**BE SAFE ON YOUR BICYCLE**

***YOUR BICYCLE IS A VEHICLE: RIDE YOUR BIKE LIKE YOU WOULD DRIVE A CAR***

 **Bicyclists have the same rights and duties as vehicle drivers.**

(CA Vehicle Code sec. 21200: *http://www.dmv.ca.gov/pubs/vctop/d11/vc21200.htm*.)

***SAME ROADS—SAME RULES—SAME RIGHTS—SAME RESPONSIBILITIES***

***FOLLOW THE LAW***

Your ***safety depends on you***. **You have the *same rights and duties as car drivers***. Obey traffic signals and stop signs. ***Ride with traffic***; use the rightmost lane headed in the direction you are going. **Wear a helmet if under age 18**: *it’s the law.*

***BE PREDICTABLE***

**Make your intentions clear** to everyone on the road. **Ride in a straight line** and **don’t swerve** between parked cars. **Signal your turns ahead of time. Check behind you *before* turning** or changing lanes.

***BE VISIBLE (BE SEEN)***

**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 contac**t with drivers.

***LOOK AHEAD, NOT BACK***

**Look ahead**, not backwards. **Most danger comes from the front** and sides, not from behind you**. “Look” behind you with your ears** or use a **quick head turn**.

***DON’T RIDE ON SIDEWALKS OR IN CROSSWALKS***

**Pedestrians walk**, bicyclists ride. **Walk your bike in a crosswalk or on sidewalks.**

***THINK AHEAD***

**Anticipate what will happen next. Watch for cars, pedestrians, and turning cars. Ride outside the door zone** of parked cars. **Watch for debris, potholes, and road hazards**. **Cross railroad tracks** at **right angles**.

***RIDE READY***

**Check** that your **tires have enough air**, **brakes work**, **chain runs smoothly**, and **quick release levers are closed**. Carry the right tools and supplies for your bike and your ride. ***Wear a helmet*** *that fits well—every time.*

***BREATHE AND KEEP YOUR COOL***

 **Ride smart.** Anger and fear make you less safe.

***HAVE FUN!***

***\*\*\*RIDE YOUR BIKE LIKE YOU WOULD DRIVE A CAR\*\*\****

Prepared by Jon Spangler for FOG Camp 2013. Jon is certified League Cycling Instructor (#3175) with the League of American Bicyclists (*www.bikeleague.org*).

Questions? Contact him at (510-864-2144; *jonswriter@att.net**).*

For more info visit: [*http://www.bikeleague.org/content/ride-smart-0*](http://www.bikeleague.org/content/ride-smart-0)*.*

**BASIC PRE-RIDE BIKE CHECK (ABC Quick Check)**

**A = AIR**

Inflate your tires to the pressure listed on the sidewall of the tire.

Use a pressure gauge to ensure proper pressure (or your thumb).

Check for damage on tread and replace if damaged.

**B = BRAKES**

Squeeze your brake levers and look: do your brakes work? What happens?

Do the brake pads quickly hit the rim and not the tire? (Never let brakes rub the tire.)

Inspect pads for wear; replace if there is less than ¼" of pad left.

Can you fit your thumb between the brake lever and handlebar when the brakes are squeezed? Can you stop quickly?

**C = CRANKS AND CHAIN**

Pull your cranks away from the bike – if they are loose, tighten the bolt.

Are your pedals on tight?

Is your chain free of rust and gunk?

Do your gears shift smoothly?

**QUICK = QUICK RELEASES**

Are your hub quick releases closed?

Do the quick release levers point back towards the rear of the bike

so they don’t catch on anything?

**CHECK = CHECK IT OVER**

Lift your wheels and spin them. Are they round? Smooth? Noisy? Do they hop or wobble?

**Take a quick ride**—***with your helmet on***—to check that your bike works properly.

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