

MCBC Education Options to Help Overcome Your Obstacles to Bicycling

CLASSROOM PRESENTATION FOR CYCLISTS OF ALL LEVELS

BASIC STREET SKILLS CLASSES: A PowerPoint presentation that teaches participants to safely and confidently use a bicycle for transportation. This presentation is relevant for beginners and intermediate cyclists. Learn how to avoid collisions and citations, improve visibility, ride through intersections, and the legal rights and obligations of all cyclists. Drivers benefit from the class as well, by learning how and why bicycles maneuver on the roads.

BEGINNER CYCLISTS

WOMEN ON WHEELS BEGINNERS' WORKSHOPS: Workshop for women to learn how to get on and off their bike safely, use of hand brakes, and improve balance, turning and gear shifting.

INTERMEDIATE CYCLISTS

WOMEN ON WHEELS INTERMEDIATE WORKSHOPS: Workshop for women to learn hill climbing, gearing for efficiency, and how to ride on streets and in bike lanes safely and confidently.

PARENTS AND YOUTH

RIDING WITH YOUTH: Adults with children learn how to navigate streets and about proper equipment, communications, and appropriate bicycling behavior.

To learn of class and workshop dates and to register please visit www.marinbike.org.

These classes and workshops are presented by the Marin County Bicycle Coalition in their ongoing effort to improve bicycle safety in Marin County. Funding is provided by the Non-motorized Transportation Pilot Program and administered by WalkBikeMarin.



The Share the Road program is funded by WalkBikeMarin. WalkBikeMarin is an initiative by the County of Marin to encourage walking and bicycling as everyday transportation as a way to make Marin more healthy, livable, and environmentally sustainable. To stay informed of events and activities, go to www.walkbikemarin.org



Marin County Bicycle Coalition (MCBC) is a non-profit membership-based organization whose mission is to promote safe bicycling for everyday transportation and recreation.

Join MCBC online at www.marinbike.org



Let's All Be a Part of the Solution!

Marin County's roads can be safe for all cyclists and motorists. In order to co-exist safely, we need mutual respect and understanding between cyclists and motorists, as we share the same rights and responsibilities on public roads.

MOTORISTS' #1 CONCERN:

Cyclists not stopping at STOP signs or red traffic signals. Motorists feel that the cyclist is not following the rules of the road.

CYCLISTS' #1 CONCERN:

Motorists not allowing at least 3 feet from bicycles when passing. A car passing too closely and/or too quickly can cause a collision with a cyclist.

The State Traffic Lane Rule

Per the California Vehicle Code cyclists have the same rights to and responsibilities on the road as motorists. (California Vehicle Code CVC 21200). Cyclists should stay as far to the right as practicable.

Cyclists can use an entire traffic lane under the following conditions (CVC21202):

1. When riding at the same speed as the posted speed limit or at the same speed as the normal flow of traffic.
2. When passing a slower vehicle.
3. When avoiding hazardous conditions.
4. When the lane is too narrow to be shared by both a bicycle and a vehicle.
5. When preparing to make a left turn.

MOTORIST INFORMATION

Be Safe and Courteous



Wait patiently to pass: Please slow down and wait for a safe place to pass a cyclist on a narrow roadway.

Unsafe passing can result in a head-on collision or force a cyclist off the road abruptly.

Be alert and look for cyclists: Please check for bikes before changing lanes, parking and when opening a car door.

Pay special attention around schools: Please look out for children. Children can dart out from sidewalks and between parked cars unexpectedly.

Only honk in emergencies: When motorists sound their horn near a cyclist it can startle them, causing them to weave into traffic or even fall from their bike.

My Code of Conduct as a Motorist

1. I provide at least three feet of space between my vehicle and the bicyclist when passing.
2. I yield to cyclists and pedestrians at crosswalks and when they are crossing at unmarked intersections or freeway on and off-ramps.
3. I look behind my vehicle before opening a car door.
4. I look for cyclists before exiting a parking space or driveway.
5. I look for cyclists when making turns - it's easy to misjudge the speed of an oncoming cyclist.
6. If pulling a trailer, I take special care to ensure that the trailer does not endanger cyclists.

CYCLIST INFORMATION

Be Safe and Courteous



Obey all traffic laws, signs and signals: Cyclists are considered legal operators of a bicycle on the road. Therefore, drive your bike as if you were a motorist.

Ride single file and to the right, or "take the lane": When the road is too narrow for a car to pass safely in your lane, "take the lane" to avoid being clipped by a motorist.

Use hand signals and communicate: Signaling draws the driver's attention to you.

Avoid provoking motorists: Regardless of who is at fault, antagonizing motorists can result in dangerous and aggressive driving!

My Code of Conduct as a Cyclist

1. I obey all traffic laws, including stopping at STOP signs or red lights.
2. I ride in the same direction as other traffic.
3. I ride single file and to the right.
4. I "take the lane" when I am traveling at the speed of traffic and ride just to the right when the road is wide enough to safely share.
5. I allow motorists to pass when they are lined up behind me, and I don't needlessly block the road.
6. I look behind me before passing or changing lanes.
7. I use hand signals.
8. I ring a bell or call out when passing other cyclists and pedestrians.
9. I ride predictably; I don't weave.
10. I use lights at night.