

SAFE CYCLING STARTS WITH YOU

Cycling is enjoyable and can have significant health benefits. Yet, like other physically active sports, cycling has inherent risks.

You can minimize the risk to yourself and others through the use of properly fitted and maintained equipment, by obeying traffic laws, by understanding proper “bike” etiquette when riding in a group or alone; and most importantly, by always paying attention while cycling.

REMEMBER: SHARE THE ROAD, SHARE THE RESPONSIBILITY

1. “Drive Your Bike” -- Observe the Law

A person riding a bicycle on a roadway is granted the same rights as all other users (including motorists) but they are also and subject to all of the duties and responsibilities of the motor vehicle driver.

- Cyclists should obey all motor vehicle and bicycle laws of the state(s) in which they are riding. Click on the link for the most up to date laws in New Jersey: <http://www.state.nj.us/transportation/commuter/bike/regulations.shtm>
- Proper use of hand signals to indicate turning and/or stopping is required for safe bicycle operation. (See # 4 below).
- Always ride with traffic, on the right side of the road as close to the curb as is safe to do so while avoiding grates, debris, and parked cars. Never ride against oncoming traffic.
- Be aware of road surface conditions and other road users.
- New Jersey State Law requires bicyclists to ride in single file, unless traffic is not impeded, but never more than two abreast.
- When riding at night, wear reflective clothing, use both front and rear lights and be sure motorists are aware of your presence. Lights are required, by law, past dusk.
- Be aware of weather hazards. If the road surface is wet, slow down on turns and allow more stopping distance. If the road has ice or snow on it, don't ride.

2. Ride Smart

- Be predictable. If riding in a group, call out your intentions, e.g. slowing, stopping, etc. Use hand signals to signal your intentions to motorists and other cyclists.
- Ride at least 3 feet to the left of parked cars to avoid being ‘doored’.
- If you are riding in a group:
 - Call out and point to road hazards e.g. Hole! Rough Road! Car Back! Glass! Gravel! Etc.
 - Immediately return to single file when you hear “car-back” or other warnings, and repeat the warning so that riders in front of you are alerted.

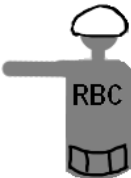
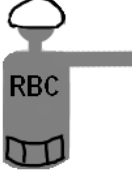
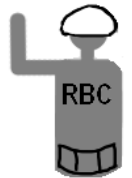


- With few exceptions always pass other riders on the left. In all cases, whenever passing a rider the “overtaking” rider shall call out “on your left” or “on your right” as the case may be. Be obvious.
- Let other cyclists know if they are riding dangerously. If you don’t inform them, they will continue to ride dangerously.

3. Invest in Safety

- New Jersey state law requires that all bicyclists under the age of 17 must wear a helmet. The Morris Area Freewheelers Foundation URGES riders of all ages to wear a helmet.
- A proper fitting helmet is required for safety. It’s the only protection you have from a head injury. Make sure you buckle it on snug and level an inch or two above your eyebrows.
- Keep your bike in good repair. Make sure that both front and rear brakes operate properly and that tires are properly inflated and free of defects. Take your bike to a local bike shop periodically if you can’t do needed repairs yourself.
- Cyclists should carry a spare tube, pump, and tools and know how to use them. The Morris Area Freewheelers Foundation periodically runs free clinics to teach basic maintenance skills.
- Use a rear view mirror to increase your awareness.

4. Signal Before You Slow, Turn, or Stop

The following is set of uniform hand signals for bicyclists. These hand signals are for general traffic patterns regardless of whether other bicyclists are present or not.

 <p>Left Turn</p>	 <p>Right Turn (best signal)</p>	 <p>Right Turn (not as good)</p>
 <p>Slowing or Stopping Using the Left Hand Palm of your hand held facing back, other riders behind you, and out from the side of your body.</p>		 <p>Slowing Or Stopping Using the Right Hand Palm of your hand held facing back, other riders behind you, and out from the side of your body.</p>