

Bike Safety Tips

(See <http://tinyurl.com/Ytown-maps> for more details)

- 1) A bicycle is legally a vehicle, and cyclists have full LEGAL rights to the road. Cyclists must obey all traffic laws. Motorists must respect bicyclists as legal vehicle operators!**
- 2) Ride on the right side of the road. NEVER ride facing traffic.**
- 3) Obey traffic lights and stop signs. Always stop and yield before entering the road.**
- 4) Never ride at night without a good headlight and taillight. Reflectors are not enough!**
- 5) Watch the road surface!** Most bike crashes are caused by gravel, slippery spots, potholes, drainage grates, etc.
- 6) Use extra care in the rain.** Everything's slippery, and bike brakes don't work as well.
- 7) Use your right to the road!** Gutter riding is dangerous! If the lane is wide enough to safely share, then ride far enough right to allow safe passing. If the lane is too narrow then *ride further left*, so motorists pass only when it's safe. Ohio law allows you to control narrow lanes!
- 8) Use extra care at intersections.** Ride lane-centered for visibility. Watch for turning cars.
- 9) Never ride within five feet of a parked car.** Doors pop open without warning.
- 10) Left turns:** Look back, signal, yield, move left toward the road center, then complete the turn when it's clear. If there's too much traffic, turn pedestrian-style: stop at the right curb just after the intersection, then cross leftward when traffic clears.
- 11) Use bike bags or a backpack.** Packages carried or hanging can tangle in your spokes.
- 12) Use extra care when riding with other cyclists.** Touching wheels will cause a fast crash!
- 13) Use extra care on paths and trails shared by walkers and children.** They'll surprise you!
- 14) Sidewalks are dangerous,** with crash rates much higher than roads.
- 15) Keep your bike in shape,** especially tires and brakes. Can't fix it? Take it to a bike shop!
- 16) A helmet may prevent a nasty bump on the head. But don't take risks because you're wearing a helmet.** Their protection is limited. It's much better to avoid a crash!

***Remember:* Bicycling is a very safe activity, great for your health and the environment. But it's even safer when done correctly!**



The Out-Spokin' Wheelmen Bike Club

Rides for fun and friendship
every Saturday, Sunday, and many weekdays.

Variety! Slow rides, brisk rides, short or long rides.

We know the prettiest roads, the best scenery
and the best lunch stops.

Pick a ride that fits your ability and join us!

For ride schedules, meeting info
and membership forms:

www.outspokinwheelmen.com

Buy a bike, Become a Member!

The Out-Spokin' Wheelmen bike club is
giving a free membership to those buying a
bike from our sponsoring bike shops!

Visit

www.outspokinwheelmen.com/join.htm

for details.

Bicycling Resources

Local bike maps, info on bicycle laws, safety tips, etc.:

www.tinyurl.com/Ytown-maps

or:

www.cityofyoungstownoh.com/about_youngstown/bicycling/bicycling.aspx

AStreet Smarts@ - a great how-to bike booklet:

www.bikexpert.com/streetsmarts/usa/index.htm

Ohio Bicycle Federation - Working to improve Ohio cycling:

www.ohiobike.org

Cycling Savvy - education and cyclists' rights:

<http://cyclingsavvy.com/>

Commute Orlando - excellent online education:

<http://commuteorlando.com/wordpress/>

Bicycling Life - the good news about cycling:

www.bicyclinglife.com

Fred Oswald's advocacy and education site:

www.cycle-safety.com

Sheldon Brown - outstanding bike tech info:

<http://www.sheldonbrown.com/articles.html>

Park Tools - tips on bike repair:

<http://www.parktool.com/blog/repair-help>