

Recipe for Your Ride!



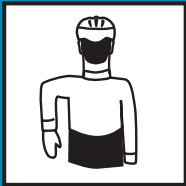
- **1 bike**
- **1 helmet**
- **1 or more front lights** (*white*) & **rear lights** (*red*) *for riding in the dark or rain*
- **1 lock** (*U-lock or heavy duty chain if you will be locking up outside*)
- **2 tires** *inflated to max PSI printed on sidewall*
- **backpack, basket, or pannier** (*saddlebag*)
- *optional: water, snack, spare tube, multi-tool, bus ticket*
- *For wet or cold days add: fenders, wool or synthetic hat & gloves, raincoat & rain pants, an extra pair of dry socks*

1. Plan your route; consult a bike map or another biker.
2. Ride with traffic and follow traffic signs and signals.
3. Use eye contact and turn signals; avoid large vehicles' blind spots.
4. Slow down and give pedestrians an audible signal on sidewalks and shared paths. Ring your bell.
5. Set a straight course in your travel lane; bike 3 feet away from parked cars and avoid weaving in and out between them.
6. Enjoy your ride and repeat often!



MORE INFO FROM THE BTA AT
bikecommutechallenge.com/resources

Signaling & Looking Back



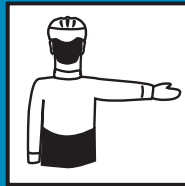
STOP



LEFT TURN



RIGHT TURN



**RIGHT TURN
(alternative)**



Practice **looking back** over your shoulder to be aware of traffic and when preparing for turns and lane changes. Look back without swerving by taking one hand off your handlebars.

THIS PROJECT IS PARTIALLY FUNDED BY THE FEDERAL TRANSIT ADMINISTRATION AND METRO'S REGIONAL TRAVEL OPTIONS PROGRAM.

Check Your Gear



Before you ride, check that your **helmet** covers your forehead. When you look up you should see the helmet's front edge.



Sliders should be slightly below and in front of your ears. Only two fingers should fit between the **chinstrap** and your neck.



Keep pant legs and shoelaces out of moving parts by **rolling** them up and **tucking** them in.



Wear bright and reflective **clothing** to help you be visible to motorists at night.

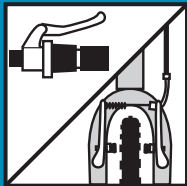
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Check Your Bike

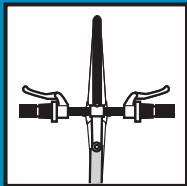
PART 1



Your **seat** is at the right height when you can reach the ground with the tips of your toes.



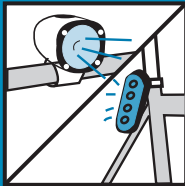
Squeeze the **brakes** and rock your bike forward. Both brakes should grip the rims smoothly and evenly. When braking, the levers should be at least one finger's width from the handlebars.



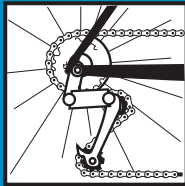
Your **handlebars** need to be tight and in line with the front wheel. Check tightness by squeezing the front wheel between your legs and trying to turn the handlebars from side to side. Tighten the stem bolts with an allen wrench if the handlebars move.

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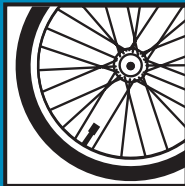
Check Your Bike PART 2



Use **lights**, white in front and red in rear, when riding at night. Check batteries often and make sure the lights are visible.



Check that the **chain** is running smoothly by pedaling backwards. Add lube to the chain if it looks dry or squeaks. Clean your chain with degreaser to remove rust and lube build-up.



Check that your **tires** are properly inflated and in good condition. You may need to replace your tire if you notice cracks in the sides or worn spots that bulge.

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