



**Bicycle Safety**  
**Rules of the Road & Cycling Etiquette**  
*by Coach Chris Ludwig*

**1. Take No Chances**

- You are considered a vehicle but don't weigh as much as one
- Don't do anything you wouldn't in a car

**2. Be Seen & Heard**

- Wear bright clothes
- Blinky lights (front - white & rear - red) \*Lumens (25-250)
- Bell, horn or speak/yell

**3. Know Your Route and Conditions -Selecting Routes**

- Low volume/speed traffic
- 25-35 mph (prefer 2 lane roads with shoulders)
- Good pavement conditions

**4. Know Your Route and Conditions -Planning Your Routes**

- Out and back, or loops with mostly right turns
- Mapping programs (ride with GPS, Map My Ride, etc.)
- Local bike shop or clubs

**5. Other**

- Aggressive dogs (repellent or your water bottle)
- railroad crossings (Slick tracks, angle tracks)
- parked or hidden cars



**6. Ride Slert, Hyper Aware and Gain Eye Contact with Drivers Where Possible.  
This Translates to: You are a VEHICLE & OTHERS ARE RIDING WITH YOU!**

- Stopping at all stop signs when vehicles are at or approaching the intersection
- Stopping at all red lights
- Approaching all lighted intersections with caution
- Using the same logic at all unmarked intersections or side streets by at least slowing/maintaining a controlled speed before proceeding
- Never mixing it up with traffic without gaining eye contact and using hand signals
- Checking driveways and parked cars for signs of movement, lights or people in them
- Informing other riders of your intentions including passing or stopping (calling out “on your left”, “slowing”, “stopping”, “left turn”, etc.)
- Pointing out obstacles to fellow riders
- Calling out approaching cars by saying “car up” or “car back”