Safe Riding Tips

Remember these tips to ride safely and avoid the dangers of the road.

› Be Visible
Dress in bright clothing and use reflectors and lights, especially in poor weather conditions or at night.

› Act Predictably
Use proper signals, obey traffic laws and steer your bike a safe distance away from vehicles and obstacles on the road.

› Ride Respectfully
Avoid provoking motorists or pedestrians and respect their right to share the road safely and responsibly.

› Stay Alert
Be aware of pedestrians, motorists and obstacles on the road and never wear headphones or use your phone when riding.

› Watch the Road
Observe road conditions and avoid areas with no shoulder when possible.

Enjoy Your Bike!
Cycling is a great way to be healthy and independent.
Encourage others to ride and look for clubs and groups to become an active member of the cycling community.

Rules of the Road

Cyclists should obey the rules of the road just like other vehicles.

› Share the Road
Ride single file and obey all traffic signs, signals and laws.

› Ride Right
Stay to the right side of the road when possible and ride with traffic.

› Light Up at Night
When cycling at night in New York State riders are required to use a headlight and taillight.

› Use Hand Signals
Hand signals are recommended for cyclists when turning or stopping.

Protect Your Head
Cyclists under the age of 14 are required to wear a helmet in New York State. Acceptable helmets will have a CPSC sticker.
Cyclists of all ages and riding styles are strongly encouraged to wear a helmet.

Cross Safely
Dismount and walk your bicycle in crosswalks. Watch for traffic signals.
If there is no crosswalk yield to traffic and dismount when necessary.

ABC Quick Check

Follow these quick steps to check if a bike is in safe riding condition.

✓ Air
Check the air pressure, spin the wheels, and make sure tires are not worn out or punctured.

✓ Brakes
Coaster Brakes
Spin the rear wheel and apply brakes by pedaling backwards; ensure the wheel stops easily.

Hand Brakes
Check that levers don’t hit the handlebars when squeezed. Lift each tire up and spin it; squeeze the levers to ensure the wheel stops easily. Brake pads should be clean, straight and contact the rims evenly.

✓ Cranks, Chain & Cogs
Grab the crank arms and test that there is no movement side-to-side. Spin pedals and test shifters to make sure the drive train is functioning smoothly. Check the chain for rust; clean and lubricate frequently.

✓ Quick Release
Make sure quick release levers are tight and fully closed.

✓ Check
Check that the handlebars and seat are secure and you can easily reach pedals and brakes.
Take a quick test ride to make sure the bike fits and rides properly.
Bikeatoga is dedicated to pushing for a better future by making functional cycling more convenient, accessible, and safer in and around Saratoga Springs, NY.

By working together, we believe that we can create a healthier, more vibrant, and more sustainable community.

**Bikeatoga Workshop**
Our volunteer-run bicycle recycling program is designed to repair used bikes and get them back on the streets.

**Donations & Volunteers are always welcome.** Find us on Facebook or visit our website to keep up on events, meetings and more.

Contact Us & Learn More
www.bikeatoga.org
facebook.com/bikeatoga
info@bikeatoga.org