

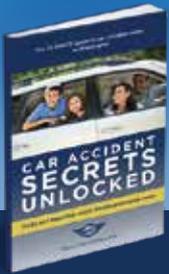


MAX MEYERS LAW **SPOKE & WHEEL**



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Bicycling Starts Again WITH BETTER SPRING WEATHER IN WA

Gorgeous backdrops, bike-friendly paths, and tons of biking clubs and resources make Washington an outstanding place for bicycling. Whether for commute, recreation, exercise, or sport, most of Washington is accommodating to cyclists and always trying to improve.

Learn the Rules of the Road

Before you hit the road, it's imperative to know the bicycle laws in Washington State and adhere to the rules of the road. Remember - as a bicyclist, you are a vehicle and have the rights and responsibilities that come with it.

- You must yield to pedestrians.
- You must use your voice or a bell before passing.
- You must always ride with - not against - traffic.
- You must wear a helmet at all times while riding.
- You cannot ride more than two abreast.
- You must have reflectors and lights at night on your bike.

To learn more about bicycle laws in Washington, you can take a bicycle safety course or a riding class offered through a private organization.

Finding Bicycle Routes in Your Area

Seattle has over 129 miles of bike lanes and "sharrows" (lanes shared between motorists and cyclists), 98 miles of signed routes, and 2,230 bike parking spaces.

In the following sections, we'll point you in the right direction for finding local trails and safe biking paths. You can also check out these online resources where you can find safe and convenient routes for biking in your area.

- **Seattle Neighborhood Greenways** - This is a grassroots initiative geared towards improv-

ing roadway safety for pedestrians and cyclists. You can search the site for your neighborhood and see a list of greenway groups in your area, as well as a map of safe routes and greenway community events.

- **Ride the City** - Ride the City is an online interactive map for cyclists. You enter your starting and ending points on the map, and the program will provide you with either the safest or the most direct path to your destination, depending on your preference.

Additionally, it will provide you with the distance and estimated travel time for the trip. Ride the City is also available in the AppStore and at Google Play.



- **Bike Maps** - The SDOT has a detailed, comprehensive Seattle Bike Map that identifies multi-use trails, sidewalks, greenways, protected bike lanes, sharrows, and regular bike lanes. The map, free of charge, is available as a download or you can request a print copy. You can also use the city's online,

Bicycling Starts Again

WITH BETTER SPRING WEATHER IN WA

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interactive bike map, which has three different focus maps, each tailored to a distinct type of cyclist: frequent, average, and occasional. The SDOT also features a list of additional bike maps you may want to use around Seattle and nearby counties.

Notable Resources for Bicyclists of All Levels

To help you get plugged into the Seattle bicycle community and to ensure you're knowledgeable enough and geared up to hit the trails, you may want to take advantage of the following resources.

- **Bicycle clubs** - Given the popularity of cycling in Seattle, there are several area clubs and organizations you may want to check out; just Google them. Here are a few to get you started: Seattle Bicycle Club, Cyclists of Greater Seattle, Bicycling Meetups in Seattle, and Seattle Bicycle Touring Club.
- **Cascade Bicycle Club** - This club serves bike riders of all ages and abilities throughout the Puget Sound region. It offers group rides, a newsletter, events, classes, camps, forums, and activism opportunities.
- **Safe Routes to School** - To encourage bicycling and walking as a means to get to school, Seattle takes part in the national Safe Routes to School (SRTS) initiative.
- **Seattle by Bike** - The SDOT offers a free, downloadable eBook that all riders in the area should check out: Seattle by Bike: Your Easy-Start Guide to Bicycling around Seattle. It covers some of the points already discussed in this guide, and a few others.
- **Bicycle accident book** - Hopefully, you and your family never experience a serious bicycle accident. If you have or if you know of someone who was recently hurt in a wreck, you can download a free copy of **Bicycle Accident Secrets Unlocked** from Max Meyers Law.

See you out there!

Spring

CLEANING

Spring Cleaning time is here!

Here are some general spring cleaning tasks you might want to complete in every room of your house; from your attic all the way to your basement.

Clean Baseboards

Dust

Vacuum

Mop

Shampoo Rugs

Wipe Walls and Ceilings

Reseal Grout Lines

Clean Upholstered Furnishings - like pillows etc.

Polish Metal Door and Window Hardware

Wax surfaces - wood furniture, cabinets, etc.

Clean Window furnishing - drapes and blinds

Wash Window Screens

Clean Light Fixtures

Fire Safety Equipment - replace batteries and test for proper functioning

Jeez I'm tired just reading all these tasks. Maybe we all should just hire some cleaners to come in and do a deep clean!



Happy Spring Cleaning!

April 1 - 30 Skagit Valley Tulip Festival

Features spectacular fields of blooming tulips and daffodils. This is a free Tulip Festival street fair that takes place in Mt. Vernon on April 1 - 30.

Visit www.tulipfestival.org for more details.

April 7 - 9 Sakura-Con

Seattle's premier convention for anime and manga fans. The event features Japanese anime, graphic novels and pop culture like cosplay, anime screenings, gaming, live music, exhibits and guest speakers.

For details, visit www.sakuracon.org.

April 13 - 16 and 20 - 23 Puyallup Spring Fair

Spring Fair features baby animals, pig races, fair food, a garden show, and a demolition derby at the Puyallup Fair and Events Center.

For details and information, visit www.thefair.com/spring-fair/.

April 22 Earth Day Run

Embrace your inner tree-hugger and come down to Magnuson Park for Seattle's greenest event! Each finisher will have a tree planted in their name. Bring any used running shoes to the event as we are collecting them for donation to the MORE Foundation Group.

Visit www.magnusonseries.org.

April 27 - May 7 Washington State Apple Blossom Festival

The Washington State Apple Blossom Festival in sunny Wenatchee offers apple pie, arts and crafts, golf, a car show, carnival, parade, and run.

Details can be found at www.appleblossom.org.

APRIL

EVENTS



Getting Your Motorcycle Ready for Spring

Spring is finally here! I know it has been a long winter and you're just itching to get back out on your bike. Before you do, be sure to take some time now to get your motorcycle ready... a little maintenance today will help make sure your bike is ready to hit the open road.

Here is a checklist to make sure your bike is ready to ride this Spring:

BRAKES

Check the brake pads. If they show signs of excessive wear, replace them. Look at brake lines and keep an eye out for any cracks or leaks.

TIRES

Check your tires for damage like cracks or dry rot. Check the tread and make sure both tires are in good shape...if not then be sure you replace them.

BATTERY

Are the terminals clean and cables securely connected? If your bike's battery wasn't on a trickle charger over winter, test your battery.

FLUIDS

If you didn't change your oil and oil filter at the end of last season, this is a good time to take care of maintenance. Check and top off all the other fluids in your engine including brake fluid, coolant, transmission oil, hydraulic clutch fluid and fork oil.

LIGHTS

Make sure your headlight (high and low beams), tail lights, brake light, turn signals and flashers are all still in working order.

SPARK PLUGS

Check them and if any are dirty or show signs of damage, replace them before you are left stranded on the side of the road.

BELTS AND CHAINS

Inspect your drive chain or drive belt for cracks or signs of wear that could cause it to malfunction. Check the tension to ensure that it's at manufacturer specs.

CONTROLS

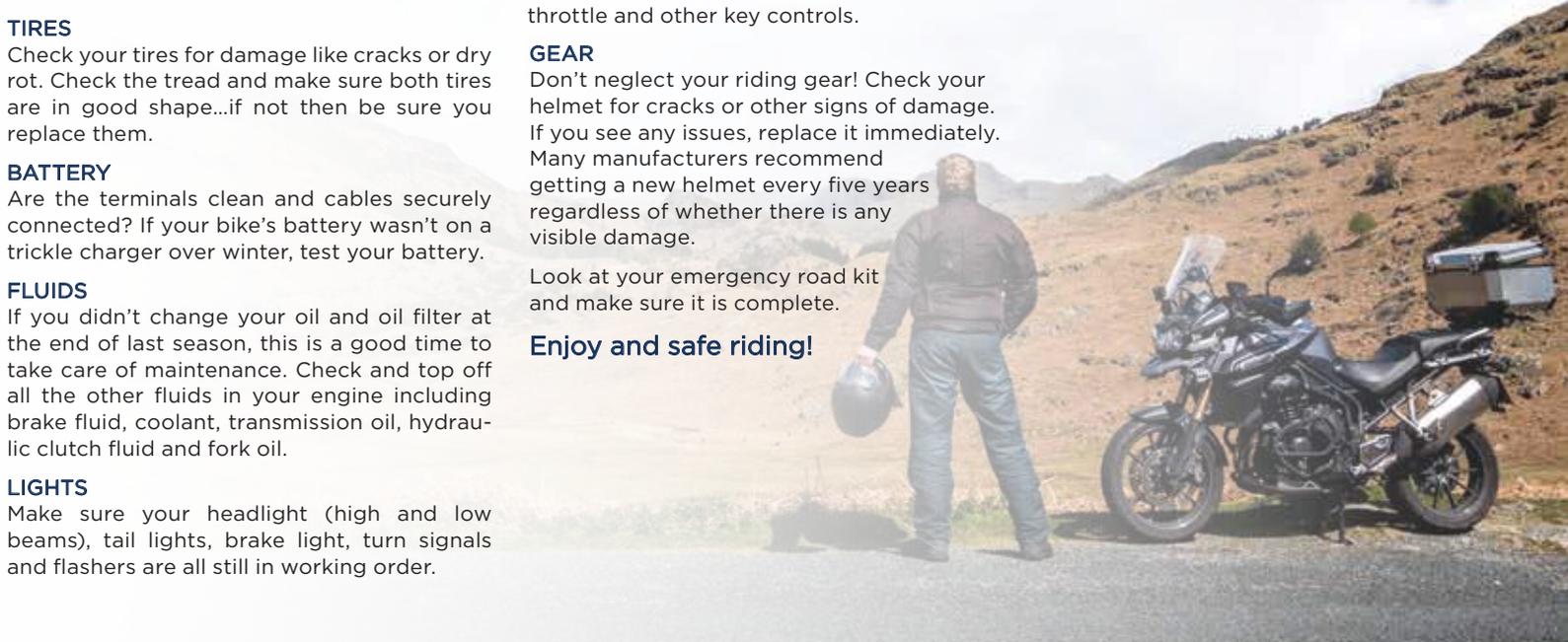
Test all your controls to make sure that your bike is road ready. Check the steering, clutch, throttle and other key controls.

GEAR

Don't neglect your riding gear! Check your helmet for cracks or other signs of damage. If you see any issues, replace it immediately. Many manufacturers recommend getting a new helmet every five years regardless of whether there is any visible damage.

Look at your emergency road kit and make sure it is complete.

Enjoy and safe riding!



Shelly's RECIPE CORNER

Overnight Blueberry French Toast



Photo and recipe courtesy of recipemag.com

French Toast:

- 12 slices thick brioche bread
- Two 8 Oz. packages cream cheese
- 1 cup fresh blueberries or a little more to your liking
 - 12 large eggs
 - 2 cups milk
 - 1 tsp vanilla extract
- 1/3 cup maple syrup

Blueberry Sauce:

- 1 cup sugar
- 2 tbsp cornstarch
- 1 cup water
- 1 cup blueberries
- 1 tbsp butter

Directions:

Spray a 9 x 13 inch baking dish with nonstick spray and set it aside.

Cut the bread into 1-inch pieces. Place half into the prepared baking dish. Cut the cream cheese (or mascarpone) into cubes (or scoop with a small cookie scoop) and place on top of the bread. Top with the blueberries and then the remaining bread cubes.

Whisk the eggs in a large bowl. Whisk in milk, vanilla and maple syrup until well combined. Pour over bread cubes. Cover with plastic wrap and refrigerate overnight. The next morning remove pan from fridge ½ hour before baking. Preheat oven to 350 degrees. Remove plastic wrap, then cover with foil and bake for 30 minutes. Remove foil and bake another 25 to 30 minutes, or until center is set and color is golden.

Preparing Blueberry Sauce

In a medium saucepan whisk together the sugar and cornstarch. Add the water and bring to a boil over medium heat. Stir constantly and boil for about 3 minutes. Stir in the blueberries and reduce heat to low. Simmer for about 10 minutes or until the blueberries begin to pop. Stir in the butter until melted. Pour warm sauce over individual serving. Enjoy!



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Where Accident Victims Get Help



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