

Let's Commute!

A "How To" Guide to Bicycle Commuting



(Use only as directed, could be addictive)



Fitting Your Bike/Equipment

- Size
- Seat Height/Tilt
- Handlebars
- Saddle Soreness
- Helmet
- Flat Fixer
- Rack
- Ankle Strap
- Sunglasses/Goggles
- What Else?



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Quick Maintenance Checks/Parking

- Air
- Chain - listen for squeaking/wear
- Wheel Spin
- Tire Quality
- Shifting
- Brakes
- Handlebar
- Bike Racks
- Sign Poles
- Parking Lots
- Indoors if possible
- Ask employer



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How to Secure Your Bike

- Lock to Something Permanent
- Use a U-Lock for optimum security
- Park in visible location
- Lock Frame and Wheels (remove front wheel if needed)
- Use Ugly bike to make it less attractive



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Traffic Basics

- Act like a vehicle
- Ride predictably
- Follow Traffic Rules
- Don't Ride on Sidewalks
- Use Hand Signals
- Practice Looking Back
- Anticipate hazards ahead of time
- Be Ready to Brake
- Communicate to other drivers
- Assume you are invisible



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Lane Positions, Turning and Passing

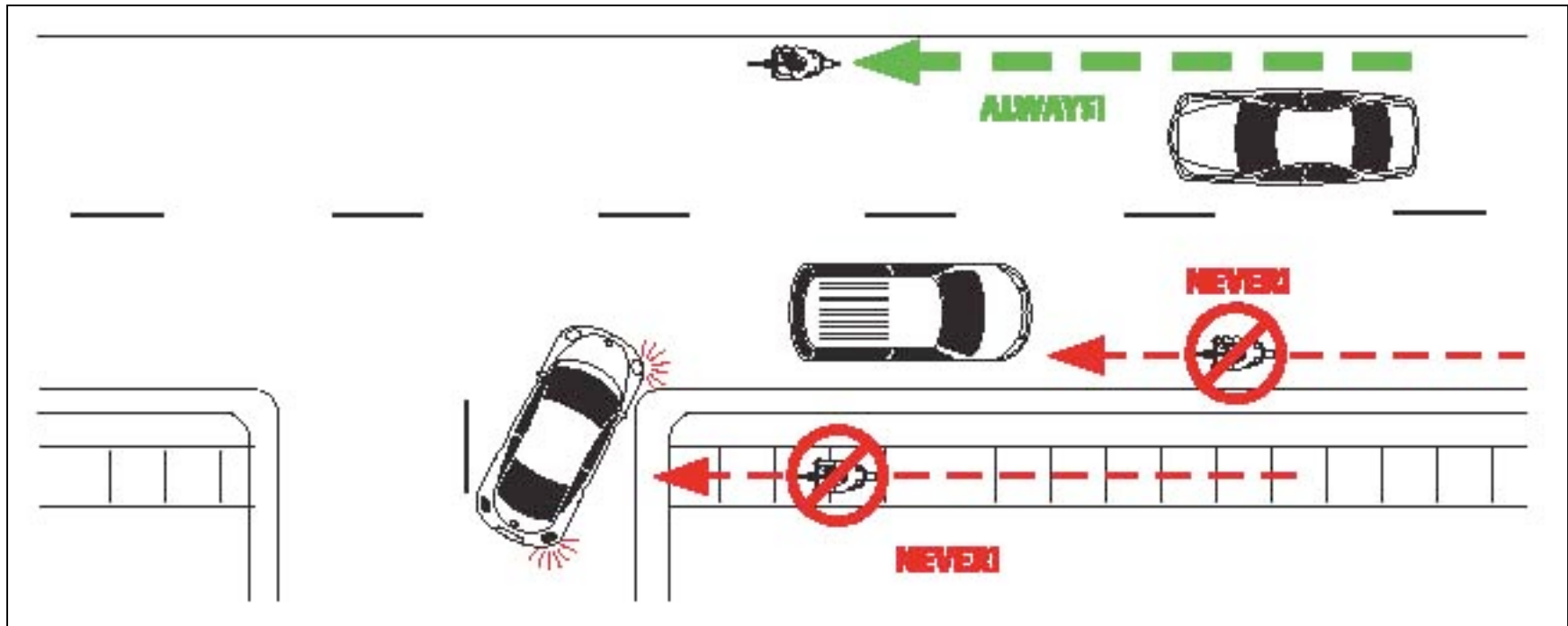
- Don't Ride against Traffic
- Stay right in fast moving traffic
- Take lane in slower moving traffic (intersections, slow city streets)
- Give distance between you and parked cars
- Be careful at intersections when turning - especially LEFT



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Bicyclists Ride on the Right



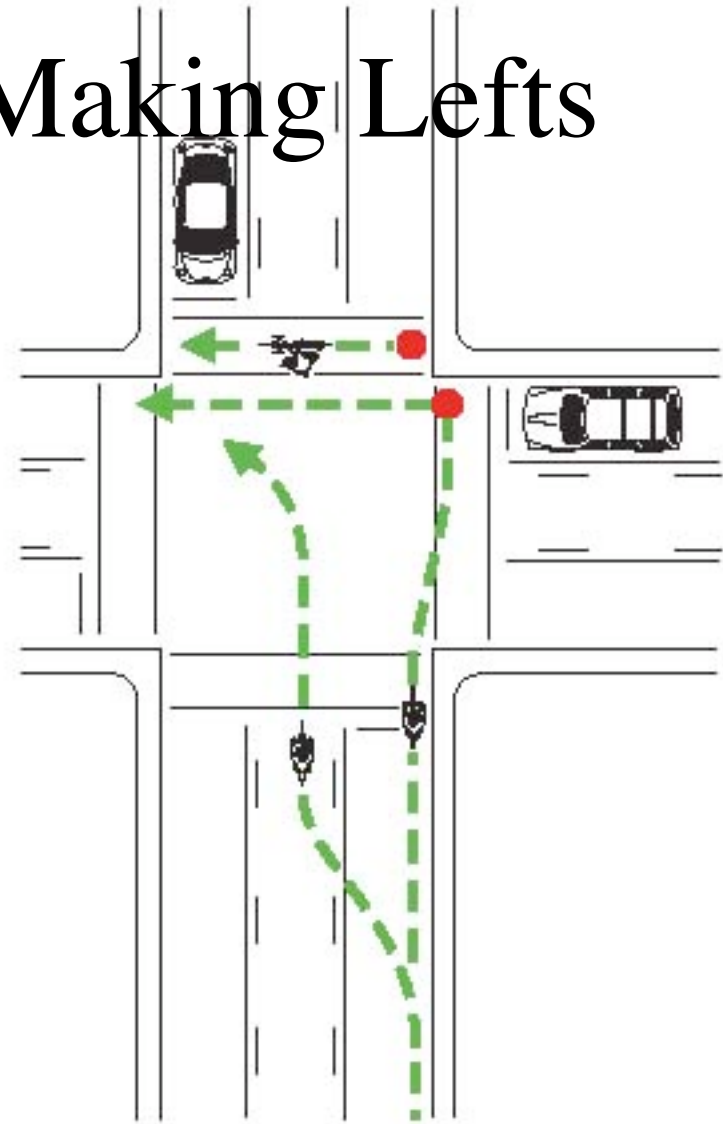
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Making Lefts

1. Vehicular-style: by looking over your shoulder, signaling, and moving into the left turn lane when it's safe.
2. Modified-vehicular: by going to the far side of the intersection, turning your bike and using the roadway.
3. Pedestrian-style: by going to the far side of the intersection, turning your bike, then using the crosswalk.

(Secs. 1234-a & 1160)



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Lane Positions, Turning cont'd

- Don't veer to curb going straight through an intersection
- Don't block crosswalks
- Signal when passing stopped cars
- Squeezing between cars is not always safest
- Don't ride to the right for highway on and off ramps



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Trouble Situations

- Quick Stop - shift weight back as you brake
- Instant Turn
- Rock Dodge
- Dogs (stop, put bike between you and dog, use dog-repellent spray, outrun)
- Yield to Peds
- Stay straight over gravel
- Rail-lines - cross perpendicular



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Pathway Cycling

- Ride Predictably
- Be Courteous
- Communicate with others
- Yield to peds, cross streets and when entering a path
- Use lights at night (of course)



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Riding at Night

- Reflective, bright clothing
- Reflectors and lights on front and back
- Ankle straps and shoes with reflectors
- Especially know your route and pothole locations
- Ride smart!!



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Picking a Route

- Before Riding - decide what streets to take
- Use available maps to pick your route if possible
- Practice Ride your route if time allows
- Know the areas you ride in
- Get a Bike Buddy!



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More Resources

- <http://www.nybc.net/resources/> (NYBC) 518 (436-0889) or nybc@nybc.net
- <http://www.sacramento-tma.org/BUG.htm> (Sacramento MPO)
- <http://www.sbbike.org/commute/how-to.html> (Santa Barbara Bike Coalition)
- <http://www.runmuki.com/commute/index.html> (Paul Dorn's Bike Commuting Tips)



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