



SAFETY INFO. FOR CYCLISTS AND CARS

- #1 Your Helmet: To protect you in a fall, it needs to fit right:
- Two-fingers width between eyebrows and helmet
Side straps make a “Y” below the ear
Less than ½-inch between your chin and the strap
- When you shake your head from side to side, a correctly fitted helmet will stay in place



Wear bright clothing and use a blinking white front light and a red blinking rear light on your bike to make you more visible to others. Make sure your bike is in working order. Ride with traffic not against it. Do not wear headphones while cycling. Use a mirror to be able to see behind you. Use a bell to alert pedestrians and cars.

#2 ABC Quick Check
Give your bike a quick check before every ride

- B: Brakes
When you squeeze your brakes, you should be able to fit your thumb between the brake levers and handlebars. Check that your brake pads aren’t worn out – if they are, replace them
- A: Air
If your tires give a bit when you press with your thumb, they need some air
- C: Chain, Crank, Cassette
Make sure your chain is running smoothly – lightly oiled and free of rust and gunk – by spinning it backwards a few revolutions
- Quick Release
If your bike has quick release wheels, make sure the release levers are securely closed
- Check
As you start to ride, listen for any rubbing, grinding, or clicking noises that might indicate something is wrong
If something isn’t working properly, fix what you can and have any additional adjustments done at your local bike shop. Schedule a regular tune-up for your bike.



Ride Defensively in all aspects of your ride: Be prepared for anything that may cause an accident. Try your best to make eye contact with car/truck and motorcycle drivers whenever possible for turns, stop signs and other potential interactions between bike and vehicle. Never forget that bicycles are vehicles and thus are legally obliged to follow the same traffic rules that apply to drivers. Cyclists may ride two abreast on roadways, but they must ride single file when being overtaken by other vehicles. Bicyclists may not travel more than two abreast on a shoulder, bicycle lane or shared-use pathway intended for bicycle use even if there is sufficient space.

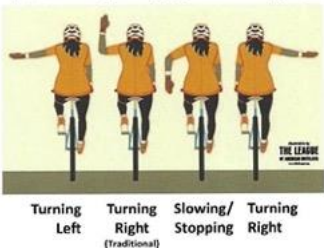
Be predictable: Ride single file and signal what your intentions are at all times. This includes slowing, stopping, passing, turning etc. Always use hand signals for turning on roads so that vehicular traffic is clear on what your intentions are. Never call “clear” for someone behind you as it may not be clear when they get there.

#3 Starting and Stopping: Fundamentals to master

- Quick Start: Stand over your bike. Choose a pedal; move it to an almost-upright position. In one smooth motion, push the pedal down, sit back on your seat, and put your other foot on the opposite pedal.
- Smooth Stop: Push one pedal all the way down and stop pedaling. Begin to shift your weight off the saddle and onto that pedal. Squeeze your brakes equally and gradually come to a stop. Once you come to a stop, slide off the saddle and put one foot on the ground.



Signaling: Always let others know when you’re turning, changing lanes or stopping



Communicate, communicate, communicate with your fellow riders and with drivers and pedestrians, for your fellow riders be especially careful when you’re passing, on their wheel or in any way potentially impacting them. NEVER ASSUME SOMEONE KNOWS YOUR INTENTIONS

FOR CARS:

Keep in mind that a bicycle is a vehicle and that a person riding one has the right to use the road and the same rights as a driver of any other vehicle.

Give Cyclists 3 Feet of Clearance: Give cyclists about 3 feet of space, the 3-foot rule helps drivers by giving them a concrete frame of reference. Remember, too, that bicycles are hard to see and, unlike drivers, cyclists are unprotected Don’t follow too closely behind a cyclist. A lot of roads have debris or bad road surfaces.

#5 Choosing the Correct Lane

- The most important part of riding through intersections happens before you reach them, so be prepared
- Choose the right-most lane that serves your destination
- Scan, signal, and move to the proper lane well in advance
- Signal your intentions
- If you are turning left, get into the left-turn lane – or walk your bike through the intersection
- If you are going straight, get out of the right-turn lane (do you know why?)



Bicyclists have the right to “take the lane”. Especially when getting ready to turn left, or when a lane is too narrow to share with a car or truck. When there are unsafe conditions on the road like double-parked vehicles, animals, pedestrians poor or no shoulders and potholes.

Pay attention behind the wheel. Because of their narrow size, bicycles are especially easy to miss if you are distracted by a text message or don’t check your blind spots.