

Basic Rules of Cycling

Be visible

- 🚲 Wear bright conspicuous clothes
- 🚲 At night, use white headlight and red taillight
- 🚲 Avoid riding into the sun at dawn or dusk

Drive your bicycle like a car

- 🚲 By law, a bike is considered a vehicle
- 🚲 Ride with traffic on the **right, never the left**
- 🚲 Stay just to the right of where cars track
- 🚲 Don't ride in the gutter – drivers won't see you
- 🚲 Merge left before turning left
- 🚲 Do not ride on the sidewalk
- 🚲 Observe all traffic signs and signals

Be predictable and cooperate with motorists

- 🚲 Ride straight at a constant speed
- 🚲 Never weave in and out of parked cars
- 🚲 Change lanes or positions slowly and carefully; signal first; make eye contact

Learn proper cycling methods

- 🚲 Join a cycling club or get tips from a mentor
- 🚲 Read Forester, **Effective Cycling** (MIT Press, 1992); Hurst, **The Art of Urban Cycling** (Falcon, 2004); Allen, **Street Smarts** (www.bikexpert.com/streetsmarts/usa)

Maintain your bike

- 🚲 Make sure brakes, lights, and reflective equipment are in good working order
- 🚲 Check wheels for worn tires, loose spokes, warped rims, and improper tire inflation

Be prepared

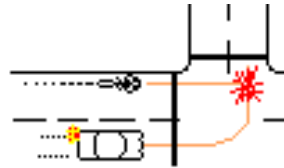
- 🚲 Always wear a properly fitted bicycle helmet
- 🚲 Wear cycling gloves to improve your grip and protect your hands in case of a fall
- 🚲 Carry a first aid kit
- 🚲 Carry ID and spare money for emergencies
- 🚲 Politely alert pedestrians as you approach

Teach others once you learn

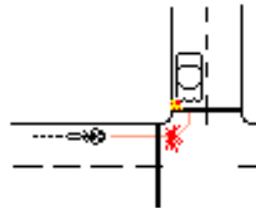
- 🚲 Set a good example
- 🚲 Mentor new riders
- 🚲 Respectfully educate unsafe cyclists
- 🚲 Educate public officials

Be Seen!

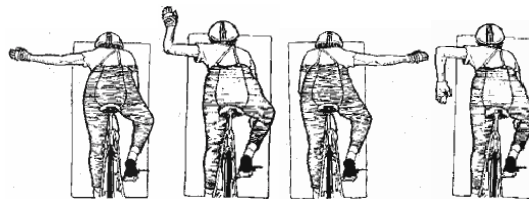
Ride where motorists will see you



Motorists look for oncoming traffic when turning left; they don't look for wrong-way vehicles



Motorists turning right look left for through traffic, not right



Signal left / Signal right / Alternative right / Slowing

Tips for riding in the dark

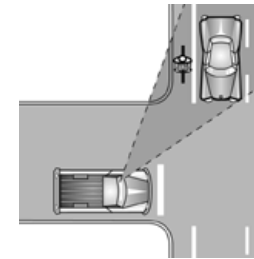
- 🚲 Use a white headlight to see and to be seen
- 🚲 Use a red taillight: LED "blinkies" cost \$15 or less, last 100+ hours on one set of batteries
- 🚲 Factory installed reflectors are inadequate - don't rely on them without lights
- 🚲 At night, clothing color is less important than reflectivity - wear reflective bands, stripes, or vest

You Are Traffic

Some cyclists in Columbus ride the wrong way or on the sidewalk. They believe they must avoid cars to remain safe. In fact, riding in the road like you drive a car - according to common-sense traffic rules - is the safest way to bicycle.

If you ride against traffic, it . . .

- 🚲 drastically increases your chances of a car-bike collision;
- 🚲 exposes you to more cars;
- 🚲 increases potential impact speed between you and oncoming vehicles, reducing reaction time;
- 🚲 raises the chance that a motorist will not see you when scanning traffic because you are not following regular traffic patterns;
- 🚲 makes you unpredictable.



Riding with traffic is safe because it puts you where drivers will see you.

Five reasons *not* to ride on the sidewalk

1. It drastically increases your chance of a car-bike collision, especially at intersections and driveways, where 90% of car-bike collisions take place.
2. Cars **do** use the sidewalk - every time they turn into driveways.
3. You have no easy way to pass through intersections.
4. Motorists cannot predict or respond properly to your movements.
5. Motorists don't look for vehicles on the sidewalk.

Bicycling in Columbus

The Columbus area offers smooth roads, scenic bike paths, an organized cycling community, supportive bike shops, and easy access to exceptional riding areas.

Our 12-mile Riverwalk provides hundreds of people daily with a beautiful place to walk and ride. To the south, the Riverwalk offers access to Fort Benning, which boasts hundreds of additional miles of traffic-free riding through beautiful forested areas, where you might see wild turkeys, deer, wild hogs, bobcats, an occasional bald eagle, and more.

To the north, Pine Mountain, FDR state park, and Callaway Gardens offer scenic riding and plenty of hills to climb.

Besides the great road riding available, Columbus is also home to excellent mountain bike trails, including Fort Benning's fitness trail and Flat Rock Park's 5 mile loop, which has single track, optional obstacles, and short technical climbs in an attractive park setting.

And what would cycling be like without a great cycling club, supportive riders, a local road and mountain bike race team, great gyms and sports clinics, and excellent bike shops:

Arnold's Bicycle

4613 Warm Springs Road, 568-1806

Mike's Bikes

3901 Miller Road, 569-1875

Ride On Bikes

1036 Broadway, 324-1132

Columbus Cycling Club

P. O. Box 2842
Columbus, GA 31902

Commuting Made Easy

Imagine a commuting vehicle fueled by peanuts, safe as an SUV, street legal, thrifty to buy, incredibly reliable, simple to park, good for your health - and probably in your garage right now. It's your bicycle. Follow these tips and leave the gas-burner in the driveway - or in the dealer's lot!

Let your bike do the work

Backpacks can sweat your back and throw off your balance. Invest \$30 in a rack and bungee cords to carry your stuff. Or choose a messenger bag that rides low on your back.

Get equipped

Use a mirror. Use a white headlight and red LED taillight, if you plan to ride in the dark. Carry a pump and extra tube, just in case. Leaving your car at home, you'll recoup these expenses in no time.

Develop a clothing strategy

Short commute (< 2 miles): ride in your work clothes - cool down a Wet Ones or splash of water. Medium commute (2 - 5): Carry a fresh shirt in a rack trunk or messenger bag. Long commute (5+): Drive a week's worth of clothes to your workplace on Monday.

Plan your route

Choose minor through streets, such as 17th Ave., Hilton Ave, Brown Ave, or South Lumpkin. Avoid the busiest roads, such as Manchester Expwy.

Let rain and cold stop you? Don't be silly!

Fenders keep your clothes clean on wet roads. A breathable raincoat keeps you dry enough. A helmet visor keeps rain out of your face. In the very cold, keep your hands and ears warm with mittens and a balaclava.

Go dual mode

Many METRA buses now have bike racks. Take the bus for part of your commute; cycle the rest.

Columbus Cycling Club

Presents

Safe Cycling

CCC's Mission – since 1979

To promote safe and enjoyable bicycling -

- 🚲 For all ages and abilities
- 🚲 As recreation, sport, and transportation
- 🚲 For a healthy lifestyle and community

Benefits of Bicycling

- 🚲 Builds strength and aerobic fitness
- 🚲 Promotes self-discipline and esteem
- 🚲 Allows you to lose weight while having fun
- 🚲 Puts you in touch with your surroundings and community
- 🚲 Allows independence and mobility for all ages
- 🚲 Saves commuters \$\$\$ on gas, insurance, car expenses
- 🚲 Makes environmental sense
- 🚲 Gives you a new view of your community
- 🚲 Introduces you to new friends who share the same passion and experiences all over the world
- 🚲 It's fun!

More Information

Find tips, news, routes, an events calendar, newsletter archives, printable version of this trifold, contacts, club information, and more on our website:

www.columbuscyclingclub.org

Note that this pamphlet is intended for adult cyclists and is not meant as a replacement for legal advice or information. If you have any questions regarding the traffic / cycling laws in your state, please consult with the Department of Motor Vehicles.