SPORTS & FITNESS

In Washington, when you ride your bike on a sidewalk, whose rights and duties do you have?

- **A** A pedestrian's
- **B** A car driver's
- **C** A motorcycle rider's

FLIP FOR THE ANSWER

A A pedestrian's

WHY On the road, a bike rider follows driver rules. On a sidewalk or crosswalk, Washington treats the rider like a pedestrian, so walkers' rules apply. Some cities ban sidewalk riding, so check local rules.

STRAIGHT FACE
My bike rode on the sidewalk and started acting like a pedestrian. It was just going through a phase.

SESK.INFO #9796

SPORTS & FITNESS

In Florida, what must a bike rider on a sidewalk do before passing someone walking?

- **A** Yield and give a sound warning before passing
- **B** Speed up so it's over quickly
- **C** Ride around them without a sound

FLIP FOR THE ANSWER

A Yield and give a sound warning before passing

WHY Walkers always get the right of way on a sidewalk. Florida riders must also give an audible signal, like a bell or calling out 'passing on your left,' before going by.

STRAIGHT FACE
Why does my bike bell work so well? It has a very ringing endorsement.

SESK.INFO #9797

SPORTS & FITNESS

In Oregon, riding on a sidewalk toward a driveway with a car approaching, how fast may you go?

- **A** No faster than an ordinary walk
- **B** Up to 15 mph
- **C** Any speed, the car must stop

FLIP FOR THE ANSWER

A No faster than an ordinary walk

WHY Drivers pulling in or out of driveways look for walkers, not fast bikes. Oregon says to slow to walking speed at crosswalks, driveways and curb ramps when a car is coming.

STRAIGHT FACE
My bike slowed to walking speed. Now it thinks it's a pedestrian with training wheels.

SESK.INFO #9798

SPORTS & FITNESS

Under Idaho's famous 'Idaho stop' law, what may a bike rider do at a stop sign?

- **A** Ignore the sign completely
- **B** Slow, yield, and go on without stopping if clear
- **C** Get off and walk across

FLIP FOR THE ANSWER

B Slow, yield, and go on without stopping if clear

WHY Idaho lets bike riders treat a stop sign like a yield sign. Slow to a safe speed, give way to anyone close, and if it's clear you may keep going. If traffic is close, you must stop.

STRAIGHT FACE
My bike took a trip to Idaho. It came back saying, 'I da ho-nestly didn't have to stop.'

SESK.INFO #9799

SPORTS & FITNESS

In Idaho, what may a bike rider going straight do at a steady red light?

- **A** Roll through without slowing
- **B** Always wait for the green
- **C** Stop, yield, then proceed with caution

FLIP FOR THE ANSWER

C Stop, yield, then proceed with caution

WHY When going straight, you must come to a full stop and yield to all other traffic. Then you may carefully go through the red light. Most states require waiting for green.

STRAIGHT FACE
My bike stopped at a red light and blushed. Then it remembered it was in Idaho.

SESK.INFO #9800

SPORTS & FITNESS

Riding experts say to stay out of the 'door zone'. What is it?

- **A** The space next to parked cars where doors open
- **B** The area in front of a garage
- **C** The bike lane on a bridge

FLIP FOR THE ANSWER

A The space next to parked cars where doors open

WHY A car door can open right in front of you with no warning. Riding a door's width away from parked cars gives you room. That might mean riding farther into the lane.

STRAIGHT FACE
Knock knock. Who's there? Not me, I ride outside the door zone.

SESK.INFO #9802

SPORTS & FITNESS

Oregon passed a 2019 law about bikes at stop signs. What does it let riders do?

- **A** Ride through red lights
- **B** Go through without stopping after slowing to a safe speed
- **C** Skip yielding to people walking

FLIP FOR THE ANSWER

B Go through without stopping after slowing to a safe speed

WHY Oregon's 2019 law lets riders roll through stop signs after slowing to a safe speed. They must still yield to traffic and people in crosswalks.

STRAIGHT FACE
My bike moved to Oregon for the rolling hills and the rolling stops.

SESK.INFO #9801

SPORTS & FITNESS

In Washington, who has the legal duty to make sure a car door opens safely into traffic?

- **A** The person opening the door
- **B** The bike rider passing by
- **C** The city that painted the parking spot

FLIP FOR THE ANSWER

A The person opening the door

WHY Washington law says nobody may open a car door on the traffic side until it is reasonably safe. Florida has a similar rule. Riders should still stay out of the door zone.

STRAIGHT FACE
My car door wanted to swing out. I told it to wait its turn and get a grip on the handle.

SESK.INFO #9804

SPORTS & FITNESS

The 'Dutch Reach' helps protect bike riders. What does it tell people in parked cars to do?

- **A** Honk before opening the door
- **B** Open the door very fast
- **C** Open the door with the hand farther from it

FLIP FOR THE ANSWER

C Open the door with the hand farther from it

WHY Using the far hand makes you twist toward the door, so you naturally look back and see a rider coming. Then open the door slowly.

STRAIGHT FACE
Why did the driver use the Dutch Reach? It was a handy way to look out for others.

SESK.INFO #9803

SPORTS & FITNESS

Florida lets bike riders move away from the right edge when a lane is what?

- **A** Painted a different color
- **B** Busy with traffic
- **C** Too narrow for a bike and car side by side

FLIP FOR THE ANSWER

C **Too narrow for a bike and car side by side**

WHY If a car can't safely pass you within the lane, hugging the edge just invites a tight squeeze. Florida, Oregon and other states let riders use more of the lane, often called 'taking the lane'.

STRAIGHT FACE
My bike took the whole lane. I said, 'Wow, you really know how to make room for yourself.'

SESK.INFO #9805

SPORTS & FITNESS

In Florida, a bike rider making a left turn from the turn lane may use how much of that lane?

- **A** Only the right edge
- **B** The full lane
- **C** Only the painted line

FLIP FOR THE ANSWER

B **The full lane**

WHY When turning left like a car, Florida riders get the full use of the lane the turn is made from. Sitting in the middle keeps cars from squeezing past you at the intersection.

STRAIGHT FACE
My bike always takes the full lane to turn left. It says it's just well positioned for success.

SESK.INFO #9806

SPORTS & FITNESS

Some intersections have a painted 'two-stage bicycle turn box'. What is it for?

- **A** A safe spot to wait and finish a turn
- **B** A place to park bikes
- **C** A box for drivers to stop in

FLIP FOR THE ANSWER

A **A safe spot to wait and finish a turn**

WHY Instead of crossing lanes of cars to turn left, you ride straight to the box on the far side, turn your bike, and wait. When the light changes, you finish the turn with traffic.

STRAIGHT FACE
Why did the bike love the turn box? It finally thought outside the box... by waiting inside it.

SESK.INFO #9807

SPORTS & FITNESS

In Florida, a driver who just passed a bike may turn right only if the bike is at least how far from the intersection?

- **A** 3 feet
- **B** 10 feet
- **C** 20 feet

FLIP FOR THE ANSWER

C **20 feet**

WHY A car that passes a rider and then cuts right is called a 'right hook'. Florida says the driver must signal and turn only if the bike is at least 20 feet back and the turn is safe.

STRAIGHT FACE
My bike stays 20 feet back at corners. It likes to keep its turning space tidy.

SESK.INFO #9808

SPORTS & FITNESS

In Washington, how many bike riders may ride side by side on a regular roadway?

- **A** Any number in a group ride
- **B** No more than two
- **C** No more than three

FLIP FOR THE ANSWER

B **No more than two**

WHY Washington and many other states say riders on the road may not ride more than two abreast. Paths and lanes set aside only for bikes are the exception.

STRAIGHT FACE
Why do bikes pair up on the road? They like to keep their friendships side by side.

SESK.INFO #9809

SPORTS & FITNESS

What is the safest way to cross railroad tracks on a bike?

- **A** Ride along the rail to stay steady
- **B** At a shallow slant, fast
- **C** Straight across, at a right angle

FLIP FOR THE ANSWER

C **Straight across, at a right angle**

WHY A narrow bike tire can drop into the groove next to a rail and get stuck. Crossing at a right angle, square to the tracks, lets the wheel roll right over.

STRAIGHT FACE
Why did the bike cross the tracks at a right angle? It wanted to be on the right track.

SESK.INFO #9810

SPORTS & FITNESS

Bike helmets sold in the US must carry a label saying they meet whose safety standard?

- **A** The Department of Transportation (DOT)
- **B** The Consumer Product Safety Commission (CPSC)
- **C** The Federal Aviation Administration (FAA)

FLIP FOR THE ANSWER

B **The Consumer Product Safety Commission (CPSC)**

WHY Look inside a bike helmet for a label that says it complies with the US CPSC safety standard for bicycle helmets. A DOT sticker is for motorcycle helmets, a different test.

STRAIGHT FACE
My helmet passed its safety test with flying colors. It's really heads above the rest.

SESK.INFO #9811

SPORTS & FITNESS

How low should a bike helmet sit on your forehead?

- **A** About two finger widths above your eyebrows
- **B** Tipped back to show your whole forehead
- **C** Down over your eyebrows

FLIP FOR THE ANSWER

A **About two finger widths above your eyebrows**

WHY A helmet pushed back on your head leaves your forehead open. Set it level and low, so only about two fingers fit between your eyebrows and the helmet's edge.

STRAIGHT FACE
I measured my helmet fit with two fingers. It's a handy rule.

SESK.INFO #9812

SPORTS & FITNESS

How snug should a bike helmet's chin strap be?

- **A** Loose enough to fit your fist
- **B** Unbuckled is fine for short rides
- **C** Snug, with about one finger underneath

FLIP FOR THE ANSWER

C Snug, with about one finger underneath

WHY A loose strap lets the helmet slide off when you need it most. Buckle it so about one finger fits under the strap, but you can still open your mouth wide.

STRAIGHT FACE
My chin strap is so supportive. It always has my back... well, my chin.

SESK.INFO #9813

SPORTS & FITNESS

Your bike helmet took a hard hit but looks fine. What does the required warning label say?

- **A** Keep using it if there are no cracks
- **B** Return it to the maker or replace it
- **C** Tape it up and keep riding

FLIP FOR THE ANSWER

B Return it to the maker or replace it

WHY Helmet foam crushes to absorb one big impact, and the damage often can't be seen. US rules make every helmet warn you to send it back for inspection or destroy and replace it.

STRAIGHT FACE
My old helmet did its job once. Now it's retired and doing stand-up as a flowerpot.

SESK.INFO #9814

SPORTS & FITNESS

When buying a bike helmet for a growing kid, which should you pick?

- **A** One a size big to grow into
- **B** One that fits right now
- **C** A grown-up's helmet with extra pads

FLIP FOR THE ANSWER

B One that fits right now

WHY A helmet that is too big can slide around and won't protect well. NHTSA says to buy one that fits now, not one to grow into, and readjust it as needed.

STRAIGHT FACE
I bought my helmet a size too big. Now it's a head of its time.

SESK.INFO #9815

SPORTS & FITNESS

In Florida, which bike riders and passengers does the law require to wear a helmet?

- **A** Everyone, at every age
- **B** Only riders under 10
- **C** Riders and passengers under 16

FLIP FOR THE ANSWER

C Riders and passengers under 16

WHY Florida's helmet law covers riders and passengers under 16, and that includes a child riding in a trailer behind the bike. There's no federal helmet law; each state or city decides.

STRAIGHT FACE
My kid asked why she needs a helmet. I said, 'It's the law, and also it's a no-brainer.'

SESK.INFO #9816

SPORTS & FITNESS

In the ABC Quick Check, which part do you check by looking for worn pads?

A Bearings
B Brakes
C Bolts

FLIP FOR THE ANSWER

B Brakes

WHY B stands for Brakes. Look at your brake pads before you ride and make sure they are not worn down.

STRAIGHT FACE
My joke about brakes is pretty bad. I should stop.

SESK.INFO #9820

SPORTS & FITNESS

In the ABC Quick Check, what does the A stand for?

A Air
B Axle
C Alignment

FLIP FOR THE ANSWER

A Air

WHY A stands for Air. Before you roll out, make sure your tires have enough air in them.

STRAIGHT FACE
Why did the bicycle need a nap? Because it was two-tired.

SESK.INFO #9819

SPORTS & FITNESS

Which habit helps drivers notice you when you ride a bike?

A Ride close behind parked cars
B Wear dark clothes to look sleek
C Wear bright clothing and make eye contact

FLIP FOR THE ANSWER

C Wear bright clothing and make eye contact

WHY Drivers can't avoid what they don't see. Ride where people can see you, wear bright colors, and look drivers in the eye at corners so you know they've noticed you.

STRAIGHT FACE
I wore my brightest jersey on my ride. The sun asked me to tone it down.

SESK.INFO #9818

SPORTS & FITNESS

In Oregon, if a child 11 or younger rides without a required helmet, who gets the ticket?

A The parent or guardian
B The child
C The store that sold the bike

FLIP FOR THE ANSWER

A The parent or guardian

WHY Oregon requires helmets for riders under 16. For kids 11 and younger, a ticket goes to the parent or guardian. Kids 12 to 15 may be ticketed themselves.

STRAIGHT FACE
My kid forgot his helmet and I got the ticket. Talk about a head-ache for dad.

SESK.INFO #9817

SPORTS & FITNESS

Where is a bike tire's recommended air pressure usually printed?

- **A** On the rim strip
- **B** On the tire sidewall
- **C** On the valve cap

FLIP FOR THE ANSWER

B On the tire sidewall

WHY Tire makers print the air pressure recommendation on the side of the tire. Park Tool suggests lining it up with the valve so it is easy to find when you pump.

STRAIGHT FACE
Why did the tire feel full of itself? It was overinflated.

SESK.INFO #9821

SPORTS & FITNESS

A flat bike tube has two small matching slits side by side. What usually caused it?

- **A** A thorn stuck in the tread
- **B** A leaky valve core
- **C** A rim pinch

FLIP FOR THE ANSWER

C A rim pinch

WHY Double slits usually mean the tube was pinched between the rim and something in the road or trail. More air pressure or wider tires help prevent it.

STRAIGHT FACE
Why was the bike tired? It was under a lot of pressure.

SESK.INFO #9822

SPORTS & FITNESS

Before prying a tire off the rim with tire levers, what should you do?

- **A** Deflate the tube completely
- **B** Pump the tube up hard
- **C** Loosen the spokes

FLIP FOR THE ANSWER

A Deflate the tube completely

WHY Even a little air left in the tube makes the tire harder to get off. Let all the air out, then use tire levers to lift the bead over the rim.

STRAIGHT FACE
Why did the flat tire need a break? It was tired of going in circles.

SESK.INFO #9823

SPORTS & FITNESS

Before you put a new tube in after a flat, what should you do?

- **A** Add sealant to the new tube
- **B** Find and remove what caused the flat
- **C** Pump the old tube up again

FLIP FOR THE ANSWER

B Find and remove what caused the flat

WHY A nail, thorn or piece of glass can still be stuck in the tire. Check the tread and carefully feel inside, or the new tube may go flat too.

STRAIGHT FACE
Why did the thorn get blamed? Because it was looking sharp.

SESK.INFO #9824

SPORTS & FITNESS

Which bike valve is thinner and has a small locknut you unthread before adding air?

- **A** Schrader
- **B** Woods (Dunlop)
- **C** Presta

FLIP FOR THE ANSWER

C Presta

WHY Presta stems are about 6 mm wide, thinner than Schrader. The small locknut on top must be unthreaded before air can go in.

STRAIGHT FACE
Why did the Presta valve feel proud? It was at the top of its class.

SESK.INFO #9825

SPORTS & FITNESS

Which bike valve is the same type found on American cars?

- **A** Schrader
- **B** Presta
- **C** Woods (Dunlop)

FLIP FOR THE ANSWER

A Schrader

WHY The Schrader valve is common on American cars and motorcycles and on many bicycles. It has an internal spring plunger that shuts the valve.

STRAIGHT FACE
Why did the Schrader valve get along with the car? They had a lot in common.

SESK.INFO #9826

SPORTS & FITNESS

How much chain lube does Park Tool say to put on a clean chain?

- **A** Soak the whole chain
- **B** A small drop on each rivet
- **C** A thick coat on the outside

FLIP FOR THE ANSWER

B A small drop on each rivet

WHY Use a purpose-made chain lube and put a small drop on each rivet. Too much just collects dirt.

STRAIGHT FACE
Why did the chain refuse extra oil? It did not want to slip up.

SESK.INFO #9827

SPORTS & FITNESS

What should you do right after putting lube on your bike chain?

- **A** Rinse it with water
- **B** Add more lube on top
- **C** Wipe off the extra with a clean rag

FLIP FOR THE ANSWER

C Wipe off the extra with a clean rag

WHY Extra lube on the outside of the chain catches dirt. Wiping it off with a clean, dry rag keeps the chain cleaner.

STRAIGHT FACE
Why did the bicycle chain get a towel? It was dripping with good intentions.

SESK.INFO #9828

SPORTS & FITNESS

When pedaling starts getting harder, like on a hill, which gear should you shift into?

- **A** An easier, lower gear
- **B** A harder, higher gear
- **C** Stay in the same gear

FLIP FOR THE ANSWER

A An easier, lower gear

WHY An easier, lower gear moves the bike a shorter distance with each pedal turn, but it takes less effort to push the pedals.

STRAIGHT FACE
Why did the cyclist shift before the hill? To stay on top of the climb-ate.

SESK.INFO #9829

SPORTS & FITNESS

On flat ground, where in your range of gears should you usually be?

- **A** The very easiest gear
- **B** The middle of your gear range
- **C** The very hardest gear

FLIP FOR THE ANSWER

B The middle of your gear range

WHY Gears help keep your pedaling smooth and steady. On flat ground the League says to ride in the middle of your gears, then shift easier for hills and harder for downhills.

STRAIGHT FACE
Why do gears like flat roads? They can finally find their middle ground.

SESK.INFO #9830

SPORTS & FITNESS

For best results, how should your bike chain line up when you pick gears?

- **A** Biggest front ring with biggest rear cog
- **B** Angled as far as it will go
- **C** In a generally straight line

FLIP FOR THE ANSWER

C In a generally straight line

WHY The League says the chain works best in a generally straight line. If it is not, you will usually hear it.

STRAIGHT FACE
Why did the chain go to the extreme? It wanted to cross over.

SESK.INFO #9831

SPORTS & FITNESS

Sitting on the saddle with one pedal all the way down, how should your leg look?

- **A** A slight bend in your knee
- **B** Fully straight and locked
- **C** Knee bent up near your chest

FLIP FOR THE ANSWER

A A slight bend in your knee

WHY With the pedal at the bottom, your knee should still bend a little. That is a quick test that the bike and saddle fit you.

STRAIGHT FACE
Why did the saddle get a promotion? It knew how to support the ride.

SESK.INFO #9832

SPORTS & FITNESS

What does a clipless pedal need on your shoe?

A Flat rubber soles

B Toe clips and straps

C A cleat on the shoe sole

FLIP FOR THE ANSWER

C A cleat on the shoe sole

WHY Clipless pedals lock onto a cleat or special fitting on the bottom of the shoe. The odd name means there is no toe clip.

STRAIGHT FACE
Why are clipless pedals confusing? You clip into them, but there are no clips.

SPORTS & FITNESS

Riding with a saddle that is much too low puts extra stress on which joint?

A Your wrist

B Your knee

C Your neck

FLIP FOR THE ANSWER

B Your knee

WHY With a low saddle the leg stays very bent, and pushing hard with the thigh muscles stresses the knee. Raising the saddle gives better leg extension.

STRAIGHT FACE
Why did the saddle go up? It wanted to take things to the next level.

1
AhaBulb POINT

1
AhaBulb POINT