



SAFE RIDE

FIELD GUIDE

SAFE RIDE FIELD GUIDE

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TYPES OF BIKES



Cruiser



BMX



Folding



Utility



Mountain



Road



Fixed Gear



Touring



Fat Tire



Recumbent



Kids

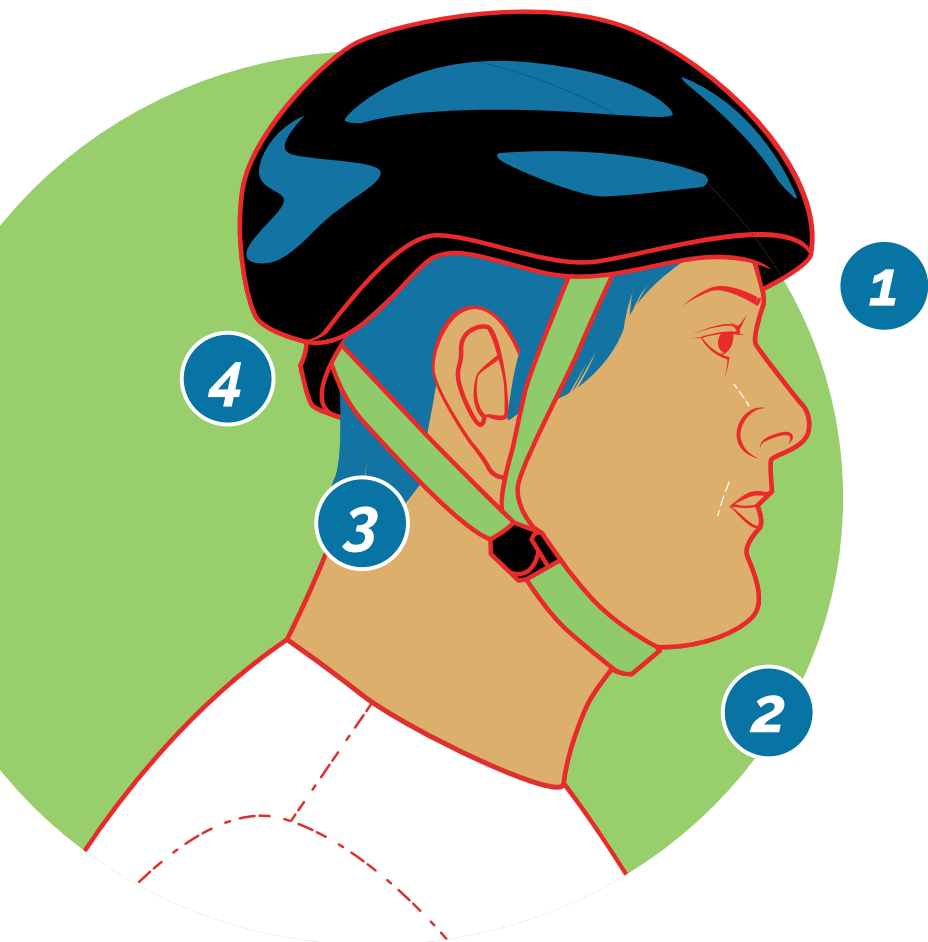


Cargo



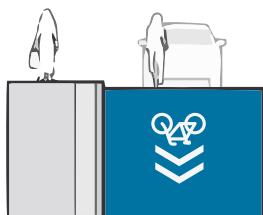
Penny-Farthing

DON'T FORGET ABOUT ELECTRIC BIKES, TOO! Whether you are new to biking or you have been riding your whole life, there is a bike out there for you. Remember to try before you buy and visit a local bike shop to test out different bike models and consider the types of activities you want to do on this bike.



- 1** *Two-fingers width between eyebrows and helmet.*
- 2** *Less than 1/2" between your chin and the strap.*
- 3** *Side straps make a "Y" below the ear.*
- 4** *If your helmet is equipped with a dial adjuster in the back, tighten to ensure a secure fit.*

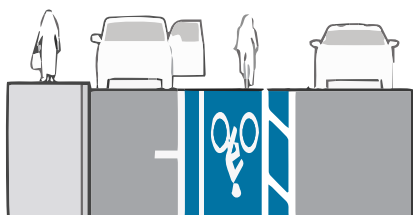
FITTING A HELMET



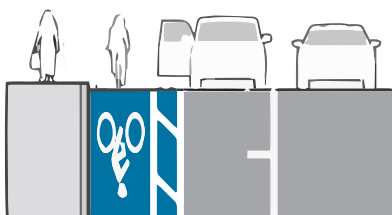
Shared Roadway
(bikes and cars share the street together)



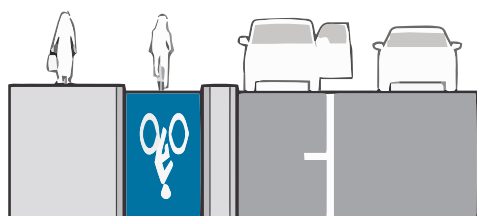
Bike Lane
(designated area in the street for bikes)



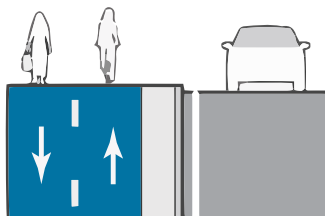
Buffered Bike Lane 1
(bikes and cars are separated by a painted buffer zone)



Buffered Bike Lane 2
(bikes and cars are separated with the parking zone on the outside, serving as a the buffer zone)



Protected Bike Lane
(on-street bicycle lane, separated by a physical barrier from cars)



Shared-Use Path
(physically separated from the street and provides two-way movement)

TYPES OF BIKE FACILITIES

WHAT TO WEAR



You can ride a bike in your everyday clothes, though special bike gear can improve longer rides and increase your comfort and safety at night, in the rain, and in the cold.



NIGHT

Bright, reflective clothing



RAIN

Rain jacket and bright colors



COLD

Layers, gloves, ear warmers

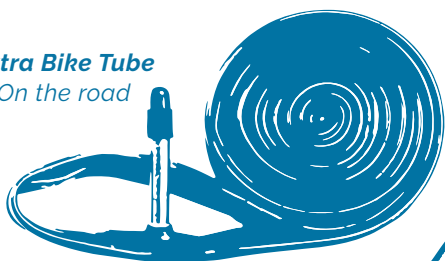


Always use a white headlight and a red rear light.

RIDING AT NIGHT

BIKE TOOLS

Extra Bike Tube
On the road



Hand Pump
On the road



Tire Levers
On the road



Multi-use Tool
On the road



**THESE ARE SOME OF THE
MOST ESSENTIAL BIKE
TOOLS TO HAVE WITH
YOU ON THE ROAD AND
AT HOME.**

If you do not have all of these tools, or you don't feel comfortable using them, it is 100% okay to reach out to a bike shop for help. You don't have to be a bike expert, and there are resources in San Diego to help.

Wrench
Use at home



Allen Wrench
Use at home



Chain Lube
Use at home



Bike Pump
Use at home



The ABC QUICK CHECK will ensure your bike is in good working condition and make your ride safer.

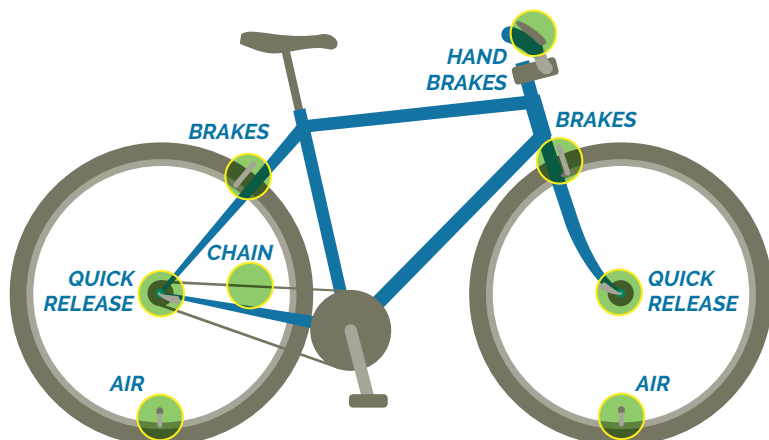
A AIR
If your tires give a bit when you press with your thumb, they need some air. Look for the PSI, pounds per square inch, on the wall of each tire. This will tell you how much air to add.

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.

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 times.

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.



ABC QUICK CHECK

SIGNALING

*Turning
left*



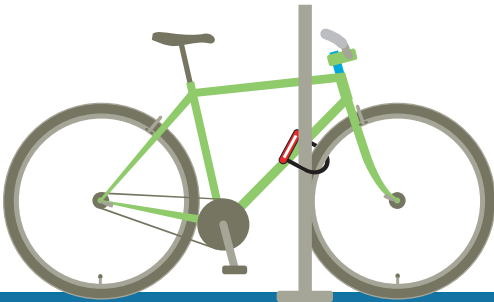
*Slowing or
stopping*



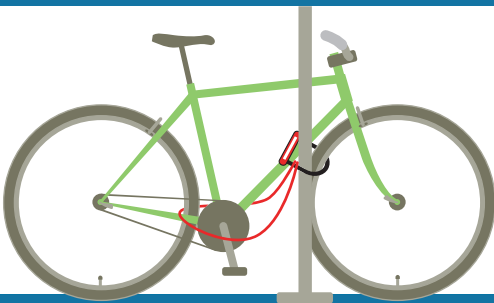
*Turning right
(traditional)*



*Turning
right*



*To lock your bike,
use a U-shaped
lock, a heavy steel
cable lock, or a
combination of
the two.*



*Secure both
the wheels and
the frame to an
immovable object
(bike rack, sign
post, or similar).*

LOCK YOUR BIKE

SHIFTING

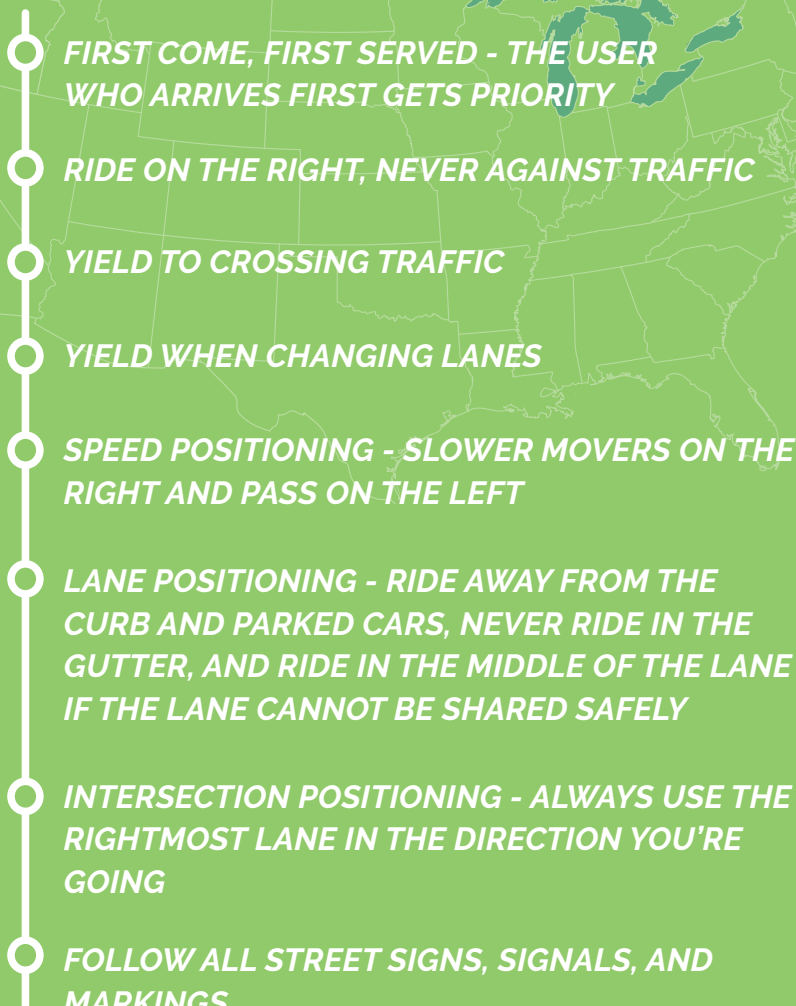


For best results, the chain needs to be in a generally straight line. If the chain isn't in a straight line, you should be able to hear it.

- 1 RIDE READY** - Do your ABC Quick Check before you go. Carry tools and supplies that are appropriate for your ride. Wear a helmet.
- 2 FOLLOW THE LAW** - Your safety and the perception of bicyclists depends on you. You have the same rights and duties as drivers. Obey traffic signals and signs. Ride with traffic in the rightmost lane with the direction of traffic.
- 3 BE PREDICTABLE** - Ride in a straight line and don't swerve between parked cars. Signal your turns and check behind you before turning or changing lanes.
- 4 BE CONSPICUOUS** - Ride where people can see you and wear bright clothing. Use a front light, rear red light, and reflectors. Make eye contact with other road users and do not ride on the sidewalk.
- 5 THINK AHEAD** - Anticipate what other road users will do next. Watch for turning vehicles, the door zone of parked cars, and other road hazards.

ROAD RULES


In all 50 states, bicyclists are required to follow the same laws as other drivers in most circumstances. These are a few key principles that underpin all U.S. traffic laws.

- 
- FIRST COME, FIRST SERVED - THE USER WHO ARRIVES FIRST GETS PRIORITY**
 - RIDE ON THE RIGHT, NEVER AGAINST TRAFFIC**
 - YIELD TO CROSSING TRAFFIC**
 - YIELD WHEN CHANGING LANES**
 - SPEED POSITIONING - SLOWER MOVERS ON THE RIGHT AND PASS ON THE LEFT**
 - LANE POSITIONING - RIDE AWAY FROM THE CURB AND PARKED CARS, NEVER RIDE IN THE GUTTER, AND RIDE IN THE MIDDLE OF THE LANE IF THE LANE CANNOT BE SHARED SAFELY**
 - INTERSECTION POSITIONING - ALWAYS USE THE RIGHTMOST LANE IN THE DIRECTION YOU'RE GOING**
 - FOLLOW ALL STREET SIGNS, SIGNALS, AND MARKINGS**

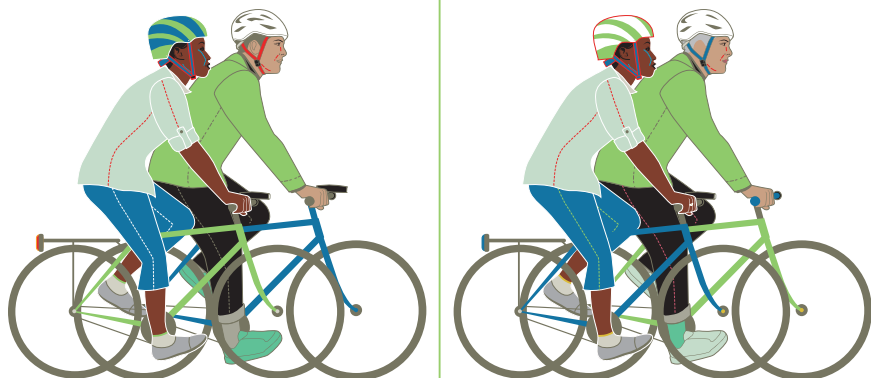
PRINCIPLES OF TRAFFIC LAW

BIKE ACTIVITIES

BIKE BINGO AS YOU RIDE

WEAR SAFETY GEAR (Reflective vest, helmet, lights)	SPOT 4+ DIFFERENT TYPES WILDLIFE	LOG A 15-MILE TRIP	BIKE DURING GOLDEN HOUR IN THE MORNING (Hour after sunrise)	BIKE IN SCHOOL SPIRIT CLOTHING
WAVE 'HELLO' TO 3+ OTHER BIKERS/ WALKERS	BIKE DURING GOLDEN HOUR IN THE EVENING (Hour before sunset)	TAKE A PHOTO OF A CITY SKYLINE	LOG YOUR TRIP ROUTE	RIDE OVER A BRIDGE/ OVERPASS
BIKE ON A NON-PAVED TRAIL/ OFF-ROAD	TAKE A PICTURE OF A CALIFORNIA POPPY	FREE  SPACE	LOG A 5-MILE TRIP	TAG @CIRCULATESD IN A BIKE PHOTO OF YOU
BIKE TO A LOCAL BUSINESS	LOG A 10-MILE TRIP	BIKE ON A CYCLE TRACK	FIND A SCULPTURE AND TAKE A PICTURE	CONVINCE SOMEONE TO GO ON A BIKE RIDE
FIND A MURAL AND TAKE A PHOTO	BIKE TO/ ALONG A WATER BODY	HUG A CALIFORNIA NATIVE TREE	TRY A NEW BIKE ROUTE	LOG A 20-MILE TRIP

SPOT THE DIFFERENCE



MY BIKE EXPERIENCES

My favorite ride with a view is...

The hardest ride I ever did was...

My favorite biking snack is...

My biking goals are...

I like to bike because...

BIKE SAN DIEGO

RESOURCES

Bike Around Town San Diego Regional Bike Map:

<http://www.icommutesd.com/Bike/BikeMap.aspx>

Listen Up! Podcasts about bikes

The War on Cars: <https://thewaroncars.org/>

Family Pedals: <https://www.familypedals.com/category/podcast/>

Outside Voices Podcast: <https://www.outsidevoicespodcast.com/>

She Explores: Women in the Outdoors: <https://she-explores.com/podcast/>

The Bike Town Podcast: <http://www.biketownpodcast.com/>

Get Involved Workshops (both digital and in-person)

Black Girls Do Bike: <https://www.blackgirlsdobike.com/urban-tips>

Vie Cycle: <https://www.viecycle.com/upcomingcourses.html>

@coffeeoutside <https://www.instagram.com/coffeeoutside/>

@bikesdelpueblo <https://www.instagram.com/bikesdelpueblo/?hl=en>

San Diego County Bike Coalition:

<https://sdbikecoalition.org/resources/educational-resources/> **or**

<https://sdbikecoalition.org/events/>

Be a (S)hero! Bike Heroes and Sheroes

@allmountainbrothers <https://www.instagram.com/allmountainbrothers/>

@WTFbikeexplorers <https://www.instagram.com/wtfbikeexplorers/?hl=en>

@makeshifter <https://www.instagram.com/makeshifter/?hl=en>

Stuff Your Brain Additional resources

Bikepacking: <https://bikepacking.com/>

Cyclista Zine: <https://cyclistazine.com/the-magazine>

Path Less Pedaled - #PLPTalks on Youtube: rb.gy/jiw3lf



Illustrations by



Thank you to the League of American Bicyclists for the illustrations and contents referenced in this Field Guide.



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