

RULES OF THE ROAD

HOW TO AVOID GETTING DOORED

Lane positioning

- Ride with your handlebars at least three feet from parked cars
- Never swerve between parked cars; use the outside of the next car as your guide
- Avoid riding on the right side of any stopped car, especially if it is near the curb

Sudden stops

- If a car stops in front of you suddenly, stop, look for exiting passengers, then pass on left
- Make sure that you stop safely before you release the handlebar to signal and pass
- Maintaining control of your bicycle is the most important task

Intersections

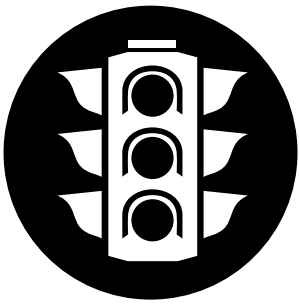
- Before turning, look for cars double-parked in your destination lane
- When turning, control the lane so you don't get forced to the right of a stopped car

Bike lanes

- You do not have to ride within a bike lane if you are avoiding a hazard
- Cars must not drive in bike lanes but bikes may leave bike lanes at any time
- Regardless of bike lane position, never ride within three feet of any parked car

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cycling tips, visit
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HOW TO RIDE IN BIKE LANES

Safety considerations

- Bikes are not required to travel in bike lanes when preparing for turns
- Never ride within three feet of parked cars; beware of the door zone
- Avoid bike lanes that you think are poorly designed or unsafe; alert your local government

Intersections

- Avoid riding in lanes that position you on the right side of a right turn lane
- Always signal as you move out of a bike lane into another traffic lane

Debris

- Report obstructions and poor maintenance to your local government
- Avoid riding immediately adjacent to curbs where trash collects
- If debris forces you out of the bike lane, signal your move out into traffic

Parked cars

- Never ride within three feet of parked cars
- Watch for brake lights, front wheels, signals and driver movements
- Position yourself in the field of vision of a motorist pulling out of a parking space

Right turns

- Ride in the rightmost lane that goes in the direction that you are travelling
- Avoid riding in lanes that position you on the right side of a right turning motorist
- Move out of the right turn lane if you are not turning right

Left turns

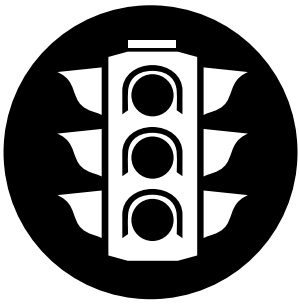
- Move out of the bike lane well in advance of the intersection; signal every move
- Position yourself in the rightmost left-turning lane
- Reposition yourself after executing the turn; remain clear of parked cars

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LANE CHANGING AND TURNS

Positioning for turns

- Before a turn: scan, signal and move into the lane that leads to your destination
- Ride in the right third or middle of the lane, as lane width dictates
- Keep in mind the relative speed between you and other traffic; plan accordingly

Avoiding turn lanes

- If your lane turns into a right turn only lane, change lanes before the intersection
- Changing lanes too late could result in an overtaking motorist turning in front of you
- Maintain a constant position relative to the curb or shoulder during a turn

Beware of blind spots

- Many drivers do not expect to see cyclists on the roadway
- Do not ride next to another vehicle unless you are in a different lane or passing
- If you can't see bus, truck or car mirrors, drivers can't see you

Signaling

- Signal your intention to turn or change lanes if your speed is near other traffic
- Left arm out and down with palm to the rear to indicate stopping
- Left or right arm straight out to indicate left or right turn

Scan

- Constant identification of potential hazards in front and behind as well as to each side
- Scanning allows you to avoid dangerous situations before they happen
- Scan for motorists, road conditions, pedestrians, animals, traffic signals

Act

- Relative speed may require you to move quickly and decisively when it is safe to do so
- In high speed overtaking traffic situations, cross all lanes at once when safe
- Move after signaling in low- and same-speed traffic situations

Improvise

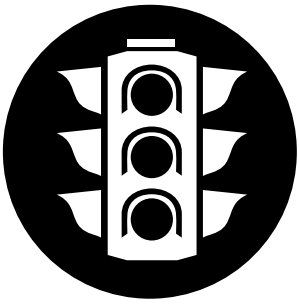
- If you get caught between lanes while crossing traffic, ride the white line until clear
- Ride to red light then move to left turn lane if volume and speed do not allow crossing
- Your safety is paramount while changing lanes; if traffic is too heavy, use crosswalks

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RULES OF THE ROAD

LANE POSITIONING

Laws

- Most bicycle laws use the same language regarding where cyclists should drive
- Directions to ride “as far to the right as practicable” appears in most laws
- No clear definition of practicable has been identified, but it is **not** as far right as possible

Safety

- Do not ride in the gutter or where you often find poor road conditions and constant hazards
- Give yourself ample room to your right to maneuver in an emergency
- Ride in the right third of the lane if there is not sufficient room for lane sharing

Traffic rules

- Slower moving vehicles travel to the right of faster moving ones
- Motorists are looking for other vehicles in or near the travel lanes, not against curbs
- Follow the same rules as motorists including yielding right-of-way and signaling

Hazards

- If a lane narrows ahead or is blocked by another vehicle, establish your position in traffic early
- Avoid riding where glass and other trash accumulates on the right side of roadways
- Grates and gutters should be avoided by positioning yourself away from them

Ride on the right

- Ride in the same direction as traffic; stay far enough away from curb to avoid hazards
- Ride in the right third of the right-most lane that goes in the direction you are going
- Control the lane if traveling the same speed as traffic or in a narrow lane

Visibility

- Always ride in or near a travel lane; stay visible by riding where drivers are looking
- Wear bright clothing at night as well as during the day
- Do not pass on the right; motorists are not looking for other vehicles there

Parked cars

- Ride in a straight line, not in and out of parked cars on the side of the road
- Beware of cars merging into the roadway from a parallel parking position
- Always ride far enough away (3 feet) from parked cars to avoid hitting a door opened in front of you

Control the lane

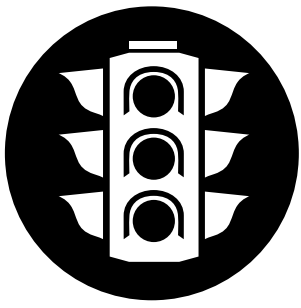
- If there is insufficient road width for cyclists and cars
- If traveling the same speed as other traffic or if hazards narrow the usable width
- Before intersections and turns to assert your position on the roadway

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RULES OF THE ROAD

THE LEAGUE OF AMERICAN BICYCLISTS' RULES OF THE ROAD

1. Follow the law.

Your safety and the image of bicyclists depend on you. You have the same rights and duties as drivers. Obey traffic signals and stop signs. Ride with traffic; use the rightmost lane headed in the direction you are going.

2. Be predictable.

Make your intentions clear to motorists and other road users. Ride in a straight line and don't swerve between parked cars. Signal turns, and check behind you well before turning or changing lanes.

3. Be conspicuous.

Ride where drivers can see you; wear bright clothing. Use a front white light and red rear light and reflectors at night or when visibility is poor. Make eye contact with drivers. Don't ride on sidewalks.

4. Think ahead.

Anticipate what drivers, pedestrians, and other bicyclists will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes, and utility covers. Cross railroad tracks at right angles.

5. Ride Ready.

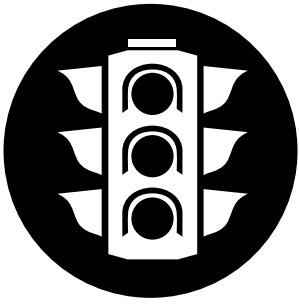
Check your tires have sufficient air pressure, brakes are working, chain runs smoothly, and quick release wheel levers are closed. Carry repair and emergency supplies appropriate for your ride. Wear a helmet.

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TRAFFIC PRINCIPLES

First come, first served

- A cyclist has a right to occupy a safe space on the road
- First operator to a four way stop has the right to go first
- Vehicles merging into your lane must give you the right of way

Ride on the right

- Always ride with the flow of traffic
- Do not ride on the sidewalk
- Allow yourself room to maneuver around roadway hazards

Yield to traffic in busier lanes

- Roads with higher traffic volumes should be given right-of-way
- Always use signals to indicate your intentions to switch lanes
- Look behind you to indicate your desire to move and to make sure that you can
- Traffic in your destination lane has the right-of-way
- Making eye contact with drivers lets them know that you see them
- Signal and make your lane change early, before you need to

Speed Positioning

- Position yourself relative to the speed of other traffic
- Left-most lane is for fastest moving traffic, right-most for slower traffic

Intersection Positioning

- Position yourself in the right-most lane that goes in the direction of your destination
- Ride in the right third of the lane
- Avoid being overtaken in narrow-lane situations by controlling the lane

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