# Bikes

#### What Is a Bike?

Bikes are a form of land transport. They are designed to carry one or two riders across land, roads, and paths. Today, many people also use them for recreation.

### What Do Bikes Look Like?

Bikes have two rubber wheels attached to a light-weight metal frame. All bikes have a powerful rotating chain, and some bikes have handle bars with compression brakes. Handle bars are provided for the riders so that they can balance. Riders also use the handle bars to steer the bike in the direction that they want to go in. The seat at the back is needed in order for the rider to be able to sit down. Most seats are triangular in shape, and they are able to be moved up and down depending on how tall or short the rider is.



# What Kinds of Bikes Exist?

There are many different types of bikes because they all have different uses. The most common bikes include: tough BMX bikes, light-weight racing bikes, motorbikes, and foldaway ones for people who live in apartments. The first bike that was ever made was called the pennyfarthing.



## Safety

When you first start out riding, you may like to use training wheels. These are smaller wheels that are attached using screws to the back of the bike. The training wheels help with balance and stability. Regardless of whether you are riding around on the grass or on the road, you must always wear a helmet. Helmets are used to keep the head of the rider protected. If you are riding a bike on the road you must always obey the street signs and speed limits.





