

Safe Bicycling in San Mateo County



Riding with & without bike lanes: page 15



Where to park your bike safely in San Mateo: page 7



How to find & repair problems: page 3



Bikes & transit: page 27



Know your rights & responsibilities: page 11

How to Use This Booklet

How should you use this booklet? First, look at the subjects listed on the front cover. You'll see what page to turn to for that information.

If you want other information about how to bike safely in San Mateo County, read the Table of Contents. There, we've listed everything this booklet covers. If you can't find what you want, check the list of bicyclists' resources on the inside back cover.

This booklet is intended for bicyclists above 12 years of age. Parents and teachers can use the booklet to teach younger cyclists how to bike safely.



Alliance Board Chair Diane Howard (far left) with Ramon Aguilar, Supervisory Committee Chair (third from right), and Alliance staff.

LETTER FROM THE ALLIANCE BOARD CHAIR

The Peninsula Traffic Congestion Relief Alliance, San Mateo County's Transportation Demand Management Agency, is committed to providing alternative congestion relief programs to employers, employees and residents of San Mateo County. These programs include incentives to try carpooling, vanpooling and the many public transit options available in San Mateo County such as Caltrain, BART, SamTrans and connections to AC Transit and VTA.

An important component of alternative congestion relief programs is bicycling. Bicycling is not only a great way to maintain health and well-being but it is also a great way to contribute to a healthier environment and improved air quality.

Whether cycling to work or for a scenic excursion, San Mateo County offers both transit links for bicycle commuters and miles of bicycle trails for cycling enthusiasts.

This booklet has been provided by the Peninsula Traffic Congestion Relief Alliance to give all cyclists, new and experienced, tips on riding safely, bicycle parking and storage information, help with bicycling to transit, and more.

The Peninsula Traffic Congestion Relief Alliance also offers free bicycle and pedestrian safety classes to San Mateo County employers and residents. For more information, please contact the Alliance at 650/588-8170 or alliance@commute.org.

Sincerely,

Chair,

Peninsula Traffic Congestion Relief Alliance Board of Directors
and Council Member, City of Redwood City

TABLE OF CONTENTS



1: Fitting & Equipping Your Bike

How to Get a Good Fit.....	2
Frame Size	2
Seat Height.....	2
Basic Equipment.....	4



2: Quick Maintenance Checks.....5



3: Where to Park Your Bike

Parking and Locking Basics	6
What Hardware Should You Use?	6
How to Lock Up	7
Where to Park	7
Cutting Your Theft Losses	8



4: All About Bike Helmets

Helmet Basics	9
Why Kids Need Helmets	9
How to Choose a Helmet.....	9
How to Check for a Good Fit.....	10
Comfort and Cost	10



5: Traffic Basics

Riding Predictably	11
Traffic Rules for Cyclists	11
How to Learn Traffic Skills.....	12
Communicating.....	13
Picking Your Route	14



6: Lane Positions, Turning, & Passing

Basic Lane Positions.....	15
Intersections and Turns	17
Turning Left from a Left-Turn Lane	18

Turning Left with No Left-Turn Lane	19
The Box Left Turn	19
Stops and Turns on Red.....	20
Three-Way Intersection.....	20
Passing	20
Squeezing between Cars	21
Passing Buses.....	21



7: Trouble Situations

Emergency Moves.....	22
How to Fall	22
Dogs	23
Pedestrians	23
Railroads	23
Assault	24
Conflicts with Motorists	24
What to Do after a Traffic Collision	25



8: Transit and Hills

Bike Access on Transit	26
Secure Bike Parking	27
Using Gears for Hills.....	27



9: Riding at Night & in Bad Weather

How to Be Seen at Night.....	29
Riding at Night	30
Riding in Rain.....	30
Dressing for Cold and Wet Weather	31

Bicyclists' Resources

.....inside back cover