



## Wear a helmet

Like a seat belt in a car, a helmet can save your life in a collision or a fall. Also, cyclists under 18 years of age are required by law to wear a helmet while riding.

## Stay hydrated

Dehydration can impair your judgment and your physical ability. Drink water before you feel thirsty and keep sipping during your ride.



## Combine your transit options

Most public transit systems, including San Joaquin RTD, have bike racks to allow cyclists to take their bikes with them.

To learn more, visit:  
[www.sanjoaquinRTD.com/bike](http://www.sanjoaquinRTD.com/bike)  
1.800.HOW.TO.RIDE  
209.943.1111

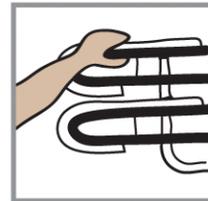


# Did you know, Most San Joaquin RTD Buses Have Bike Racks?

There are also places to store and lock your bike provided at both the Downtown Transit Center and at the Mall Transfer Station. Best of all, there's no charge to use any of these amenities. So grab your bike, and hop on board.

This form of multi-modal transportation makes it easier for you to get to your bus stop and your destination.

Bike racks are provided as a convenience to bus riders on first-come, first served basis. The San Joaquin Regional Transit District is not responsible for personal injury, property damage or loss from use of this equipment. Use at your own risk.



Squeeze handle, pull down rack.



Load bike onto rack.



Grasp arm support,



and pull over tire.

BICYCLE SAFETY:

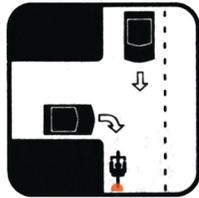
# Safe Riding in Traffic



## Your guide to bicycle safety and to the rules of the road.



[www.sanjoaquinRTD.com](http://www.sanjoaquinRTD.com)  
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## NEVER RIDE AGAINST TRAFFIC

Motorists are not looking for bicyclists riding on the wrong side of the road.



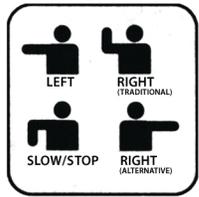
## FOLLOW LANE MARKINGS

Do not go straight in lanes designated for turning traffic only.



## BE READY TO BRAKE

You may need to stop suddenly. In wet weather, allow three times the normal braking distance.



## USE HAND SIGNALS

Hand signals tell others what you intend to do. Signal as a matter of courtesy and safety.



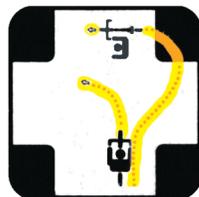
## DON'T WEAVE INTO PARKING LANES

Motorists may not see you when you move back into traffic lanes.



## CHILDREN 12 OR UNDER ON SIDEWALK

**SLOWLY** - Pedestrians have the right-of-way, warn them when you pass. Watch out at driveways & intersections.



## CHOOSE THE BEST WAY TO TURN LEFT

1. Signal and turn left.
2. Cross at a crosswalk, walking your bicycle.



## RIDE IN A STRAIGHT LINE

This will allow others to anticipate your actions and give you time to avoid obstacles.



## DON'T PASS ON THE RIGHT

Be courteous and cautious, vehicle may not see you and could turn in front of you.



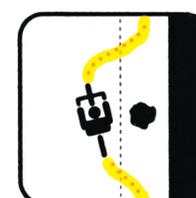
## RIDE IN THE MIDDLE OF NARROW LANES

When a lane is too narrow for a car to pass you safely, be in the middle of the lane.



## OBEY TRAFFIC SIGNS AND LAWS

Bicyclists must follow the same laws as motorists. Stop at stop signs and signals just as you'd do in a car.



## LEAVING A BIKE LANE.

If there is a road hazard and you must enter the traffic lane, signal first and merge with caution.



## SCAN THE ROAD AROUND YOU

Look ahead and anticipate what other traffic might do. Learn to look over your shoulder without losing your balance or swerving.



## BE VISIBLE AT NIGHT

The law requires a strong headlight visible from 500 feet ahead and tail light or reflector visible from 600 ft behind. Wear light-colored clothes.

## REMEMBER TO:

1. **BE ALERT**
2. **BE PREDICTABLE**