

General Tips for Cyclists

When travelling on city streets, cyclists should follow the same rules of the road as motorized vehicles. This means stopping at stop signs; obeying traffic signals and lane markings; and using hand signals to let others know your intention to stop or turn. Furthermore, cyclists are advised to be aware of their surroundings:

- Don't wear headphones; you need to be able to hear if a car is approaching.
- Slow down and check for oncoming traffic before entering any street or intersection
- Do your best to anticipate hazards and adjust your position in traffic accordingly.
- Be predictable: ride with the flow of traffic, on the right, and in a straight line – not in and out of parked cars on the side of the street.

Be visible and wear the proper protective gear. DC law mandates that riders under 16 are required to wear a helmet while cycling in the District of Columbia, but it's a good idea for bikers of any age. Make eye contact with motorists to let them know you are there (but don't always expect them to see you). And stay visible by riding where drivers are looking (i.e., do not pass on the right). Bicyclist should be particularly mindful of their visibility to other vehicles in the evening, especially when biking during rush hour or later. Legally, cyclists must have a front white light and a red rear reflector and/or a rear red light.



OFFICE OF SUSTAINABILITY



Sources and Further Reading

- beststreetsmart.net
- wmata.com
- mpdc.dc.gov
- vdot.virginia.gov
- bikemd.org

American University

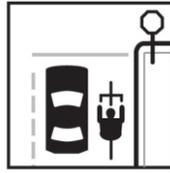


Bicycle Safety Pamphlet

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Being Street-Smart

- Obey all regulatory signs and traffic lights.
- Never ride against traffic. Ride with traffic to avoid potential accidents.
- Use hand signals to tell motorists what you intend to do.
- Ride in a straight line to the right of traffic and about a car door width away from parked cars.
- Always wear a helmet. Helmets dramatically reduce the risk of head injury in a bicycle accident.
- Use lights at night and when visibility is poor.



For the Metro...

Metrobus

The front of every Metrobus has a rack for two bikes. Load your bike, and go! You can transport your bicycle aboard Metrobus in quality, heavy-duty racks attached to the front of each bus. Load and unload your bike by following the instructions affixed to the racks. A locking mechanism will prevent your bike from coming loose. Up to two bicycles can be stored in each rack, and spaces in the racks are used on a "first come, first served" basis.



Metrorail

Bicycles are permitted on Metrorail (limited to two bicycles per car) weekdays except 7-10 a.m. and 4-7 p.m. Bicycles are permitted all day Saturday and Sunday as well as most holidays (limited to four bicycles per car).

Enter and exit through the first and last, not the center emergency, doors of each rail car.

Only regular bicycles are permitted (maximum size 80" long, 48" high, and 22" wide).

Use the elevator at all times. Do not take bicycles on escalators.

Do not ride bicycles in stations, on platforms or on trains. While wheeling your bicycle, keep both wheels on the ground and the kickstand up.



Where to Ride

- Bicyclists must ride with the flow of traffic on the right side of the highway.
- Bicyclists operating a bicycle on a roadway at less than the normal speed of traffic at the time and place under conditions then existing shall ride as close as safely practicable to the right curb or edge of roadway. Exceptions to this are when bicyclists are overtaking and passing another vehicle proceeding in the same direction, preparing for a left turn, avoiding unsafe conditions, avoiding riding in a lane that turns or diverges to the right, riding on a one way street where bicyclists may ride as near the left-hand curb or edge of roadway, or when the lane width is too narrow to share with a motor vehicle. Additionally, bicycles are not excluded from riding on the highway shoulder.
- Bicyclists must not ride between two lanes of traffic moving in the same direction unless one lane is a separate or mandatory turn lane.
- Bicycles may be ridden on sidewalks unless prohibited by local ordinance or traffic control devices. While on sidewalks and shared use paths, bicyclists must always yield the right of way to pedestrians and give an audible signal before passing a pedestrian.

