

TIPS FOR FUN AND SAFE BIKING

ALWAYS WEAR A HELMET WHEN RIDING



Look for CPSC approval. Helmet should be worn level, protecting your forehead, with straps fastened snugly.



BICYCLE SIZE

Rider should be able to straddle bicycle while standing flat-footed, and just clear the top tube's attachment point, which is located just below the handlebars. When seated, handlebars should be easily reached.



SEAT POSITION

When seated, with one pedal at 6 o'clock, the ball of that foot should just rest on the pedal with leg slightly bent.

MAINTENANCE

Keep brakes adjusted and tires aired to the pressure indicated on side of tire. Replace pads when wear shows. Lubricate all cables and drive parts regularly. Call bicycle shop for brake and lubrication advice.

NIGHT RIDING

When riding after dusk, Kansas law requires a white light on the front, front and rear reflectors on each pedal, and a red reflector on the rear. Better yet is a flashing red light on the rear. Always wear clothing that is reflective or very light-colored. Children should not ride on the street or sidewalk after dark.



RAILROAD CROSSINGS

Obey signs then look each way twice before crossing. Cross tracks at a right angle or as close to a right angle as possible.



HIGHWAYS

Bicycles are allowed on Kansas highways with the exception of interstates.

RESOURCES

<http://www.ksdot.org/burRail/bike/default.asp>

Alternative accessible formats available upon request to KDOT Traffic Safety, 785-296-3756, or 711 (hearing impaired).

RIDING IN TRAFFIC

OBEY THE SAME RULES OF THE ROAD AS DRIVERS.

It makes your movements more predictable.



LAWS

Traffic laws and fines apply to bicyclists as well as drivers.

YOUR ATTENTION PLEASE!

Headphone and cell phone use is hazardous.



RIDE WITH TRAFFIC, NEVER AGAINST IT.

OBEY ALL SIGNS AND LIGHTS.

WATCH FOR OBSTACLES IN YOUR PATH.

Watch for hazards like potholes, cracks, railroad joints, wet leaves, and drainage grates to help prevent sudden, unpredictable movements.



RIDE ON THE RIGHT SIDE OF THE ROAD

except when passing a vehicle, preparing to turn left, or avoiding hazards.

STAY AWARE OF MOTORISTS AROUND YOU.

Listen and look, make eye contact when possible; never assume you are seen.

RIDE DEFENSIVELY AT ALL TIMES.

Do frequent shoulder checks (glance over shoulders).

USE APPROPRIATE HAND SIGNALS WHEN TURNING.



WHEN RIDING ON SIDEWALKS, OR MULTI-USE PATHS

always watch for motorists entering or crossing the path or sidewalk from roadway or driveways.

**THINK SAFETY:
YOUR FAULT
OR NOT,
YOU LOSE.**

KANSAS

DEPARTMENT OF TRANSPORTATION
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