




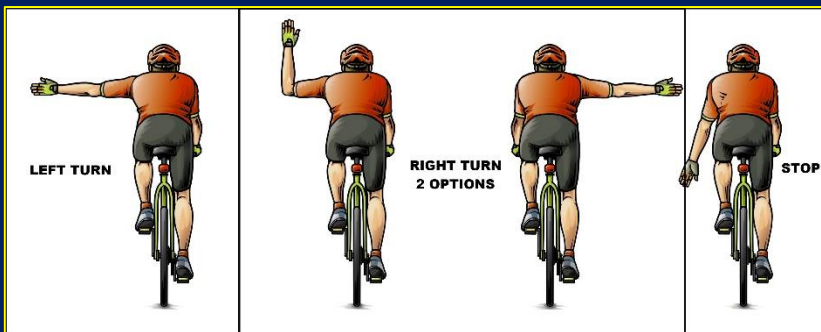
Bicycle Safety

Ride Smart


-  **Do not mess around in traffic.** Stay in a single line; do not weave in and out of traffic.
-  **Ride one per seat.** No one should ride on your handlebars or standing on the back spokes. This gives you less control of the bike.
-  **Tuck and tie your shoelaces and pant legs,** so they do not get caught in your bike chain.

“Many bicycle-related crashes resulting in **injury or death are associated with the bicyclist’s behavior**, including such things as not wearing a bicycle helmet, riding into a street without stopping, turning left or swerving into traffic that is coming from behind, running a stop sign, and riding the wrong way in traffic.”

National Highway Traffic Safety Administration (NHTSA)



BE A DEFENSIVE DRIVER

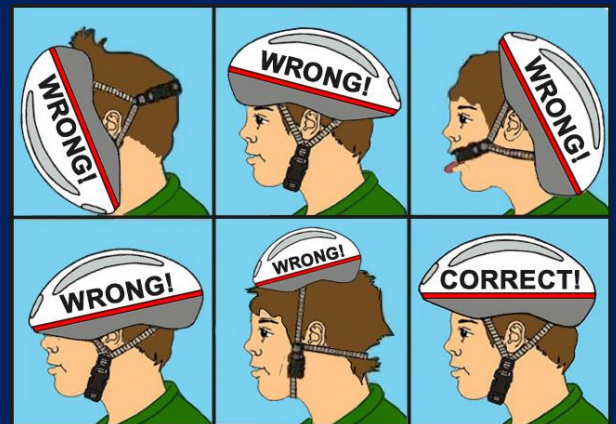
-  Take all precautions. Always believe that the other drivers do not see you and take care to get out of danger. Yield to others on the road, signal using your arms, and stay as far on the side of the road as possible. Watch for road hazards no matter where you are, and warn others of the hazards.

It only takes a second of inattention by you or other drivers to get hurt.

DID YOU KNOW?

Bicyclists are considered **vehicle operators**; they are required to obey the same rules of the road as other vehicle operators, including obeying traffic signs, signals, and lane markings.

Wear bright colors when riding a bike near cars. Neutral colors like **brown, black, and white** do not make you visible enough to drivers.



**ALWAYS RIDE
WITH THE
DIRECTION
OF TRAFFIC.**

IT'S SAFER. IT'S COURTEOUS. IT'S THE LAW.



To size your bicycle:

- Stand over your bicycle. There should be 1 to 2 inches between you and the top bar if using a road bike and 3 to 4 inches if a mountain bicycle.
- The seat should be level front to back. The seat height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be at the same level with the seat.