

# CITY OF MIDDLETON BICYCLE GUIDE

## SAFETY TIPS



### **Obey traffic signs and signals**

Bicycles must follow the rules of the road like other vehicles, this includes traffic signs, signals, lane markings, and turning lanes.



Photographer: Dave Schlabowski

### **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.



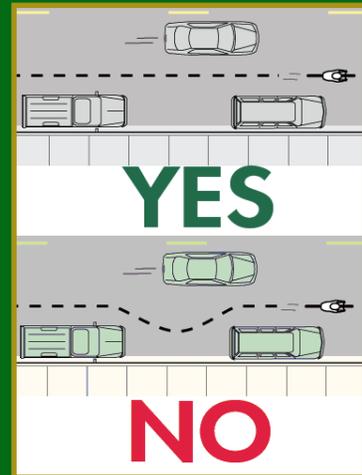
### **Don't pass on the right**

Motorists will not be looking for and may not see a bicycle passing on the right.



## Be predictable

Ride in a straight line, not in and out of cars. Give parked vehicles space, and watch out for car doors and vehicles pulling out from parked spaces. Motorists are required by law to give bicycles at least 3 feet of space.



## Choose the best way to turn left

Turn left like an auto by signaling to move into the left turn lane and then turn left. Turn as a pedestrian by riding straight to the far side crosswalk. Walk your bike across.

## “Take a Lane”

To increase your visibility to motorists, ride in the middle of the lane at busy intersections and whenever you are moving at the same speed as traffic. Bicyclists are entitled to use the entire lane if the lane is narrow.

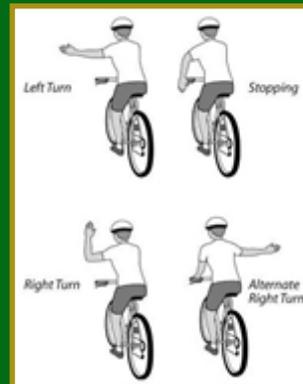
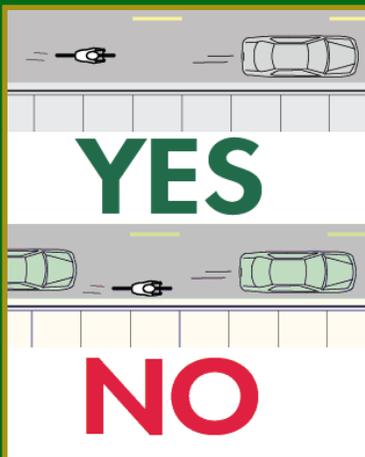


Image Source: Bicycle Federation of Wisconsin



## Make eye contact with drivers and use hand signals

Assume that other drivers don't see you until you are sure that they do. Hand signals tell motorists and pedestrians what you intend to do. Signal as a matter of law, of courtesy, and of self-protection. Practice courtesy when passing fellow bicyclists by announcing “on your left.”



## **Be aware of your surroundings**

Watch out for parallel-slat sewer grates, gravel, ice, sand or debris. Cross railroad tracks at right angles. Learn to look back over your shoulder without losing your balance or swerving, or equip your bicycle with rear-view mirrors.



## **Wear a helmet and never ride with headphones**

Always wear a properly fitting helmet while riding. Your helmet should be positioned on top of your head, and should not move easily side-to-side or be tilted upwards. Never wear headphones while riding a bike.

## **Travel Prepared**

In foul weather, wear a poncho or waterproof suit. Dress in layers so you can adjust to temperature changes. Wear bright colored clothing. Before your ride check to see if your brakes are in working order and your tires are properly inflated. If possible, pack a patch kit, hand pump, tire levers, and spare tubes.

## **Use lights at night**

State of Wisconsin law requires a white headlight (visible from at least 500 feet ahead) and a rear reflector.

## **Adjust Your Bicycle to Fit**

Stand over your bicycle. There should be 1 to 2 inches between you and the top tube (bar) if using a road bike and 3 to 4 inches if a mountain bicycle. The seat should be level front to back. The seat height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be at the same level with the seat.



# BICYCLE AND PEDESTRIAN PLAN MAP

