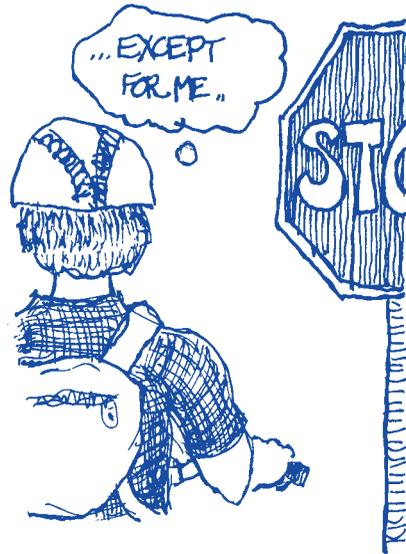


Riding With No Lights

There are many bicyclists out there riding at night without lights, and you may not see them until it's too late.

They probably think that just because they are only going a few blocks, it's OK. Unfortunately, most vehicle/bike crashes happen within a few blocks of the bike rider's home.

Get a good set of lights and reflectors, or else walk your bike at night.



Ignoring Stop Signs

Some bicycle riders think that stop signs and red lights are for somebody else. They want their rights to the road but won't accept their duties. Few things make motorists resent bike riders more than this lack of responsibility.

Obey the traffic laws and all stop signs.

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Riding Against Traffic

A common mistake made by many bicyclists, riding against traffic, may lead to accidents and traffic tickets. Over one-fifth of all vehicle/bike accidents are caused directly by wrong-way riders.

Ride with traffic. It's the legal thing to do and it helps motorists see you. That reduces your chances of having an accident.



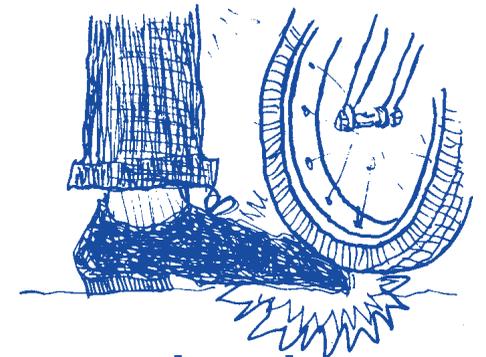
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Do you



make these eight common bicycling mistakes?

Riding on Busy Sidewalks

It's inconsiderate...not to mention dangerous. In every city that has analyzed bicycle crash rates on sidewalks and roadways, the sidewalks were found much more dangerous.

Ride in the street with the rest of traffic.



Pushing a High Gear

Riding around in tenth gear is another sign of a novice bicyclist. They struggle and strain and wobble down the road.

Use a middle gear for casual riding and try to get your pedal cadence up to 60-80 revolutions per minute. Once you get the hang of it, you'll find this is a lot easier on your knees too.



Riding "No-Hands"

Some bicyclists think this shows how skillful they are. Actually, all it really shows is that they can balance on their bikes—something almost everyone can do.

It also shows that they aren't in control of their bikes and all other road users should watch out for them. Such a childish attitude tells the motorist that the bicyclist hasn't grown up yet.

Ride with both hands on the handle bars; you'll be ready for emergencies.

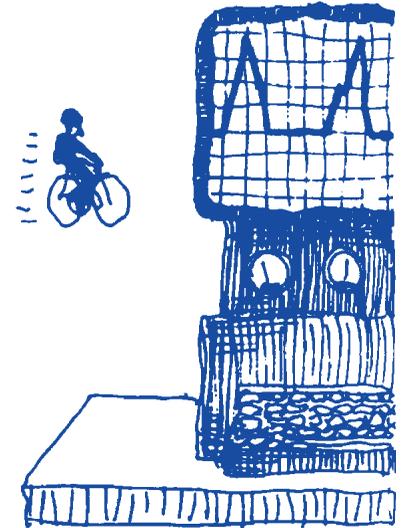


Wrong Seat Adjustment

Many bicyclists have set their seats too high or too low. They either sway back and forth on the seat (too high) or they can't get proper extension of their legs (too low).

The seat should be set so that when you sit on it and put your heel on the pedal in its lowest position, your leg is straight.

Then, when you pedal with the ball of your foot (the proper way), there will be a slight bend in your knee.



Pedal/Coast/ Pedal/Coast

Some cyclists pedal for a few revolutions and then coast for a while. They do this all the way down the street. It's a wasteful way to ride (uses too much energy!) and gives motorists fits, trying to figure out whether the bicyclists are getting ready to turn or stop.

Concentrate on steady and easy pedaling. It's a lot easier to keep up a constant speed than it is to speed up/slow down/speed up.