



Bicycle Safety Tips

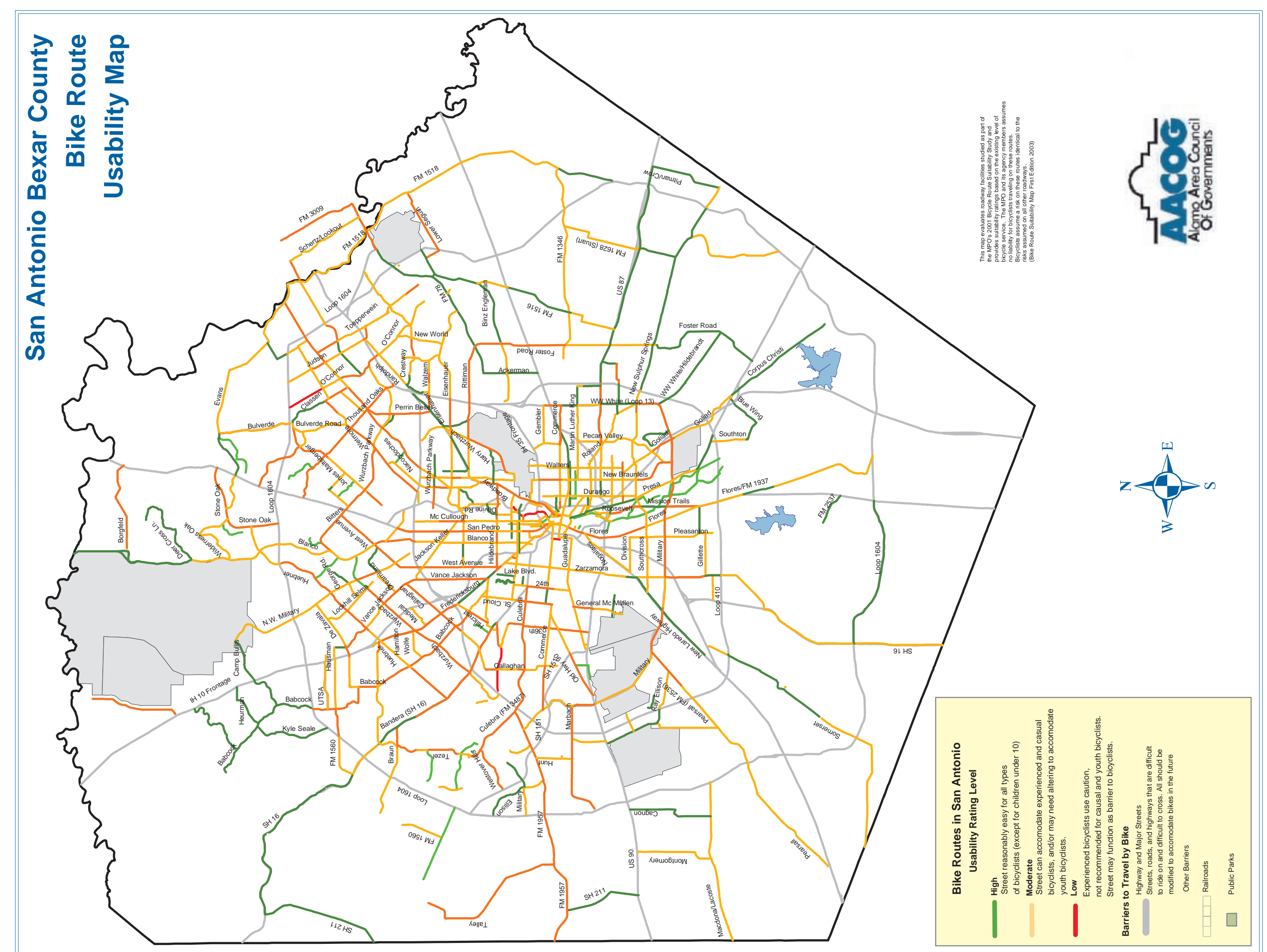
<p>1</p>  <p>2</p>  <p>3</p>  <p>4</p>  <p>5</p>  <p>6</p>  <p>7</p>  <p>8</p> 	<p>OBEBY TRAFFIC SIGNS AND SIGNALS Bicycles must be driven like other vehicles. By law, and if bicyclists are to be taken seriously by motorists.</p> <p>NEVER RIDE WITH HEADPHONES; WEAR A HELMET Always wear a helmet. Never wear headphones while riding a bike.</p> <p>NEVER RIDE AGAINST TRAFFIC Motorists aren't looking for bicyclists riding on the wrong side of the road. State law and common sense require that bicycles are driven like other vehicles.</p> <p>HAND SIGNALS Hand signals tell motorists and pedestrians what you intend to do. Signal as a matter of law, of courtesy, and of self-protection.</p> <p>DON'T WEAVE BETWEEN PARKED CARS Don't ride out to the curb between parked cars unless they are far apart. Motorists may not see you when you try to move back into traffic.</p> <p>RIDE IN MIDDLE OF LANE IN SLOW TRAFFIC Get in the middle of the lane at busy intersections and whenever you are moving at the same speed as traffic.</p> <p>FOLLOW LANE MARKINGS Don't turn left from the right lane. Don't go straight in a lane marked "right-turn only."</p> <p>DON'T PASS ON THE RIGHT Motorists may not look for or see a bicycle passing on the right. Learn to scan the road behind you while riding. Look back over your shoulder without swerving to the left, or use a rear-view mirror.</p>	<p>9</p>  <p>10</p>  <p>11</p>  <p>12</p>  <p>13</p>  <p>14</p>  <p>15</p>  <p>16</p> 	<p>MAKE EYE CONTACT WITH DRIVERS Assume that other drivers don't see you until you are sure that they do. Eye contact is important with any driver which might pose a threat to your safety.</p> <p>SCAN THE ROAD BEHIND Learn to look back over your shoulder without losing your balance or swerving. Some riders use rear-view mirrors.</p> <p>AVOID ROAD HAZARDS Watch out for parallel-slat sewer grates, gravel, ice or debris. Cross railroad tracks at right angles.</p> <p>CHOOSE THE BEST WAY TO TURN LEFT There are two ways to make a left turn. (1) Like an auto signal, move into the left turn lane and turn left. (2) Like a pedestrian, ride straight to the far-side crosswalk. Walk your bike across.</p> <p>KEEP BOTH HANDS READY TO BRAKE You may not stop in time if you brake one-handed. Allow extra distance for stopping in the rain, since brakes are less efficient when wet.</p> <p>USE LIGHTS AT NIGHT The law requires a white headlight (visible from at least 500 feet ahead) and a red rear reflector or taillight (visible up to 300 feet from behind).</p> <p>DRESS APPROPRIATELY In rain wear a poncho or waterproof suit. Dress in layers to adjust to temperature changes. Wear a helmet. Wearing bright colored clothing to be more visible to motorists.</p> <p>KEEP BIKE IN GOOD REPAIR Adjust your bike to fit you and keep it working properly. Check brakes and tires regularly. Routine maintenance is simple and you can learn to do it yourself.</p>
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State of Texas Bicycle Rules

When you ride a bike in traffic you are a driver. You must follow the rules of the road, give signals, obey signs and lights, yield the right-of-way and keep a sharp lookout for danger—just like car drivers do. To help you be a lawful and safe bicyclist the following laws are listed for you to study, learn and obey.

- A person riding a bicycle shall not ride other than upon or astride a permanent and regular seat.
 - No bicycle shall be used to carry more persons at one time than the number for which it is designed or equipped.
 - No person riding a bicycle shall attach the same or himself to any streetcar or vehicle upon a roadway.
 - A person operating a bicycle upon a roadway at less than the speed of the other traffic on the roadway at that time shall ride as near as practicable to the right curb or edge of the roadway except when a) overtaking and passing another vehicle proceeding in the same direction; b) the rider is preparing for a left turn at an intersection onto a private drive, road, or driveway; and c) conditions on the roadway, including fixed or moving objects, parked or moving vehicles, pedestrians, animals, surface hazards, or lanes less than 14 feet wide make it unsafe to ride next to the right curb or edge of the roadway.
 - Persons riding two abreast shall not impede the normal and reasonable flow of traffic on the roadway. Persons riding two abreast on a laned roadway must ride in a single lane.
 - No person operating a bicycle shall carry any package, bundle, or article which prevents the driver from keeping at least one hand upon the handlebars.
 - Every bicycle in use at nighttime shall be equipped with the following:
 1. a lamp on the front that shall emit a white light visible at a distance of at least 500 feet to the front.
 2. a red reflector on the rear of a type approved by the Dept. of Public Safety which shall be visible from all distances up to 300 feet. A red light on the rear, visible from a distance of 500 feet, may be substituted for the reflector.
 - Every bicycle shall be equipped with a brake that will enable the operator to make the brake wheels skid on dry, level clean pavement.
 - Bicycles may be ridden on roadway shoulders, except where expressly prohibited by law.
 - Vehicle means device, in, upon or by which any person or property is or may be transported or drawn upon highway, excepting devices used exclusively upon stationary rails or tracks
- SOURCE: Texas Drivers Handbook; Texas Department of Public Safety

San Antonio Bexar County Bike Route Usability Map



San Antonio – Bexar County
Metropolitan Planning Organization (MPO)
 Bicycle Mobility Task Force

To report roadway hazards, crash information, signal malfunctions, missing signs, or other bicycle or pedestrian needs, call:

City of San Antonio – 311
 Bexar County – 210-335-6700
 Texas Dept. of Transportation – 210-615-1110
 VIA Metropolitan Transit – 210-362-2020

For general cycling information, comments, suggestions, or questions contact the Bicycle Mobility Task Force at 210-227-8651 or click on www.sametroplan.org

A TEN-MINUTE BICYCLE CHECK

1. Check that your front wheel quick release or axle nuts are tight.
2. Squeeze the front brake lever and check that the brake pads align squarely on the rim. Check the brake cable for cuts or kinks.
3. Pick up the front of the bike and spin the wheel. Check if the wheel wobbles from side to side. Check the brake pad clearance from the rim (should be 2-4 mm).
4. If you have fenders (mudguards) or bike bags, make sure these do not rub on the tire.
5. Check your tire pressure with a gauge and inflate to the recommended pressure marked on the tire.
6. Check the tire for cuts and worn spots; replace as necessary
7. Repeat steps 1 through 6 for the rear wheel.
8. Grab the front brake and try to rock the front wheel back and forth. If you feel any play, your headset might be loose or need adjustment.
9. Grab the crank arms and try to push them in and out to check the crank arms and bearings for looseness. There should be no lateral play in the crank axle. Also check that the pedals are in all the way, flat against the crank arm.
10. With the rear wheel off the ground, turn the pedals and shift through the gears. Make sure the derailleurs can reach all your chain-ring combinations and does not throw the chain off the front chain-rings or back sprockets.
11. Try to twist the saddle up and down, and left and right; if it does not move, it is secure.
12. Do the same to your handlebars, bracing the front wheel between your knees.
13. Check other attachments, nuts and bolts to make sure nothing is loose or might rub against your tires or interfere with the drive-train.

RIDING TIPS FOR BEGINNERS


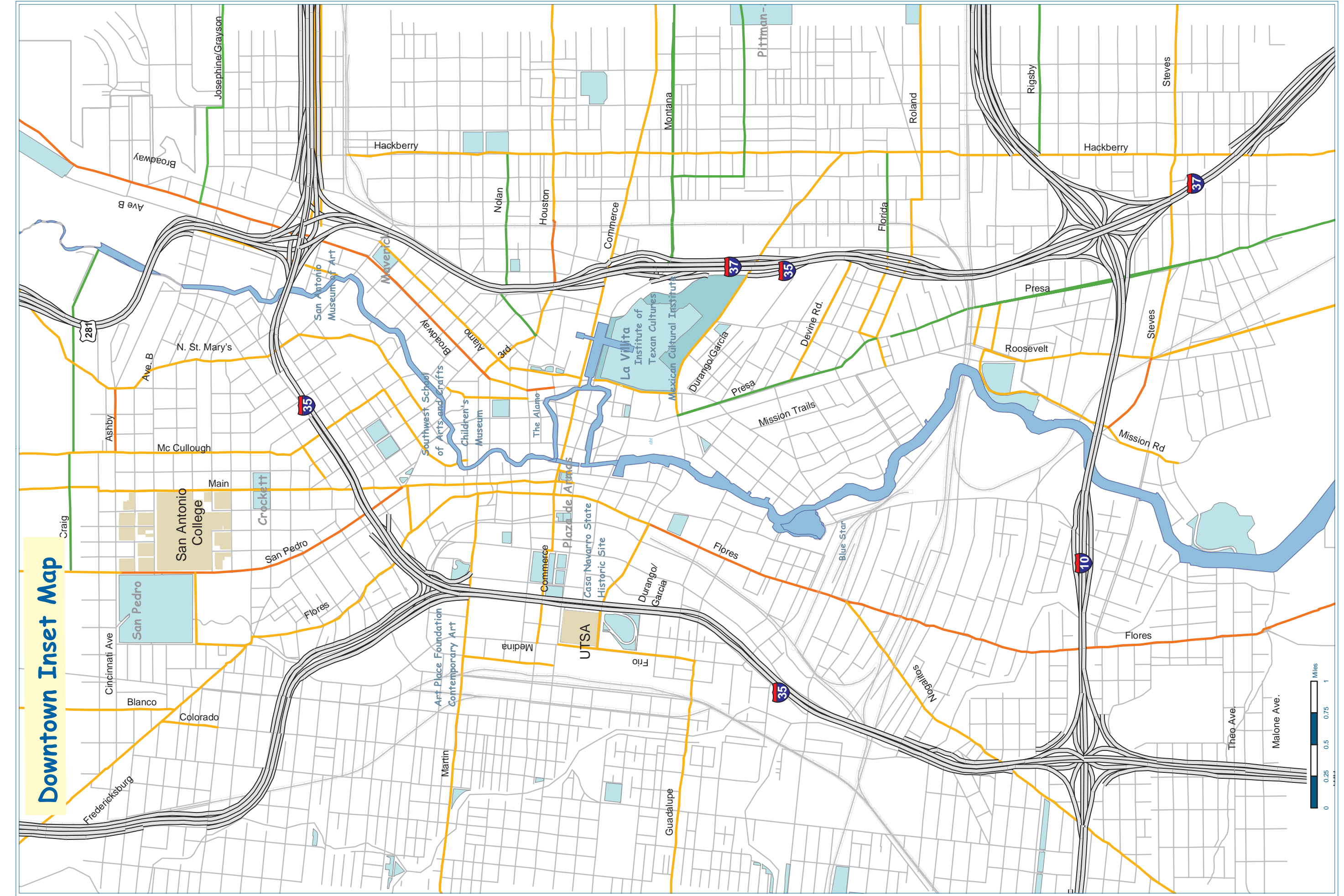
1. Always wear an approved helmet – they **do** save lives.
2. Take water (or a sports drink) with you. Drink frequently, especially in summer.
3. Carry a tire pump, patch kit and spare tube and learn how to use them.
4. Always use lights and reflectors for night riding.
5. Take a good lock in case you want to leave your bike.
6. Try to select your lowest gear such that your feet can spin smoothly while maintaining reasonable pressure on your pedals. This will reduce strain on your knees.
7. Avoid busy roads. Use lesser traveled residential streets whenever possible.
8. When riding near parked cars, be aware that car doors can suddenly open in front of you.
9. Do not impede other traffic. Always ride single file when with a companion unless road conditions clearly allow for two abreast.
10. Let pedestrians and other cyclists know you are passing them with an audible warning before you pass.

VIA Bike and Ride


Bike Racks on Buses
 We like bikes. At VIA Metropolitan Transit we know that bicycles, like buses, are environmentally responsible modes of transportation. Utilizing both of these modes can contribute to better air quality, and it helps relieve traffic congestion. That is why all VIA buses are now equipped with handy new bicycle racks capable of carrying two bicycles at a time. Now you and your bike can go anywhere VIA goes. And beyond.

- Bike and Ride Helpful Riding Hints**
- Racks carry only two bicycles at a time.
 - Rack space is first-come, first-served.
 - Place your bicycle in the position nearest the bus.
 - Bus operators are not allowed to help load or unload bicycles.
 - Be careful when you step off the curb to load or unload your bicycle.
 - Load and unload as quickly as possible.
 - Remove items from bicycle that may interfere with bus safety equipment or as directed by the bus operator.
 - When exiting, use the front doors and notify the operator that you will be unloading your bicycle.
 - Close empty rack after unloading.
 - VIA is not responsible for personal injury or property damage arising from use of bicycle equipment.

Bike Lockers
 Bicycle lockers are now being installed at major transfer centers across the city. These lockers are ideal for bicycle riders who need a place to leave their bicycles and gear before riding the bus. There is a \$5 rental fee and a one-time refundable deposit of \$5, but the rental fee is waived if you also buy your Big Pass when you rent a locker. Call VIA Customer Service at 362-2020 for locker locations, availability, and other information.

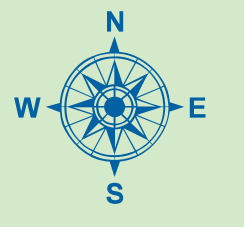
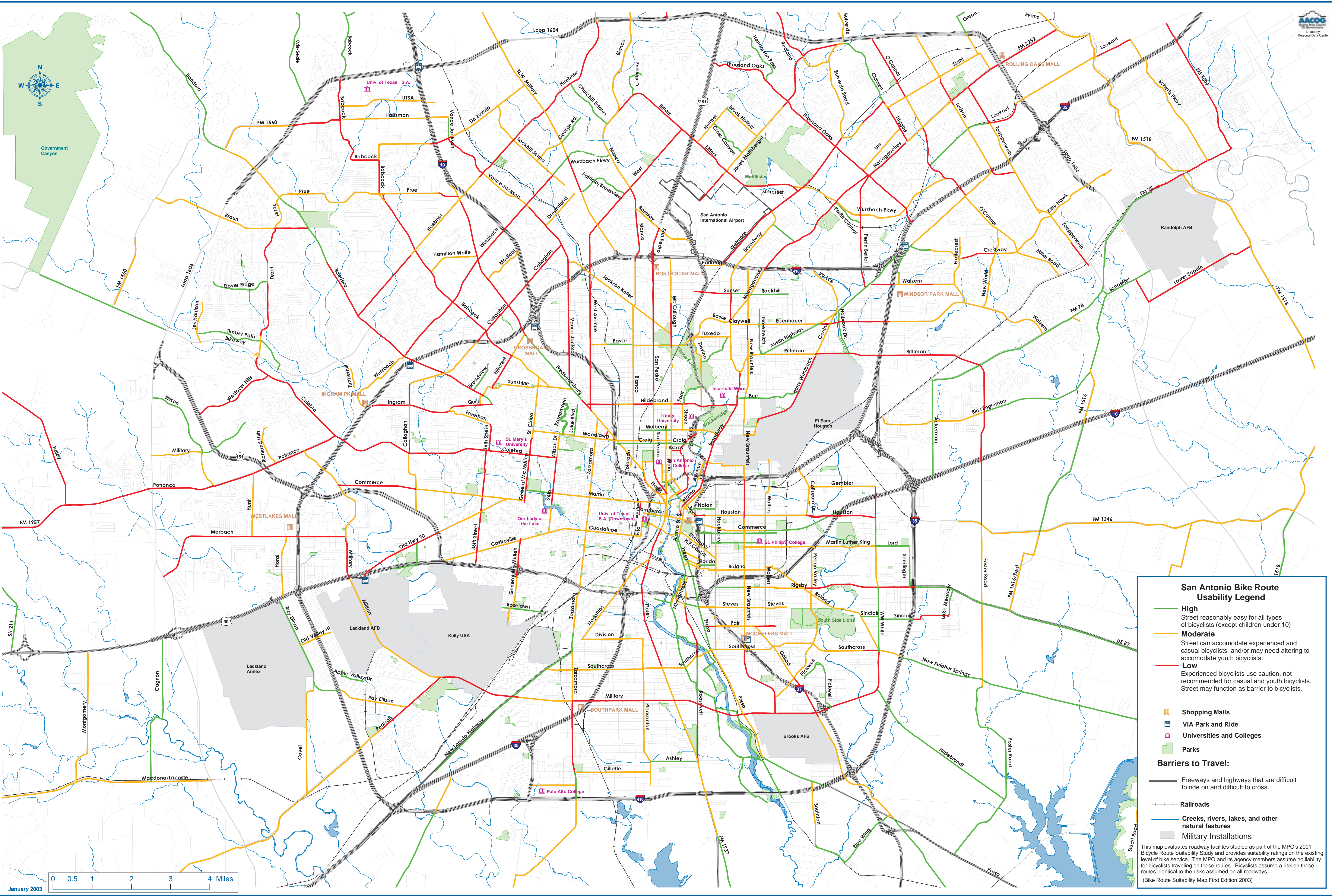
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San Antonio - Bexar County

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This map evaluates roadway facilities studied as part of the MPO's 2001 Bicycle Route Suitability Study and provides suitability ratings based on the existing level of bicycle service. The MPO and its agency members assume no liability for bicyclists traveling on these routes. Bicyclists assume a risk on these routes identical to the risks assumed on all other roadways. (Bike Route Suitability Map First Edition - 2003)



San Antonio Bike Route Usability Legend

- High** (Green line): Street reasonably easy for all types of bicyclists (except children under 10)
- Moderate** (Yellow line): Street can accommodate experienced and casual bicyclists, and/or may need altering to accommodate youth bicyclists.
- Low** (Red line): Experienced bicyclists use caution, not recommended for casual and youth bicyclists. Street may function as barrier to bicyclists.

Barriers to Travel:

- Freeways and highways that are difficult to ride on and difficult to cross.
- Railroads
- Creeks, rivers, lakes, and other natural features
- Military Installations

Other Symbols:

- Shopping Malls
- VIA Park and Ride
- Universities and Colleges
- Parks

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