

Bicycle 101

*Sal's guide for getting
around town by bike*



Seattle
Department of
Transportation

FLIPYOURTRIP

What You'll Need: **Bicycle**



Road bike



Mountain bike



City Bike



Cargo bike

★ Before you ride: [ABC Quick Check](#)

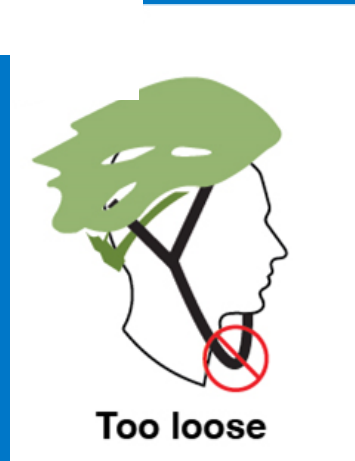
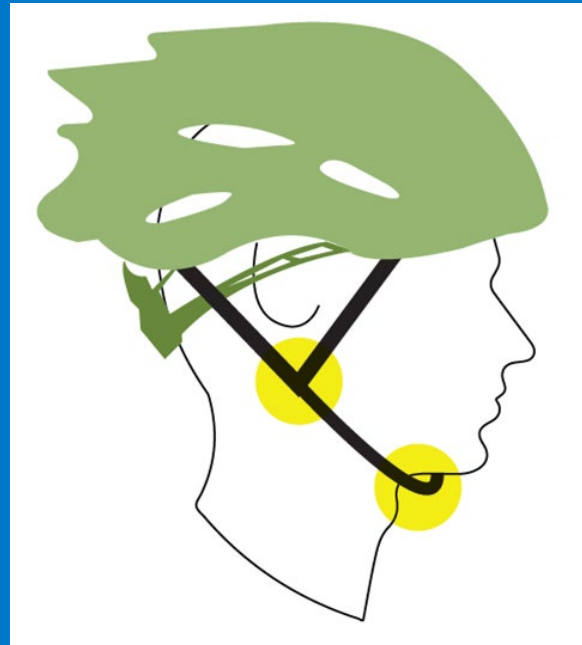
★ Information about [Basic Bike Sizing](#)

What You'll Need: **Helmet**

Helmet fit

- Level
- Side straps meet just under the ears
- Buckled snug under the chin

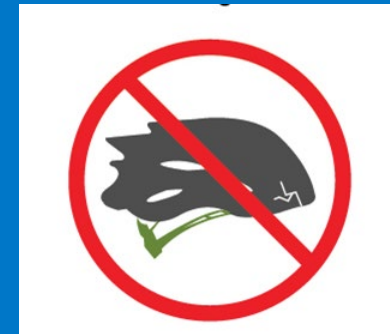
A properly fitting helmet will stay put when you move your head



★ [How to fit your bike helmet](#)

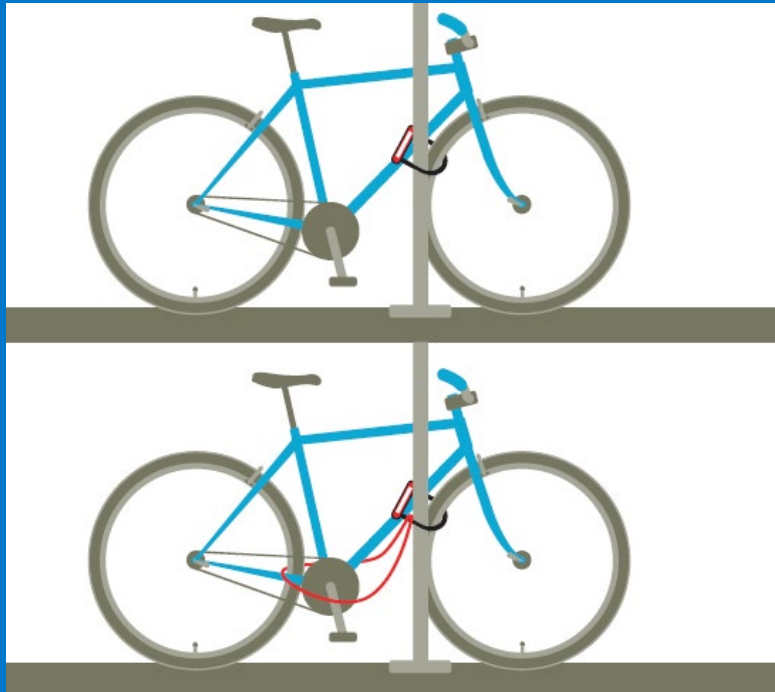
When to replace a helmet

- Every 3 to 5 years
- If you find a crack or damage
- If your helmet is impacted by a crash
- If your helmet does not comply with US Consumer Product Safety Commission standards.



What You'll Need: Basic Accessories

Lock



Lights and reflectors



Basic tool Kit



What You'll Need: Carrying System

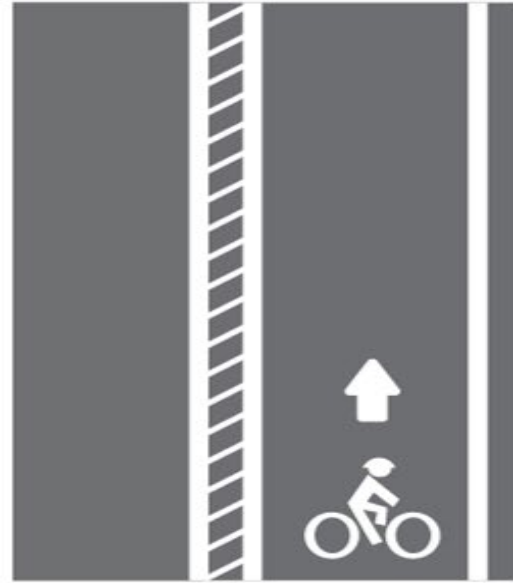
折叠式自行车篮筐



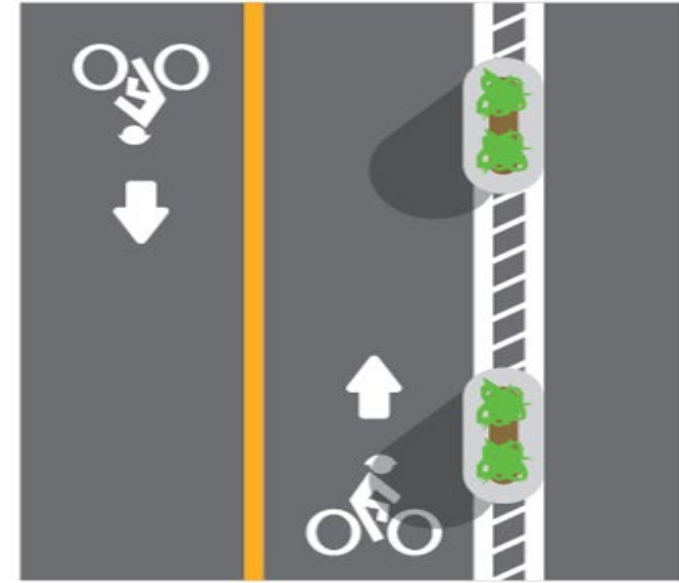
Planning your Route: Types of bike lanes



Bike lane



Buffered bike lane



Two-way protected bike lane

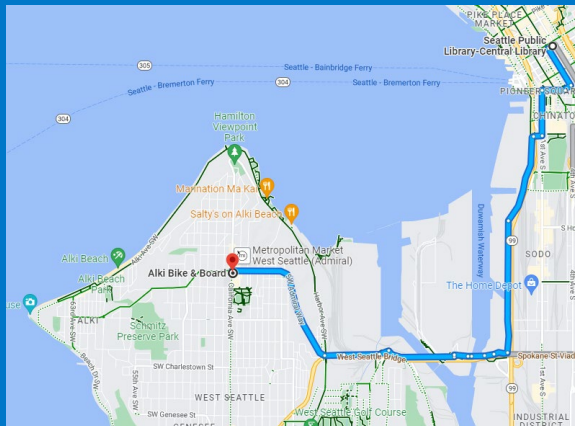
Paint strip

Wide painted buffer

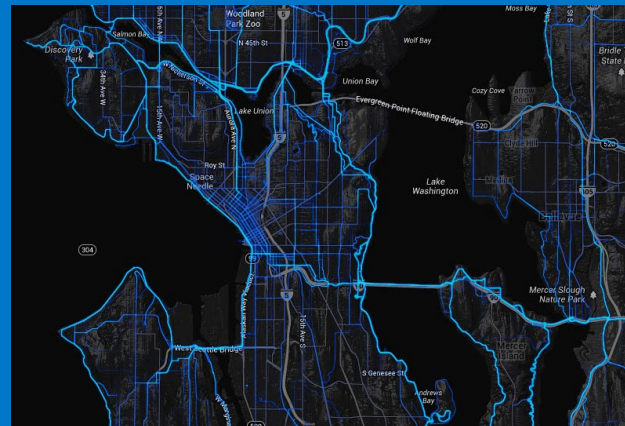
Physical barrier

Planning your Route: Route-planning tools

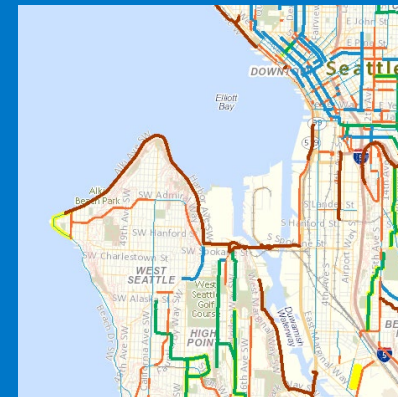
Google Maps



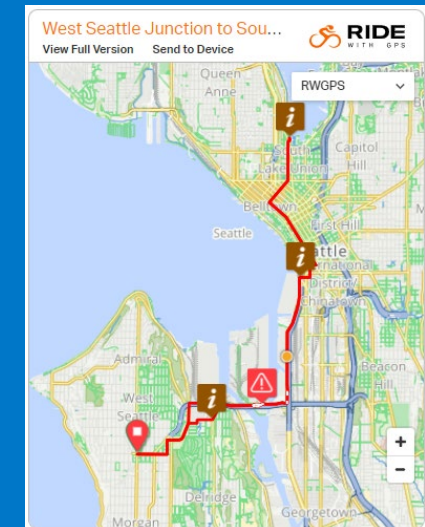
Strava Heatmap



Seattle City GIS



Ride with GPS



Planning your Route: Resources

- Extend your ride with transit !
 - [Bus](#)
 - [Light Rail](#)
 - [Water Taxi](#)
 - [Washington State Ferries](#)
 - [Secure bike parking at transit stations](#)



- [The Bikery's Commute Help Desk](#) can answer questions or plan a route for you.
- Cascade Bicycle Club resources: [maps](#), [classes](#), and [tips](#)

Planning your Route: Tips

- Take it slow: there is no wrong answer
- Go for a test ride
- Have a back-up plan
 - Bus
 - Someone to pick you up
 - Uber/Lyft



Safe Biking Tips

What are the traffic rules are for bikes?

They're the same as driving a car!

- Follow all street signs and signals.
- Ride in the direction of traffic.
- Yield to people walking.



Safe Biking Tips: **Where can I ride?**

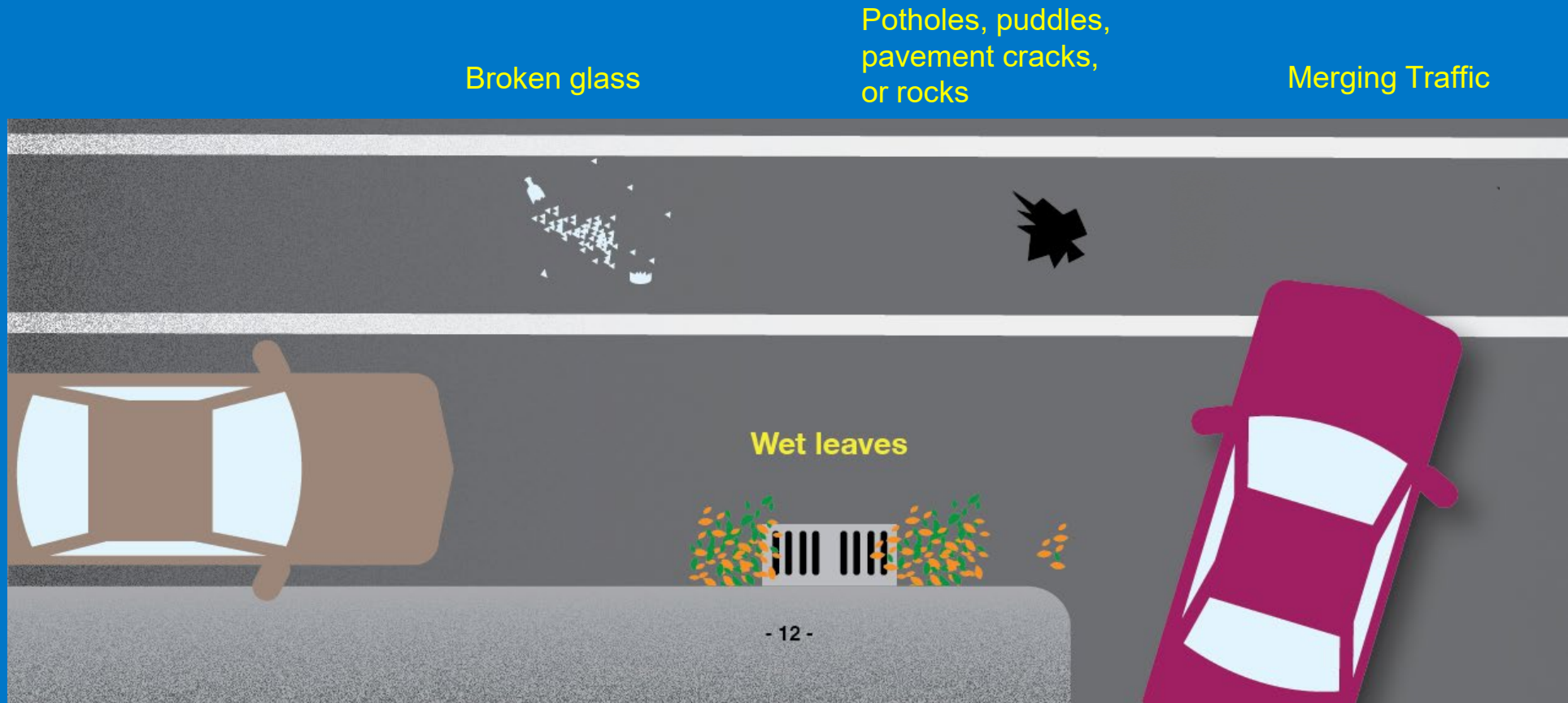
- Bicyclists are allowed to ride:
 - On sidewalks (in King County)
 - Not generally recommended
 - On streets with bike lanes
 - You may choose whether to ride in the bike lane OR general traffic lane
 - On any street (except some interstate highways)

Safe Biking Tips: The Door Zone



This scene shows a bike lane with common hazards. Washington State traffic law* does NOT require you to use bike lanes, and it may be best to leave the bike lane to avoid such obstacles.

* RCW 46.61.770



Safe Biking Tips: **Where to ride in the lane**

If there is room for a vehicle to pass you, ride to the **right**.

If there is **not** room to pass you, ride in the **middle** of the lane.

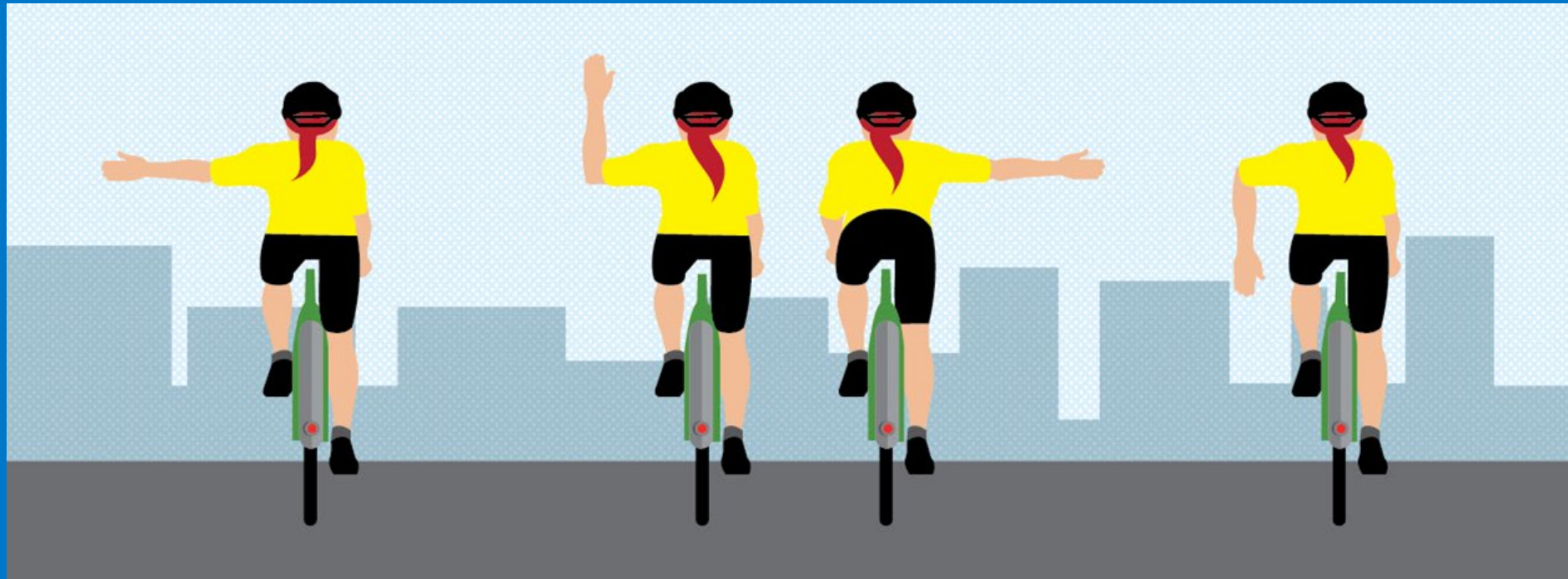


Safe Biking Tips: Signaling turns

Left

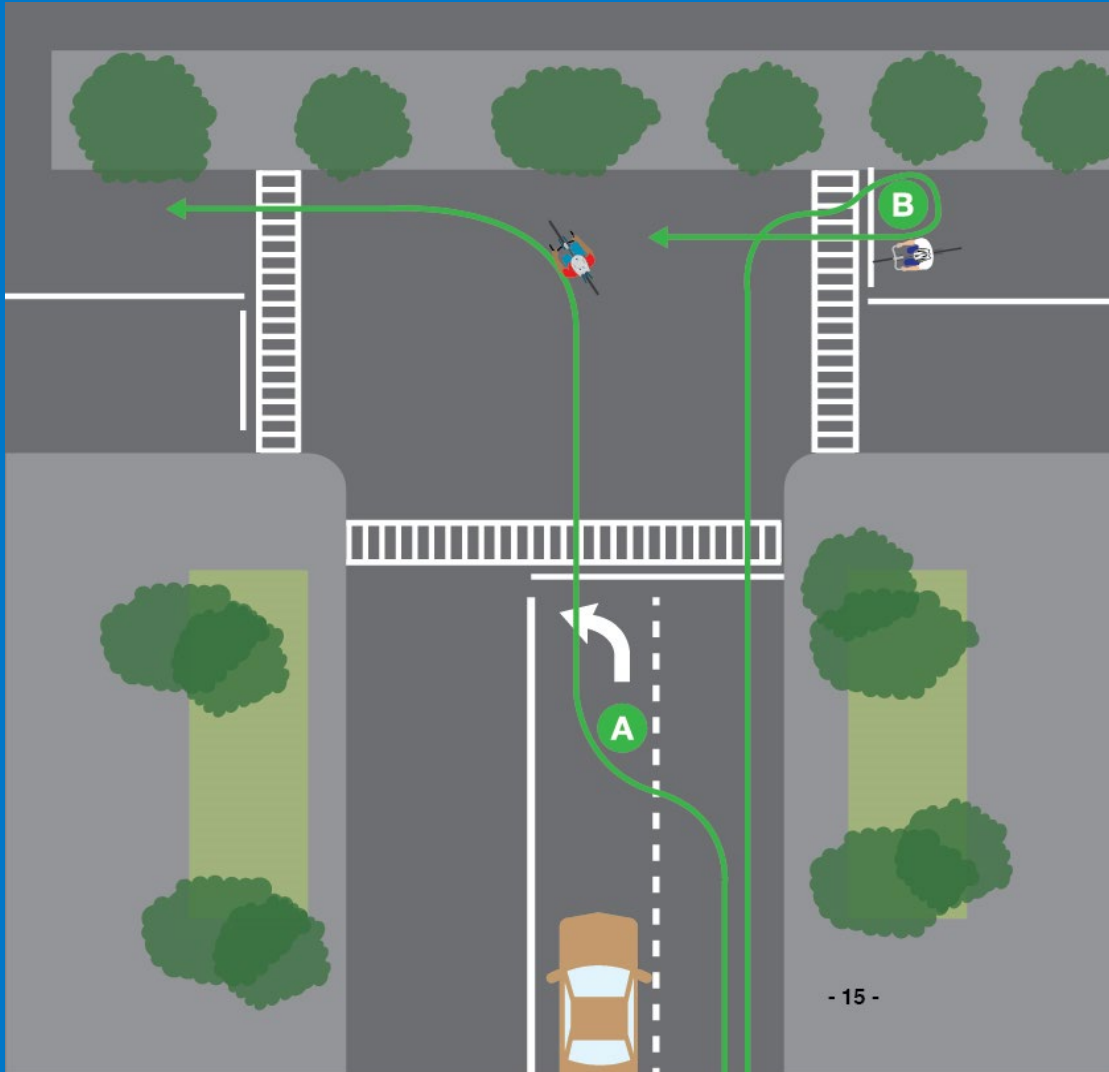
Right (2 options)

Slowing



- It's okay NOT to signal if you need your hands on the brakes
- Signal well before your turn

Safe Biking Tips: Left Turns



A

Left turn

Look back, signal and move left when it is clear. Use the left or center turn lane

B

Two-stage left turn.

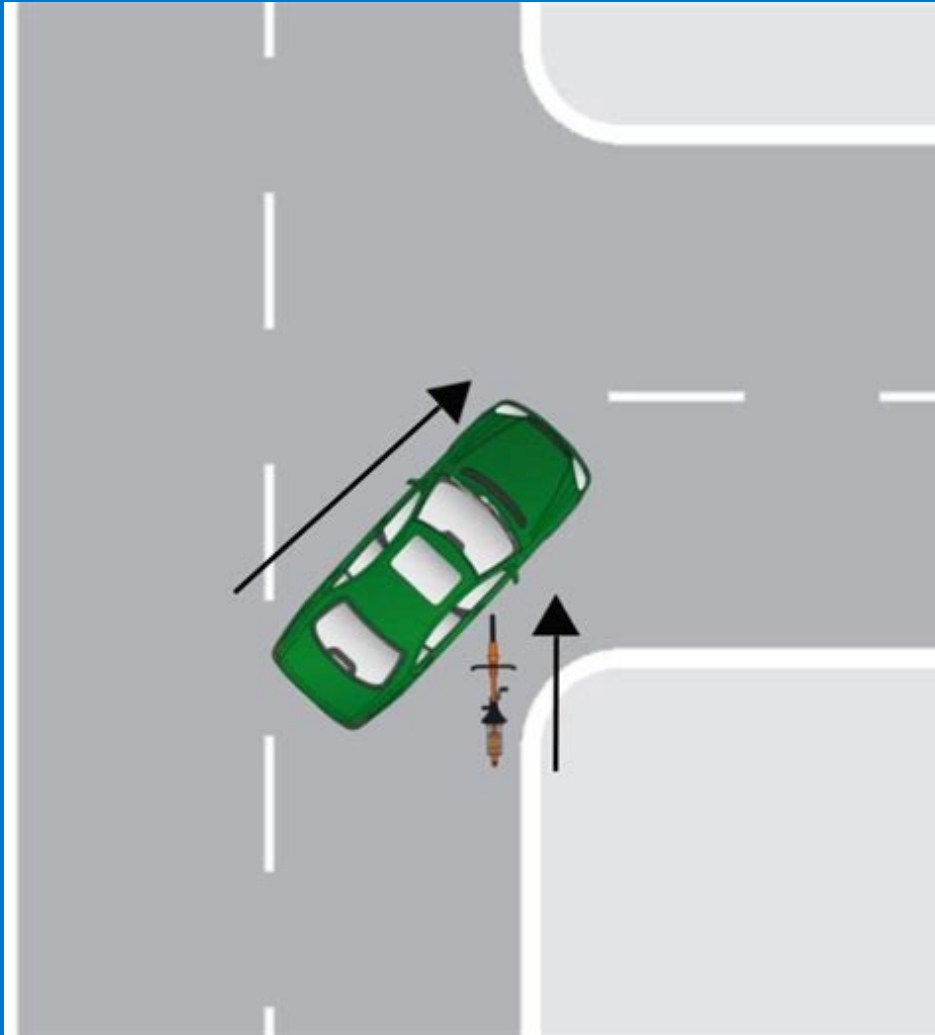
If traffic is too heavy or you are uncomfortable moving left, use this method.

Safe Biking Tips: Preventing Right Hooks

This happens when a vehicle makes a right-hand turn into a person riding a bicycle.

How can this be avoided?

- Be aware when bike lanes cross intersections.
- Don't pass traffic on the right.
- Ride in the center of the lane approaching intersections.
- Pass traffic on the left.



THANK YOU!



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