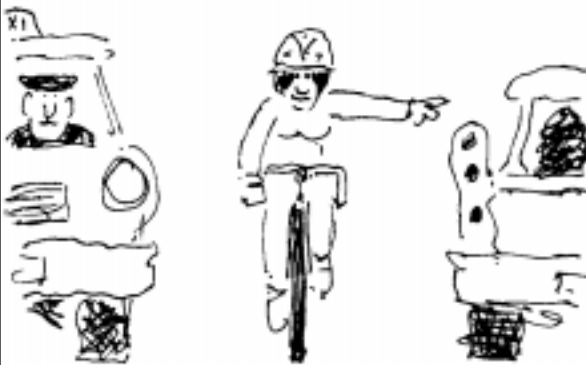


Look back at the motorist coming up. Hold your arm out and point at the position you want (in the line of traffic).

If a motorist doesn't react but keeps on going, try the next one. If a motorist slows and waves you in, merge left and wave "Thank you!"



But don't just dawdle along there. If you're passing a roadside hazard, mwhereove back to the right after you pass it. If you're going to turn left, signal and move into your left turn position.



**Remember:** you can't negotiate with drivers going a lot faster than you are. In that case, don't bother. Just wait until you get a gap that's long enough for you to finish your business.

## Emergency skills:

*Here are two important skills to practice in a quiet parking lot or playground. Since they are "emergency skills", there is some risk that you may fall while practicing. Wear a good hardshell helmet, long pants, a long sleeve shirt and shoes while practicing.*

*Try them all at slow speeds and gradually go faster as you gain confidence and skill.*

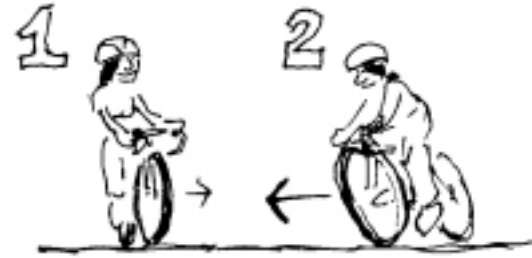
**Panic stop** - If you have hand brakes, you can stop fast by moving back on the saddle and getting low in the bike. This will help keep you from sailing over the handlebars.



Once you're in position, you can put two to three times as much pressure on the front brake as the rear. But pay close attention to your rear wheel. If it starts to skid, let off some on the front brake; otherwise, you may go flying.

**Quick turn** - Since your bicycle turns by leaning, it's hard to turn in an emergency. You have to some how get your bike leaned over before you can go around the corner.

To do this, you *briefly* turn your front wheel away from the direction



you want to turn. This sets up your lean. Then turn hard in the direction you want to go. Since your leaned over, you should be able to make a very sharp turn.

**Remember** - Keep your inside pedal up so it doesn't hit the pavement when you turn. Also, don't use your brakes while you're turning. They could throw you into a skid.

Finally, point your inside knee towards the inside of the turn. This also helps bring you around the corner.

We've got all kinds of bike riding info. If you want more, write to us:

State Pedestrian and Bicycle Program  
Florida Department of Transportation  
605 Suwannee Street, MS 82  
Tallahassee, FL 32399-0450  
(850) 487-1200

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## City Cycling



### Tips for adult bicyclists

At first, you may feel scared to ride "in traffic" with other vehicle drivers. You may not think you belong there. And if you try it for the first time during Friday evening rush hour on the very busiest roads in town, you'll be right!

But if you practice your riding skills on the quiet streets, you'll build up your confidence and increase your abilities. One day, you may be able to handle those busy streets without being scared.

*Riding in the city isn't always easy but you can become a "pro" if you practice and have...*

## The right stuff:

Maybe you've seen really good cyclists riding in heavy traffic... They seem to do just the right things at the right times. They ride confidently and never seem to have trouble with cars; they're always in control.

You could be like that, with practice, the right skills and the right attitude.

## The right attitude:

There is only one right attitude if you want to be a real cyclist: *You're the driver of a vehicle.*



You have the same rights and duties as any other vehicle driver. If you want those rights, you have to accept those duties. It's that simple.

You are as important as any car or truck or bus driver. But you are no more important. A real cyclist treats other drivers as equals, shares the road and acts like an adult.

That's why you won't see a real cyclist running stop signs, riding without lights or riding against traffic.

## The right skills:

Riding skillfully in traffic isn't easy. Just like playing a really good game of basketball or correctly rebuilding an engine isn't easy. But with practice, you can get good at it.

*You need the following basic skills to mix with traffic:*



**1. Good control of your bike** - You need to KNOW your bike before you can handle traffic riding. Take the time to get used to it and its controls (like gear shifters and brake levers).



**2. The ability to look back and to ride with one hand** - In order to do lane changes and safe left turns, you need to be able to look back without swerving. Practice this skill in a parking lot.



Also practice riding with one hand on the handlebars. First, try the right hand, then the left. That's handy for signalling to others.



**3. The ability to judge speed and distance** - You need to know how fast a car is coming towards you and how far away it is.

You also need to be able to decide if you have enough time to do what you want to do.



**4. The ability to negotiate with other traffic** - Sometimes, you need to merge left but there is no convenient gap in traffic. In such a case, try negotiating with the motorists.

To do this, look back before you get to the spot where you need to move left. How much before depends on how much traffic there is. If there is a lot of traffic, do this well in advance.

