**ADVICE to CYCLISTS**

**NEVER RIDE AGAINST TRAFFIC**
It is extremely dangerous and against the law to ride on the wrong side of the roadway. It is also illegal to ride the wrong way on a one-way street.

**RIDE DEFENSIVELY**
When possible, ride in a straight line, to the right of traffic. For your own safety be as predictable as you can.

**FOLLOW LANE MARKINGS**
Don’t turn left from the right lane. Don’t go straight in a lane marked right-turn-only.

**BE AWARE OF CARS TURNING RIGHT**
Motorists may not look for or see a bicycle passing on the right. They also may not signal their turns.

**CHOOSE THE BEST WAY TO TURN LEFT**
There are two ways to make a left turn —
(1) Like an auto: signal, move into the left turn lane and turn left with the traffic, and
(2) Like a pedestrian: ride straight to the far side crosswalk and walk your bike across the street.

**DEBT TRAFFIC SIGNS AND SIGNALS**
Bicyclists must follow the same laws as motorists if they are to be taken seriously.

**USE HAND SIGNALS**
Hand signals tell motorists what you intend to do. Signal as a matter of law, courtesy, and self-protection.

**SCAN THE ROAD BEHIND**
Learn to look back over your shoulder without losing your balance or swerving. Some riders use rear-view mirrors.

**BEWARE OF PARKED CARS AND PEDESTRIANS**
Try to ride about a car door’s width away from parked cars. Watch for people opening car doors and pedestrians darting out into the street. Don’t weave in and out of parked cars.

**BEWARE OF APPROACHING VEHICLES TURNING LEFT**
Many bicycle accidents in New Mexico are caused by a motorist turning left and not seeing the approaching bicyclist.

**WATCH FOR CARS PULLING OUT**
Make eye contact with drivers. Assume they don’t see you until you are sure they do.

**MAKE EYE CONTACT WITH DRIVERS**
Assume that motorists do not see you until you are sure that they do. Eye contact is important, with any driver who might pose a threat to your safety.

**AVOID ROAD HAZARDS**
Look ahead for parallel-slat sewer grates, gravel, ice, debris, cracks, and potholes. Remember to allow extra distance for stopping in the rain since brakes may be less effective when wet.

**CROSS RAILROAD TRACKS CAREFULLY**
Cross railroad tracks at a perpendicular angle so your tire does not slip on the rail or drop into the slot, causing a spill. Wet railroad tracks are very slippery.

**DRESSES APPROPRIATELY**
Wear a sturdy helmet to protect your head.

**AVOID ROAD HAZARDS**
Bright colored clothing will make you more visible to motorists.

**DRESS APPROPRIATELY**
Wear a sturdy helmet to protect your head.

**USE A PACK OR BACK TO CARRY THINGS**
Saddlebags, racks, and baskets are all good ways to carry packages, freeing your hands for safe riding. Never carry more people than the design of your bike permits.

**LOCK YOUR BIKE WHEN YOU’RE GONE**
Lock up to a post or bike rack, threading the chain through both wheels and the frame if you can. Derel thieves by clearly marking the frame and detachable parts with your bike registration number or social security number.

**USE LIGHTS AT NIGHT**
The law requires a headlight and rear reflector or tail light at night. Wear lightcolored clothes with reflective tape clearly marking the frame and detachable parts with your clear visibility.

**WATCH FOR CHASING DOGS**
Dogs are attracted by the spinning of wheels and feet. Ignore them, or try shooting a firm loud "NO." If a dog doesn’t stop, dismount with your bike between you and the dog.

**BECAUSE OF THE ROAD**
- Curvy
- Slope
- Street light and sound conditions
- Rain or wet roads
- Vehicles
- Other factors

**BUY A CPSC APPROVED HELMET AND WEAR IT.**
Beginning July 1, 2007, cyclists under the age of 18 are required to wear a bicycle helmet that meets the standard set by the Consumer Product Safety Commission. The helmet must have a retention system to keep it securely in place.

**Rules for Safe Bicycle Riding**
- Obey all traffic signs and traffic lights.
- Ride as far to the right as practicable.
- Signal your intent to change lanes or change to make a turn.
- Be predictable. Don't weave from the sidewalk to a driving lane.
- Always wear a bicycle helmet.
- For cyclists under the age of 18. Buckle up your bike for reflectors and other safety features. Wear brightlycolored clothing, especially if you ride at dawn or dusk.

**Before You Ride**
- Before your ride, check out your bike with a bike shop professional. Have your bike checked out by your local bike shop professional.
- Also look for bicycle helmets come with good prices, or low cost.

**Why Cycling?**
- It’s Healthy!
- Bicycling commuting is one of the least expensive ways to get to work. There’s no gas, parking fees or insurance to pay for, and maintenance costs are much lower.
- It’s Clean!
- Bicycle rides make your commute a more social activity.
- It’s Good for Businesses!
- Bicycle commuting is one of the least expensive ways to get to work. There’s no gas, parking fees or insurance to pay for, and maintenance costs are much lower.
- It’s Safe!
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