



# RIDING TIPS

The following guidelines are intended to help you have a safe, enjoyable ride on bikeways throughout the San Diego region.

## BEFORE YOU RIDE

- Keep your bike properly maintained. Check your brakes, tires, and chain.
- Make sure your bike fits you comfortably. Check your seat height and handlebars.
- Carry lights and a lock when you ride. For longer trips, consider a patch kit and tire pump.
- Select a comfortable route. The preferred route for driving may not be the best for biking.

## WHILE ON THE ROAD

- People riding bikes have the same rights and responsibilities as people driving cars.
- California law requires everyone younger than 18 to wear a helmet.
- Use a rack or backpack to keep your hands free. It's more comfortable too.
- At night, the law requires front and rear lights and reflectors, as well as wheel and pedal reflectors. Bright or reflective clothing improves visibility.
- Use hand signals to indicate your turns.
- Avoid using headphones or a cell phone.
- Don't ride under the influence.

## WHAT IS A SHARROW?

“Sharrow” markings are a reminder that the lane is shared by people riding bikes and people driving cars. Sharrows are a guide to help people on bikes position themselves safely in the travel lane and encourage drivers to safely pass people on bikes.



Sharrow

## BIKE LOOP DETECTORS

Bike loop detectors help minimize delays and keep traffic moving efficiently through intersections. Bike detector markings indicate where to position your bike to trigger a green traffic light.



Bike Loop Detector

## RULES OF THE ROAD

Be aware of traffic laws. People driving cars must leave at least three feet of space when passing people riding bikes. If the street is not wide enough to allow the three foot distance, the person driving must wait until there is enough room to legally pass or change lanes to pass if necessary. The California Vehicle Code (Division 11, Chapter 1, Article 4) is available at [dmv.ca.gov](http://dmv.ca.gov).

## SHARE THE ROAD

- **Stay out of the “door zone”.** Ride at least a door’s width away from parked cars. If necessary, position yourself in the center of the travel lane.
- **Always pass on the left.** No one expects to be passed on the right. Pay attention when cars or buses stop in front of you, and to people crossing the street.
- **Always ride with traffic.** Stay alert and aware of cars around you. Ride in a straight line and avoid weaving between parked cars.
- **Yield to pedestrians.** People walking have the right-of-way at legal crossings. Yield to people walking when riding on walkways where bikes are permitted.
- **Use bike lanes when available.** When riding in a bike lane, ride to the left, as far from parked cars as practical.

## MAP YOUR ROUTE

With more than 1,340 miles of bikeways in the San Diego region, you can get almost anywhere you want to go by riding a bike. Use the interactive Regional Bike Map available at [511sd.com/bikemap](http://511sd.com/bikemap) to plan your route. Street and topographic views and layers to highlight rail lines and steep routes can help you find the best way to GO by BIKE.

**GO by BIKE is the San Diego Regional Bike Network.**  
**To learn more about planned bike projects,**  
**visit [GObyBIKEsd.com](http://GObyBIKEsd.com).**

iCommute has information to help you get ready to GO by BIKE. Visit [511sd.com/iCommute](http://511sd.com/iCommute) to sign up for a bike locker or to access a secure bike parking facility, find out [how to take your bike on transit](#), and pledge to GO by BIKE on [Bike to Work Day](#).

