



BIKING/WALKING

GETTING STARTED: TIPS FOR SAFE RIDE

Get To Know Your Bicycle

The best way to gain confidence riding is to simply ride often. Learn how your bike reacts to different types of pavement, how it stops, turns and accelerates.

Keep It Well Maintained

If you are not familiar with all the workings of the bicycle, take it to a mechanic at least once a year to ensure everything is in safe working condition.

Pre-Ride Inspection

Before you ride, give your bike the “ABC Quick Check”: Air, Brakes, Chain and Cranks, Quick Releases. Make sure your tires are well inflated, brakes adequate, chains in line and quick releases locked.

Be Seen

Ride predictably in view of motorists. Never ride the opposite direction of traffic. Avoid riding on the sidewalk as motorists exiting driveways do not expect cyclists. Communicate with other street users with hand signals and eye contact. Wear light colored clothing during the night and use front and back flashing lights.

Be Confident

Many cyclists are afraid motorists will hit them from behind and ride as far right to parked cars as possible. This is extremely dangerous as motorists not used to looking for cyclists and will open their door giving cyclists the “door prize”. Give yourself at least 3 feet from the parked car door, most motorists will slow down and travel around you.

Be Alert

While riding be aware of your surroundings both in your path and other street users. Look in your pathway for pot holes, debris and opening doors. Assume motorists do not see you and anticipate their actions.

Watch Your Speed

It is thrilling to ride fast, but make sure you are in control at all times and have enough time to react to unexpected hazards and unpredictable motorists.

Be Smart

Take a Bike Skills Class to learn the Rules of the Road and develop your street skills.



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HELMET FITTING GUIDELINES

1. Always wear a helmet while biking and make sure to replace it if it is cracked or broken.
2. It is best to purchase a new helmet to ensure that it will function properly.
3. Ensure that your helmet fits comfortably. Taking time to properly configure your helmet could save your life.
4. Your helmet should fit on the top of your head, not tipped back. One standard measure is to make sure your helmet sits two fingers above your brow.
5. The straps should fit snugly under the jawbone. While a helmet strap should not be so tight as to restrict breathing, you should not be able to fit more than one finger between the strap and your skin.
6. If you are involved in a bike crash, always replace your helmet even if it is not cracked or broken.



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FIND A BIKE GROUP IN YOUR AREA

SAN JOAQUIN COUNTY

San Joaquin Bicycle Coalition
sjbike.org

The San Joaquin Bike Coalition is a comprehensive non-profit community organization that advocates bicycle safety and bicycle related events. The SJBC is involved with local government for the implementation and service of bicycle lanes, resources for motorists and bicyclists, and a hub for the advancement of bicycles in the community.

Weekly casual rides offered, as well as a monthly "Second Saturday" family bike ride. Check website or Facebook for details.

Stockton Bike Club
stocktonbikeclub.org

The Stockton Bicycle Club consists of cyclists living in or near Stockton, California. Rides are scheduled throughout the year. The club promotes activities for road riding (primary focus) and mountain biking, while attempting to schedule rides for all abilities to encourage an active membership.

Central Valley Velo
valleyvelo.org

Central Valley Velo is a non-profit bicycling club based in Tracy, CA. They welcome both casual and avid riders, and have regularly scheduled rides throughout the week involving primarily road cycling.

STANISLAUS COUNTY

Stanislaus County Bicycle Club
stancobike.org

The Stanislaus County Bicycle Club was formed in 1982 by cycling enthusiasts, to promote recreational bicycling safety, touring, racing, tandem riding, and commuting. Stanislaus County Bicycle Club is a not-for-profit organization working to support cycling growth and education in Stanislaus and the surrounding counties. Membership is open to anyone with an interest in bicycling.

MERCED COUNTY

Merced Bicycle Coalition
mercedbicyclecoalition.org

The Merced Bicycle Coalition works to make the community safer, the air cleaner and the citizens healthier by promoting bicycling as a safe and normal means of everyday transportation and recreation. Regular rides and special out of town events and rides are posted on-line.

USEFUL LINKS

California Bicycle Coalition
www.calbike.org/

League of American Bicyclists
www.bikeleague.org/

REI Expert Advice
www.rei.com/learn/expert-advice/cycling.html