



# SAFE RIDE

*FIELD GUIDE*

## SAFE RIDE FIELD GUIDE

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## CIRCULATE SAN DIEGO

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# TYPES OF BIKES



*Cruiser*



*BMX*



*Folding*



*Utility*



*Mountain*



*Road*



*Fixed Gear*



*Touring*



*Fat Tire*



*Recumbent*



*Kids*

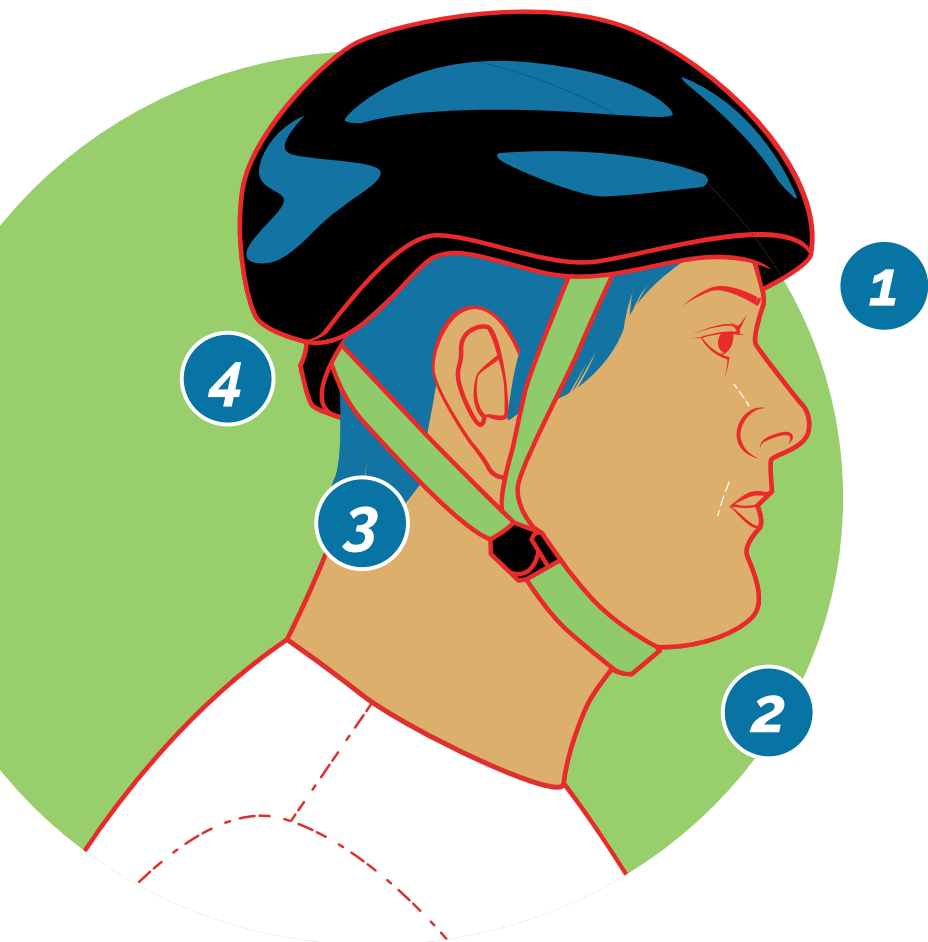


*Cargo*



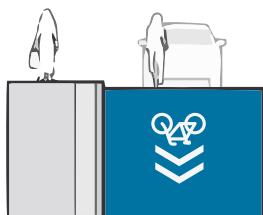
*Penny-Farthing*

**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.*

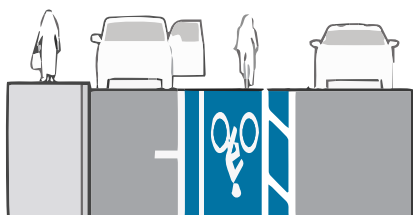
# ***FITTING A HELMET***



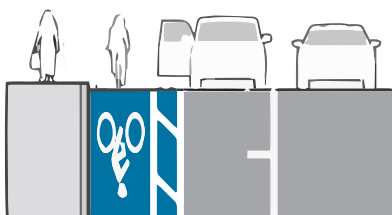
**Shared Roadway**  
(bikes and cars share the street together)



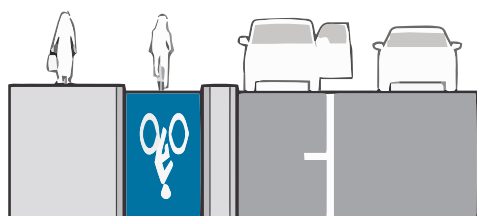
**Bike Lane**  
(designated area in the street for bikes)



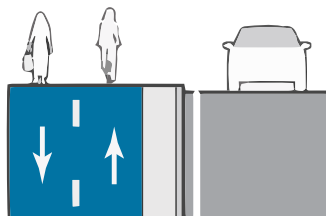
**Buffered Bike Lane 1**  
(bikes and cars are separated by a painted buffer zone)



**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*

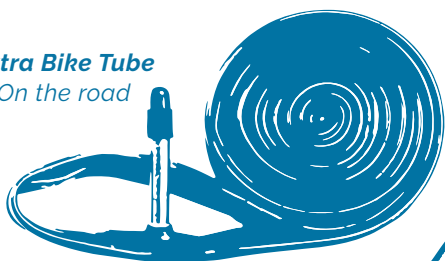


*Always use a white headlight and a red rear light.*

# 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.**

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**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.*

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**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.*

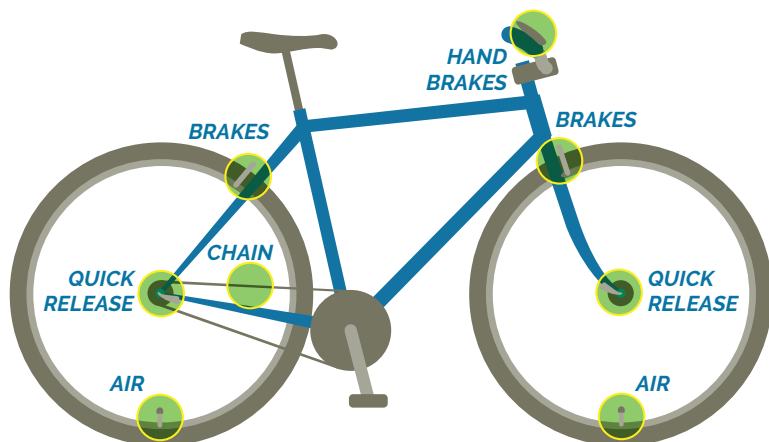
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**C CHAIN, CRANK, CASSETTE**  
*Make sure your chain is running smoothly - lightly oiled and free of rust and gunk - by spinning it backwards a few times.*

---

**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*



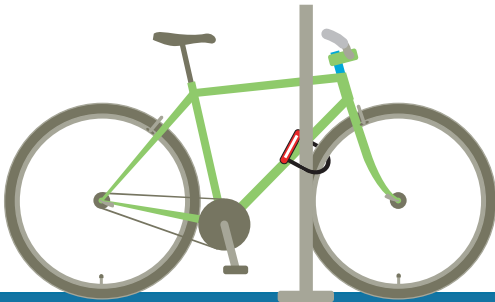
*Slowing or  
stopping*



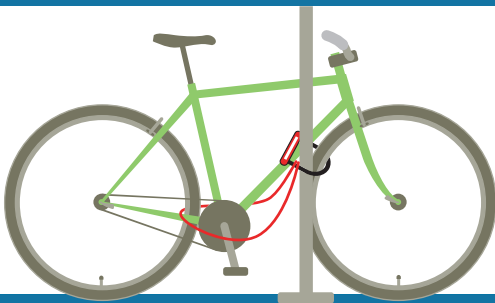
*Turning right  
(traditional)*



*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



**CLIMBING**  
*Easier/Slower*



**NORMAL  
CONDITIONS**



**SPEED**  
*Harder/Faster*

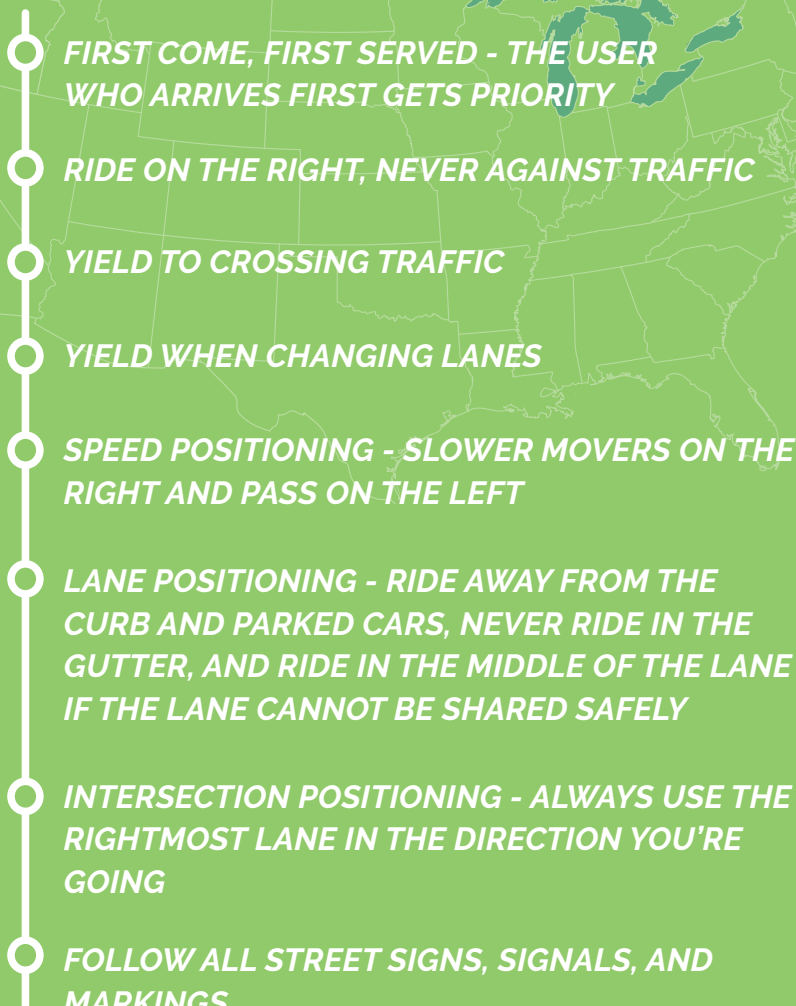


For best results, the chain needs to be in a generally straight line. If the chain isn't in a straight line, you should be able to hear it.

- 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**

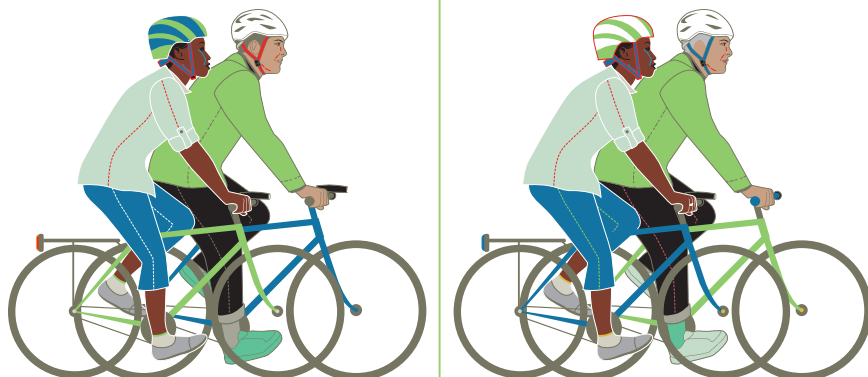
# ***PRINCIPLES OF TRAFFIC LAW***

# BIKE ACTIVITIES

BIKE BINGO AS YOU RIDE

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

## 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

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### **Bike Around Town** San Diego Regional Bike Map:

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

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### **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/>

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### **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>

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

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

San Diego County Bike Coalition:

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

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

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### **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>

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### **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](https://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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