

Top Five Safety Rules of the Road for Bikers

As taken from League of American Bicyclists website, <http://bikeleague.org/content/rules-road-0>

Also on this page:

1. Find a Class - Smart Cycling classes will not only give you confidence to ride, but connect you with other bicyclists and advocates in your area.
2. Smart Cycling Videos - Are you interested in riding, but could use a little more information to help boost your confidence? Our education videos are a great place to start!
3. Find an Instructor - The League's education program offers the only nationwide instructor certification program. Can't find a class in your area? Contact a local instructor!
4. Smart Cycling Tips - These tip sheets will help you learn more about how to ride safely and perform maintenance on your bike.

The League's five Rules of the Road prepare you for a safe and fun bicycling no matter where you're riding.

FOLLOW THE LAW

Your safety and image of bicyclists depend on you. You have the same rights and responsibilities as drivers. Obey traffic signals and stop signs. Ride with traffic; use the rightmost lane headed in the direction you are going.

BE PREDICTABLE

Make your intentions clear to everyone on the road. Ride in a straight line and don't swerve between parked cars. Signal turns, and check behind you well before turning or changing lanes.

BE CONSPICUOUS

Ride where people can see you and wear bright clothing. Use a front white light, red rear light and reflectors when visibility is poor. Make eye contact with others and don't ride on sidewalks.

THINK AHEAD

Anticipate what drivers, pedestrians, and other people on bikes will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes, and other road hazards. Cross railroad tracks at right angles.

RIDE READY

Check that your tires are sufficiently inflated, brakes are working, chain runs smoothly, and quick release levers are closed. Carry tools and supplies that are appropriate for your ride. Wear a helmet.