



FREE!

Bike Smart

The Official Guide to
Cycling in New York City

Michael R. Bloomberg, Mayor, New York City
Janette Sadik-Khan, Commissioner, NYCDOT

New York City Cyclists Must:

1

Yield to pedestrians

Ceda el paso a los peatones

讓路給行人

2

Stop at red lights and stop signs

Deténgase en las luces rojas del semáforo y las señales de pare

在號誌轉為紅燈後和 STOP (暫時停車) 標誌前停下

3

Ride in the direction of traffic

Circule en el sentido del tránsito cuando ande en bicicleta

朝交通方向騎乘

4

Stay off the sidewalk (unless you're under 13)

No use las aceras (a menos que tenga menos de 13 años de edad)

離開人行道 (除非您是13歲以下)

5

Use a white front light and red tail light at night

Use una luz delantera blanca y una luz trasera roja durante la noche

晚上使用白色頭燈和紅色尾燈

www.nyc.gov/bikesmart

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Tips for a Safe Ride

ON THE STREET

Act Like a Car

Drivers are used to the patterns of other drivers.

Don't weave in and out of traffic. The more predictably you ride, the safer you are.

Look, Signal & Look Again

Use hand signals to let drivers and other cyclists know where you're going. Look and make eye contact. Don't assume drivers will stop.

Stay Visible

If drivers can see you, they are less likely to hit you.

Use lights when riding at night or in low-light conditions.

Don't Ride Distracted

Don't listen to music, talk on the phone or text while riding.

It is illegal to ride with both headphones in.

Use Your Bell

Your bell alerts drivers, pedestrians and other cyclists to your presence. Bells are required by law.

Wear a Helmet

Helmets are required by law for children 13 years or younger.

ON GREENWAYS & BRIDGES OR IN PARKS

Ride Right & Pass Left

Pass Safely and Courteously

Ride slowly when shared paths are crowded, use your bell and/or voice to signal when you want to pass, and always yield to pedestrians.



Future Proposed Route

Sheltered Bike Parking

Bike route direction on a 1-way street

Bike route direction on a 2-way street

Bike Shop with Bike Rental

Bike Shop

Know Your Lanes

New York City's more than 700 miles of bike facilities are classified into three distinct categories: paths, lanes and shared lanes. Knowing the difference between these facilities can help you plan for a safe, fun trip regardless of your skill-level.



Bike Path

On-street bike paths are protected from vehicular traffic by parked cars. Bike paths also exist along much of the City's waterfront and in many parks. Unless otherwise marked,

cyclists must travel in the direction of car traffic.



Bike Lane

Bike lanes are painted onto the road, usually next to the parking lane, and are marked with bike symbols. Some lanes have a painted buffer. Unless otherwise marked, cyclists

must travel in the direction of car traffic.



Shared Lane

Shared lanes are shared by cyclists and drivers. They are marked by "sharrows" (bike symbols & chevrons) and signs. Sharrows are placed just far enough from the curb to

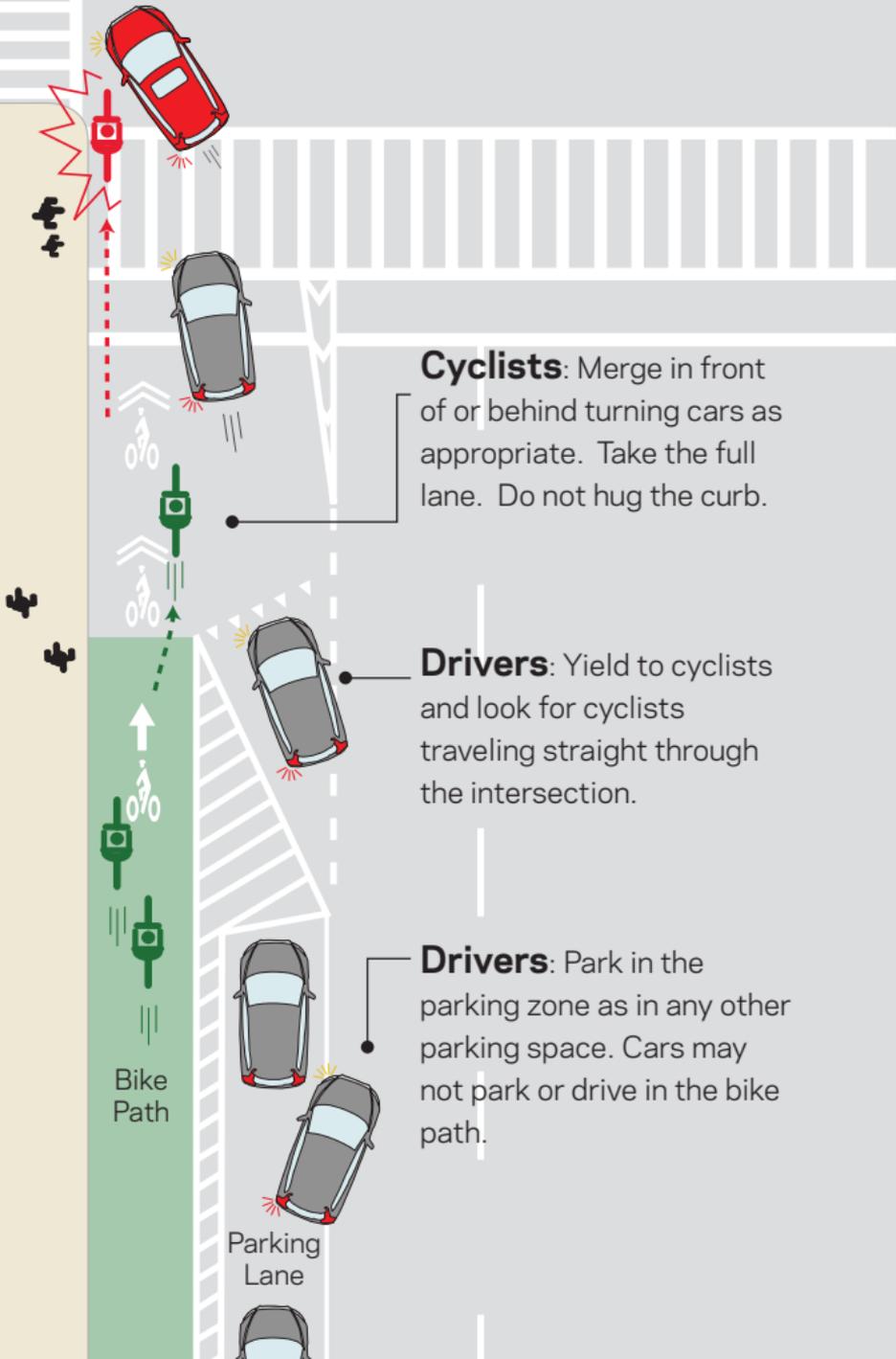
help you avoid opening car doors. Cyclists should "take the lane" when necessary and ride in the direction of car traffic at all times.

Parking protected bike paths have reduced cyclist, pedestrian and vehicular injuries up to 60%.



Using Mixing Zones

Tips for Parking Protected Paths



Tips for Left Turns at Green Lights

"Pedestrian Style"

2 Wait for the light to advance.



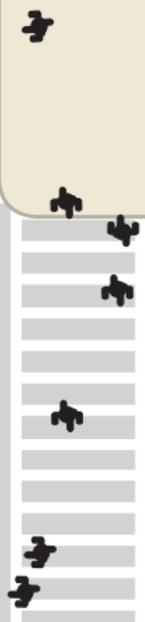
2



1 Ride carefully next to the crosswalk with the "Walk" signal.



1



"Vehicular Style"



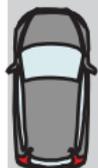
3 Complete your turn like any other vehicle.

3



2 When it is safe, carefully move into the left-hand lane.

2



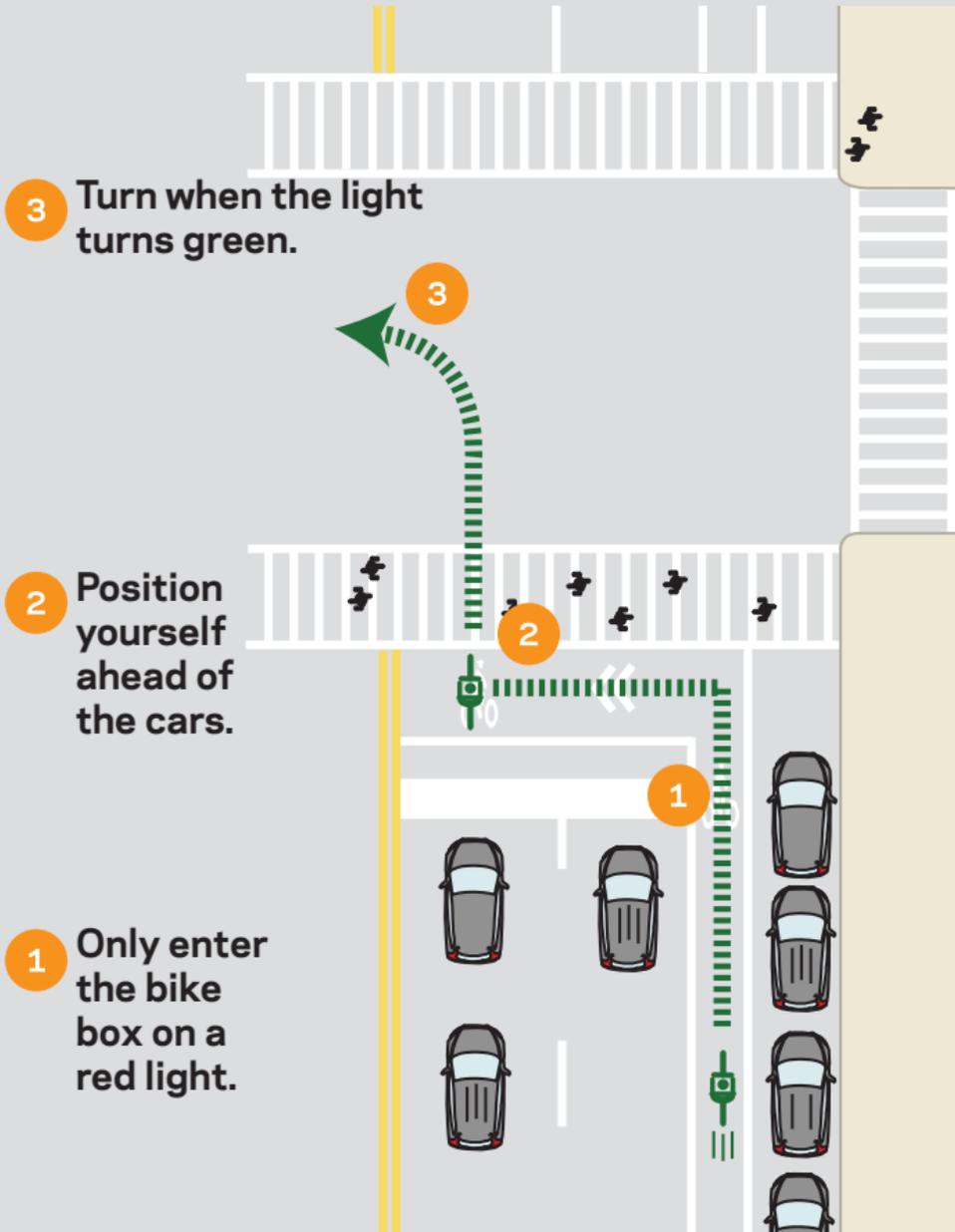
1 Look, and double-check, for on-coming cars. Signal with your hands.

1



Using a Bike Box

Bike boxes increase the visibility of cyclists stopped at **red** lights. **Only use a bike box when you approach the intersection at a red light.**



Tips for Turns

- 1** Look over your shoulder for cars and signal before making a turn or changing lanes. Double check.
- 2** Use hand signals to tell drivers where you are going.
- 3** Don't change lanes abruptly. Signal your intended route well in advance of your turn.
- 4** If you feel uncomfortable merging or turning, pull over to the side of the road and wait until the cars have passed.

Don't Get "Doored"

Do not hug the parking lane.

Leave room (at least 3 ft.) between you and parked cars.

Ride on the "Sharrows."

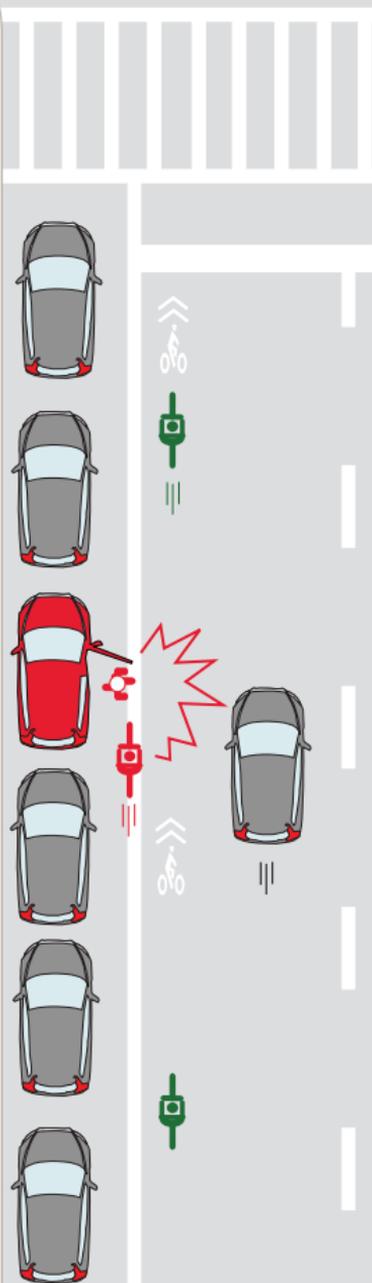
On shared lanes, the bike symbol and chevron markings are placed just far enough from the curb to help you avoid opening car doors.

Watch parked cars carefully.

Look inside before you pass to see if there are people inside. Watch car tail lights and taxi on/off duty lights to anticipate driver actions and exiting passengers.

Signaling helps drivers and other cyclists to anticipate your actions.

Use these basic hand signals to increase your safety.



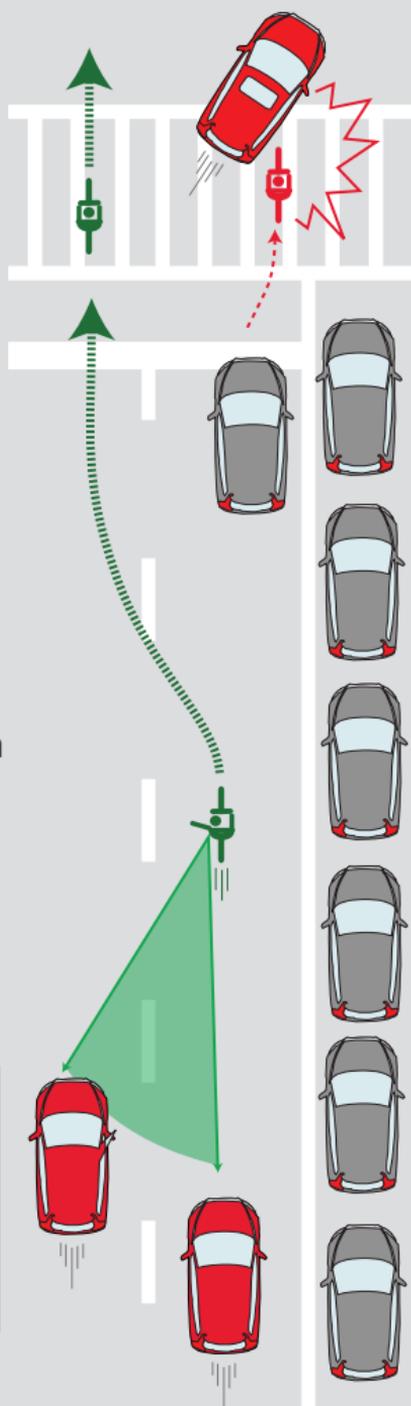
Take the Lane

You have the right to ride in the center of travel lanes when necessary for your safety.

Take the lane when turning, in areas with low visibility, and in places where the street is too narrow to allow a bicycle and a vehicle to travel safely side by side.

Look, signal and look again before you change lanes.

If you feel uncomfortable merging, stop and wait until the cars have passed.



LEFT



RIGHT



STOP

shown from rear

Don't Get Caught in the Blind Spot

DO NOT pass a bus on the right.

Buses frequently pull to the curb.



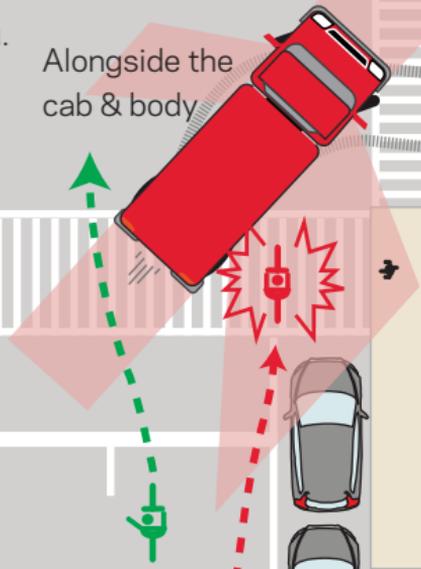
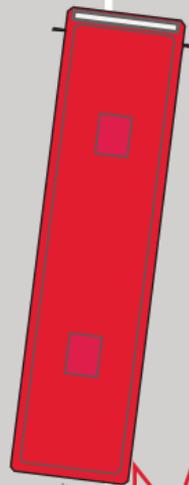
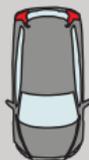
Look before you change lanes.

Leave extra room between you and trucks. Trucks have larger blind spots than cars. Do not assume truck drivers can see you.

Truck Blind Spots:

Up to 10 feet directly in front

Alongside the cab & body



Read the Road



A dashed bike lane line indicates that cars may turn across the bike lane.



A mid-block dashed line indicates an active driveway.

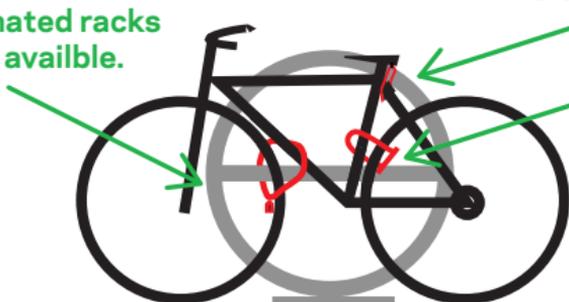


At intersections, the dashed line with chevrons indicates that cars may turn across your path.

Lock Your Bike Right

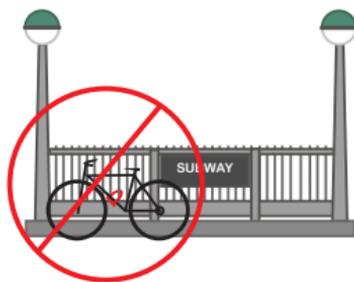
Lock your bike to designated racks where available.

Lock all "quick release" parts.



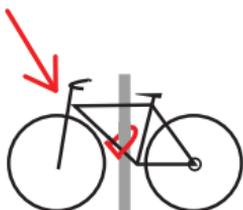
Lock your wheels to your frame.

Lock your bike with a U-lock or heavy chain.

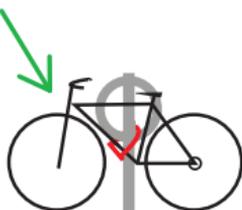


Do not lock to trees or subway railings.

NO



YES



Look up! Make sure you can't lift your bike over the object to which you have locked it.

Bring Your Bike Inside

If you work in a commercial office building with a freight elevator, the new “Bikes in Buildings” law provides a way for you to request indoor access for your bicycle.

The building owner may choose to allow bicycles into the building, stored in space provided by the tenant, or provide other secure bike parking options.

Interested employees should speak with their employers who, as tenants of the building, can file a request with the building owner. Individual employees cannot file requests for bicycle access.

Get started in your office by talking to other employees who cycle or might be interested in commuting by bicycle. Let your office/facilities manager or HR representative know that you are interested in bicycle access.



For more information call 311 or go to www.nyc.gov/bikesinbuildings

Ride Smart



Helmet

74% of cyclist fatalities result from head injuries.

Helmets are required by New York State Law for cyclists 13 years old or younger.



Lights & Reflectors

45% of bicyclist fatalities in New York City happen in the dark.

You are required by New York State Law to use white front lights and red tail lights on your bicycle when you ride at night.



Bell

Make some noise!

You are required by New York State Law to have a bell on your bicycle.



The Right Fit

- 1 Wear a helmet whenever you ride.
- 2 Always buckle the chin strap.
- 3 Replace your helmet after any crash and whenever you see signs of damage.

RIGHT!



WRONG!



Tilted

Wear your helmet level on your head, about 2 finger-widths above your eyebrows.



Loose Straps

Make sure the straps are snug. Only about 2 fingers should fit beneath the chin strap.



Too Big

Your helmet should fit snugly on your head and not rock side-to-side. Use the foam pads that came with the helmet or the internal adjuster to fine-tune.

**Need a helmet?
Call 311 to schedule your free helmet fitting!**

NYC Bike Resources

City of New York

NYC Dept. of Transportation Bicycle Program www.nyc.gov/bikes

DOT NYCycles E-Newsletter www.nyc.gov/dotnews

NYC Dept. of City Planning www.nyc.gov/planning

NYC Dept. of Parks & Recreation www.nyc.gov/parks

Cycling and Cycling Advocacy Organizations

Bike New York (free bike education) www.bikennyork.org

Transportation Alternatives (bike/ped. advocacy) www.transalt.org

Five Borough Bicycle Club (rec. group rides) www.5bbc.org

Staten Island Bicycling Association (rec. group rides) www.sibike.org

Weekday Cyclists in NYC (rec. group rides) www.weekdaycyclists.org

New York Cycle Club (rec. day trips) www.nycc.org

Century Road Club Association (competitive cycling): www.crca.net

Fast & Fabulous (LGBT) www.fastnfab.org

Outside New York City

New York State www.nysdot.gov

New York Bicycling Coalition (statewide resources) www.nybc.net

Westchester County parks.westchestergov.com

New Jersey Palisades www.njpalisades.org/cycling.htm

East Coast Greenway www.greenway.org

Long Island www.4commute.com

League of American Bicyclists www.bikeleague.org

National Center for Bicycling and Walking www.bikewalk.org

**For a free NYC Cycling Map:
Call 311 or go to www.nyc.gov/bikes**



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