

RULES OF THE ROAD

OBEY THE LAW

- Bicyclists **MUST** follow the same traffic laws as drivers of motor vehicles.
- Obey all traffic signals and signs.
- Ride with traffic.
- Use rightmost lane intended for your direction of travel.

BE PREDICTABLE

- Use hand signals to communicate your intentions.
- Ride in a straight line. Don't swerve between parked cars.
- Look back before turning or changing lanes.
- Make eye contact with other drivers.
- Stay alert and try to anticipate what others are going to do.

BE SEEN

- Ride where other road users can see you.
- Wear bright or reflective clothing.
- Use a front white light and a rear red light at night.
- Do not ride on sidewalks.

BE PREPARED

- Know your route.
- Watch for turning vehicles.
- Avoid the "Door Zone".
- Carry tools and make sure your bicycle is in good condition.
- Wear your helmet.

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NEW YORK STATE TRAFFIC LAW

In New York State, any person operating a bicycle "shall be granted all of the rights and shall be subject to all of the duties applicable to the driver of a vehicle."

Equipment

All bicycles in New York State must be equipped with the following:



A bell or other sound-making device (not a whistle) that can be heard from at least 100 feet away.



A brake capable of making the bike skid on dry, level pavement.



A front white light that is visible from at least 500 ft. and a red rear light that is visible from at least 300 ft., if biking after daylight hours.



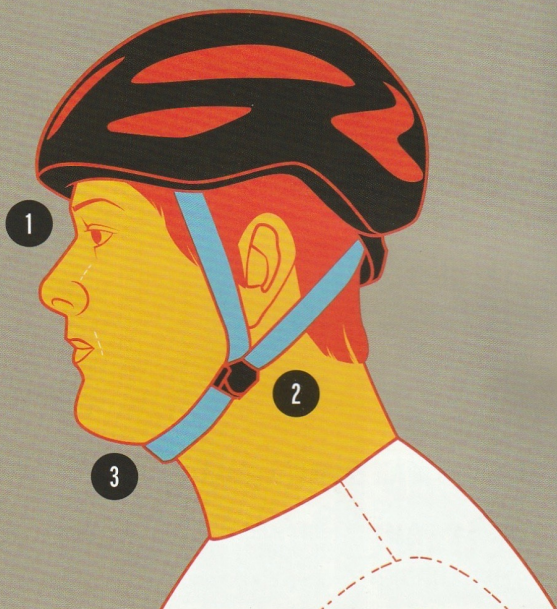
Spoke reflectors or reflective tires that are visible from at least 200 ft.

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FITTING A HELMET

WHEN YOU SHAKE YOUR HEAD FROM SIDE TO SIDE, A CORRECTLY FITTED HELMET WILL STAY IN PLACE.

- 1 TWO-FINGERS WIDTH BETWEEN EYEBROWS AND HELMET
- 2 SIDE STRAPS MAKE A "Y" BELOW THE EAR
- 3 LESS THAN 1/2" BETWEEN YOUR CHIN AND THE STRAP



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AS SIMPLE AS ABC

THE ABC QUICK CHECK WILL ENSURE YOUR BIKE IS IN GOOD WORKING ORDER AND MAKE YOUR RIDE SAFER.

A: AIR

If your tires give a bit when you press with your thumb, they need some air.

B: BRAKES

When you squeeze your brakes hard, you should still be able to fit your thumb between the brake levers and the handlebars. Check that your brake pads aren't worn out – if they are, replace them.

C: CHAIN, CRANK, CASSETTE

Make sure your chain is running smoothly – lightly oiled and free of rust and gunk – by spinning it backwards a few revolutions.

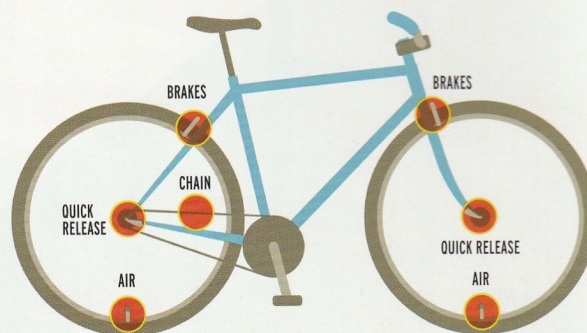
QUICK RELEASE

If your bike has quick release wheels, make sure the release levers are securely closed.

CHECK

As you start to ride, listen for any rubbing, grinding or clicking noises that might indicate something isn't working correctly.

If something isn't working properly, fix what you can and take any additional adjustments to your local bike shop. Schedule a regular tune-up for your bike.



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