



FIELD GUIDE TO
BICYCLING
IN OREGON

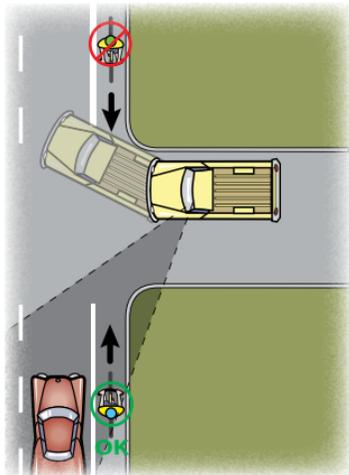


Ride Safely. The Way to Go.



Here's to you, Oregonians! By riding a bike, you are improving your health, reducing pollution, and possibly saving time on your trip! If you drive a car, you should already know most of the rules of the road. This guide shares some other rules and tips that people riding their bicycles should know.

RIDE WITH TRAFFIC



People pulling into traffic tend to look mostly in the direction of oncoming cars. If you ride against traffic, other people may not see you.

ABIDE WHEN YOU RIDE

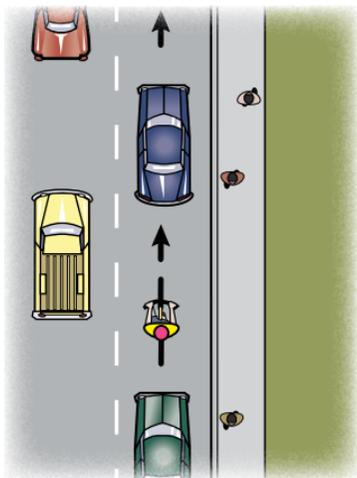
Go with the flow. In most cases, it's safest to ride on the right, in the same direction as traffic. It's the law – and it will help you to be seen by people driving.

Pedal by the book. When on the road, your bike is a vehicle. That means you have the same rights – and responsibilities – as people driving. So obey all traffic signs, signals, lane markings and other rules of the road. Following the rules makes trips safer for other people walking and biking too.



It's the law to stop for a yellow light too. Rushing through may not leave you enough time before the light changes.

STAY CENTERED



If there is no shoulder or bike lane, ride closer to the center of the lane where drivers can see you.

STAY ON TOP OF YOUR RIDE

Get a grip – keep at least one hand on the handlebars at all times and be ready to brake at a moment's notice.

Know your ABCs – check your tire air pressure, brakes, and chain before every ride.

Avoid the door zone – give parked cars enough space so you don't risk getting hit by car doors opening.



Stay sober in the saddle – or risk a DUI.
Know why? You guessed it: your bike is a vehicle.



CHECK YOURSELF

Shield your brain – wear a helmet.

Stow the phone – it can wait.

Watch the weather – dress for the season. Fenders can help keep you dry.

STOP! – Brakes must be in good repair and powerful enough to let you stop easily and safely.

Gauge it right – tires should be in good condition and inflated to their recommended pressure.

Tune into traffic, not your ear buds.

Dress to be seen – yellow and lime green are especially visible colors in daylight; reflective accessories will help make you visible to people driving at night.

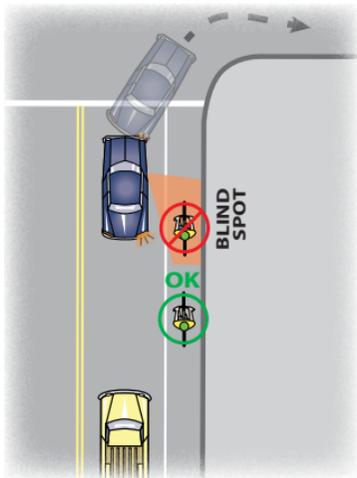
Be Prepared – bring water and a bike lock.

Light up the night – Oregon Law requires a white light in the front and a red light or reflector in the back of the bicycle.

Avoid a chain reaction – tuck in or hike up loose clothing so it doesn't get caught. Tie your shoes!



AVOID THE RIGHT HOOK



When close to an intersection, use caution while passing vehicles on the right. Watch for right-turn signals. If unsure, hang back until the coast is clear. Try to make eye contact with people driving.

BE VISIBLE, BE ALERT

Be bright at night by using a white headlight on the front of the bike, and red light or reflector on the back – as required by Oregon law. And wear bright colors and/or reflective accessories.

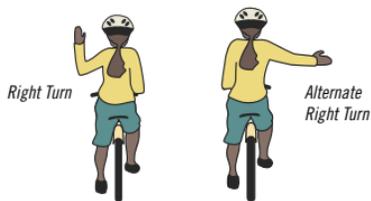
Steer clear of danger by watching out for vehicles waiting at stop signs or pulling out of parking spaces: people driving may not see you, especially if you're in their blind spot.



Be courteous: when using a bright LED light, angle it slightly downward. That way it won't blind drivers or fellow riders, but will still allow you to see and be seen.



USE HAND SIGNALS.



Reflective tape on your sleeves or gloves can help drivers see your hand motions – especially at dusk and at nighttime.

NEVER KEEP 'EM GUESSING

Be predictable – signal your every move with hand signals and make eye contact with people driving. The last thing you want to do is catch a driver by surprise.

Space out: when following a vehicle, allow a little extra space between yourself and the vehicle – it will give you time to avoid any sudden moves on their part.



Don't take it for granted: even if you're doing everything right, others may not see you – so ride defensively.



THE ROAD LESS TRAVELED

Heading out for a scenic ride? Here are some safety tips before you go rural:

Plan your trip, research your route and tell others where you plan to go. Make sure it is bike-friendly and within your endurance limits.

Plan to recharge and stay alert: take breaks, bring water and snacks.

Gear up: check your tires, chain, brakes and light batteries. And don't forget the flat repair kit.

Watch your back with rear-view mirrors and frequent shoulder checks — especially prior to cresting a hill or entering a curve.

Be predictable: ride in a straight line, no swerving or weaving, and use clear hand signals.

Stay on the straight and narrow: if moving slower than the speed of traffic, ride single file and closer to the shoulder.

Watch for critters (including unleashed dogs!) in wooded areas and farming communities.

Ride aware! Open country roads often mean faster speeds, and people driving may not expect bicyclists on the roadway. Stay alert.

Don't be left in the dark. Rural roads lack the ambient light of urban areas, so drivers may not see you. Be prepared to ride at night with lights and reflectors. Wearing bright colors can help.





Ride on!

Visit us at our web site:

www.OregonWalkBike.org

Questions? Comments? Concerns?

Contact AskODOT!

1-888-ASK-ODOT (275-6368)

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Share the Road. Look out for each other.

Transportation Safety – ODOT