

14 Tips to Safe Bicycling

- 1 OBEY TRAFFIC SIGNS AND SIGNALS**
Bicycles must follow the rules of the road like other vehicles including stop signs.
- 2 NEVER RIDE AGAINST TRAFFIC**
Motorists aren't looking for bicyclists riding on the wrong side of the road. State law and common sense require that bicyclists drive like other vehicles.
- 3 FOLLOW LANE MARKINGS**
Don't turn left from the right lane. Don't go straight in a lane marked "right-turn only."
- 4 CHOOSE THE BEST WAY TO TURN LEFT**
There are two choices: (1) Like an auto: signal to move into the left turn lane and then turn left. (2) Like a pedestrian: ride straight to the far side crosswalk and walk your bike across.
- 5 KEEP CLEAR OF THE DOOR ZONE**
It is unsafe to ride too close to parked cars. Keep a distance of at least 4 feet between yourself and parked cars.
- 6 FOLLOW SHARROWS**
Ride on the center of the Sharrow which guide you along the safest route outside the door zone and around hazards.
- 7 ALWAYS WEAR A HELMET AND NEVER RIDE WITH HEADPHONES**
California law requires that minors under the age of 18 wear a helmet when riding a bike. It is recommended that adults wear a helmet also. Never wear headphones while riding a bike.
- 8 USE HAND SIGNALS**
Hand signals tell motorists and pedestrians what you intend to do. Signal as a matter of law, of courtesy, and of self-protection.



- 9 LOOK OUT FOR ROAD HAZARDS**
Watch out for parallel-slat sewer grates, gravel, sand or debris. Cross railroad tracks at right angles.
- 10 ALWAYS USE LIGHTS AT NIGHT**
The law requires a white headlight (visible from at least 500 feet ahead) and a rear reflector or taillight (visible up to 300 feet from behind). Just because you can see them, doesn't mean they can see you!
- 11 RIDE DEFENSIVELY**
Scan the road for vehicles and anticipate their movements. Learn to look back over your shoulder without losing your balance or swerving. Some riders use rear-view mirrors.
- 12 DRESS APPROPRIATELY**
Wear bright clothing and dress in layers to adjust to temperature changes.
- 13 KEEP YOUR BIKE IN GOOD REPAIR**
Adjust your bike to fit you and keep it working properly. Check brakes and tires regularly.
- 14 ALWAYS PARK SMART**
Lock your bike to a fixed immovable object in a visible location. Do not block pedestrians. Make sure the frame and front wheel (if quick release) is secure. A U-lock is recommended.

MORE INFORMATION

City of San Leandro Bicycle and Pedestrian Program
<http://www.sanleandro.org/depts/transit/bicycle.asp>

To report problems, call **510-577-3428**

Go to <http://bicycling.511.org> for the latest Bay Area bike info, maps, resources and bike trips.

For maps and information on the Bay Trail, go to <http://baytrail.abag.ca.gov>

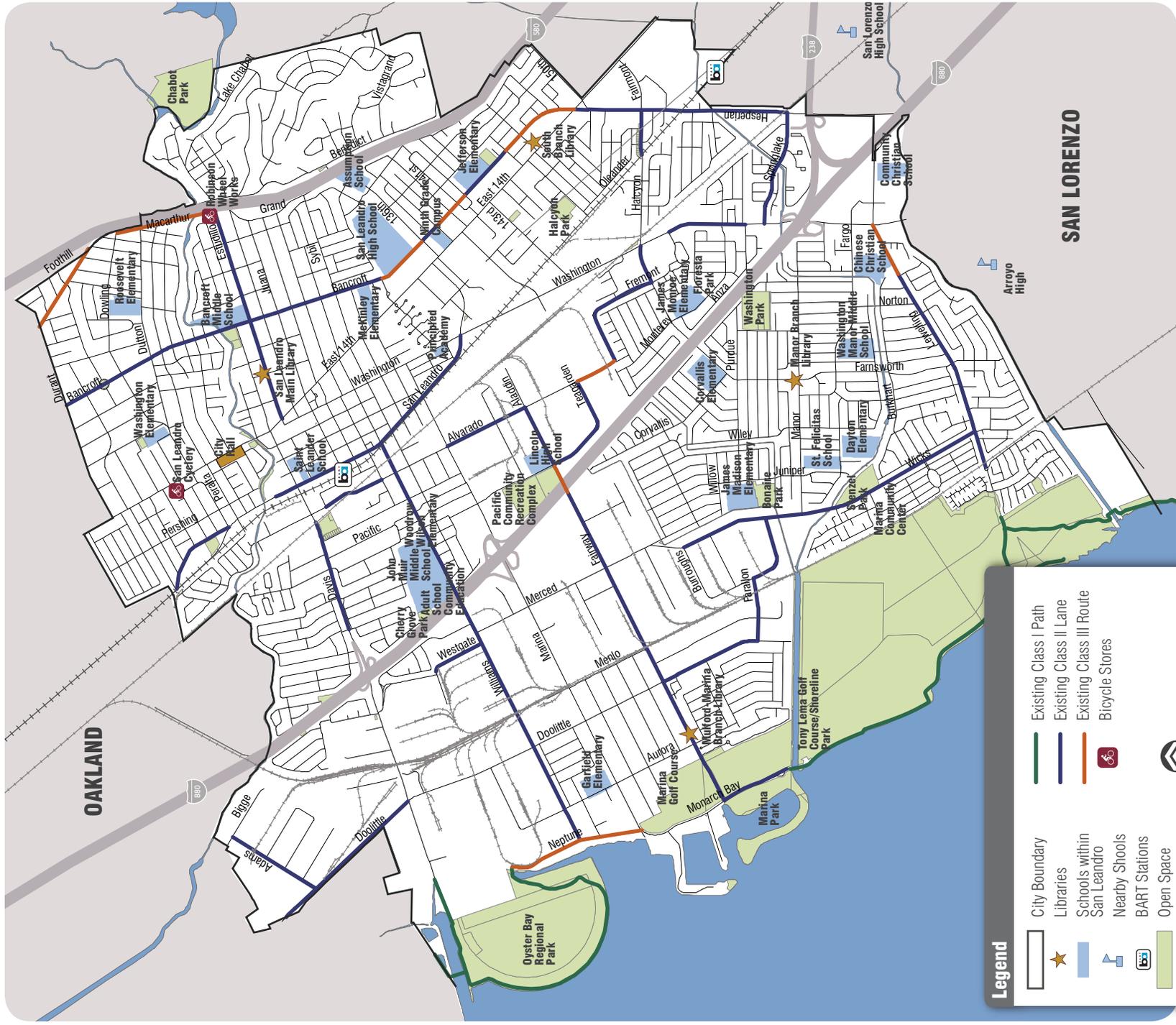
Visit the East Bay Bicycle Coalition at <http://ebbc.org> for bicycle safety/skills classes and bicycling maps

San Leandro Bicycle Map



San Leandro

Bicycle Map



SAN LORENZO

Legend

	City Boundary		Existing Class I Path
	Libraries within San Leandro		Existing Class II Lane
	Nearby Schools		Existing Class III Route
	BART Stations		Bicycle Stores
	Open Space		0 0.25 0.5 MILES
	Railroad Tracks		NORTH
	BART Tracks		

This map is to be used for informational and trip planning purposes only. The City of San Leandro make no guarantees regarding the condition or safety of designated bikeways and assumes no responsibility for any property damage, injury, or other adverse circumstances that may arise while using this map.