



USE THE CODE BELOW TO FIGURE OUT THIS VERY IMPORTANT PERSONAL COMMITMENT.

>no 3ev> r37ef>jo> 3olrvre0
r vrel 3j00 >e lrfz> 3< frvu
ec vofre<v noj3 r0j<f< rv >e
vojf j nol300> 0^of<
>r30 r fr30.

Answer: The most important decision I will make to limit my risk of serious head injury is to wear a helmet every time I ride.