



Protect Your Head!
 A proper-fitting helmet is the best thing you can do to save your life in case of an accident. It is also the law for riders under 18 years old.

Always Wear a Helmet

Bicyclists love to get out on their bikes, explore new areas, get some exercise and spend time outdoors. But it is important to remember that bicyclists share the road with other cyclists, cars and trucks. Obeying these traffic safety tips can help make your ride a safer one!

Obey Traffic Signs and Signals
 Bicycles are considered vehicles. Bicyclists must obey the same rules as motorists. Make sure to observe stop signs, signals and basic right-of-way rules.

Never Ride Against Traffic
 Always go single file in the same direction as the other vehicles. Riding against traffic puts you where most motorists don't expect you.

Ride on the Right
 In general, always ride as close as practical to the right edge of the roadway except when passing, making a left turn or avoiding an unsafe road hazard. There are 2 choices to safely making a left turn: (1) Like an auto: signal and move into the left turn lane and turn left. (2) Like a pedestrian: ride straight to the far side crosswalk, dismount and walk your bike across.

Use Lights at Night
 The law requires a white headlight (visible from at least 300 feet ahead) and a rear reflector or taillight (visible up to 500 feet from behind), as well as wheel and pedal reflectors. Wear reflective clothing.

Don't Weave Between Parked Cars
 Don't ride out to the curb between parked cars unless they are far apart. Motorists may not see you when you try to move back into traffic.

Make Eye Contact with Drivers
 Assume that other drivers don't see you until you are sure that they do. Eye contact is important with any driver who might pose a threat to your safety.

Don't Pass on the Right
 Leave 3 to 4 feet when passing a motor vehicle or another bicyclist. Give a clear warning or call out, "Passing on your left." Some riders use rear-view mirrors.

Look Before Passing or Merging
 To ensure drivers of large vehicles can see you, stay out of their blind spots and ride far enough behind for the driver to see you. Keep at least 4 feet away from the sides to avoid falling under a large vehicle.

Hand Signals
 Hand signal tell motorists and pedestrians what you intend to do. Signal as a matter of law, of courtesy and of self-protection.

Follow Lane Markings
 Don't turn left from the right lane. Don't go straight in a lane marked "right turn only."

Choose the Best Way to Turn Left
 There are 2 choices to safely making a left turn: (1) Like an auto: signal and move into the left turn lane and turn left. (2) Like a pedestrian: ride straight to the far side crosswalk, dismount and walk your bike across.

Keep Hands Ready to Brake
 You may not stop in time if you brake one-handed. Allow extra distance for stopping in the rain, since brakes are less effective when wet.

Avoid Road Hazards
 Watch out for parallel-slat sewer grates, gravel, ice, oil patches, wet leaves, potholes or debris. Cross railroad tracks at right angles.

Don't Pass on the Right
 Motorists may not look for or see a bicycle passing on the right.

Don't Pass on the Right
 Watch out for parallel-slat sewer grates, gravel, ice, oil patches, wet leaves, potholes or debris. Cross railroad tracks at right angles.

Look Before Passing or Merging
 To ensure drivers of large vehicles can see you, stay out of their blind spots and ride far enough behind for the driver to see you. Keep at least 4 feet away from the sides to avoid falling under a large vehicle.

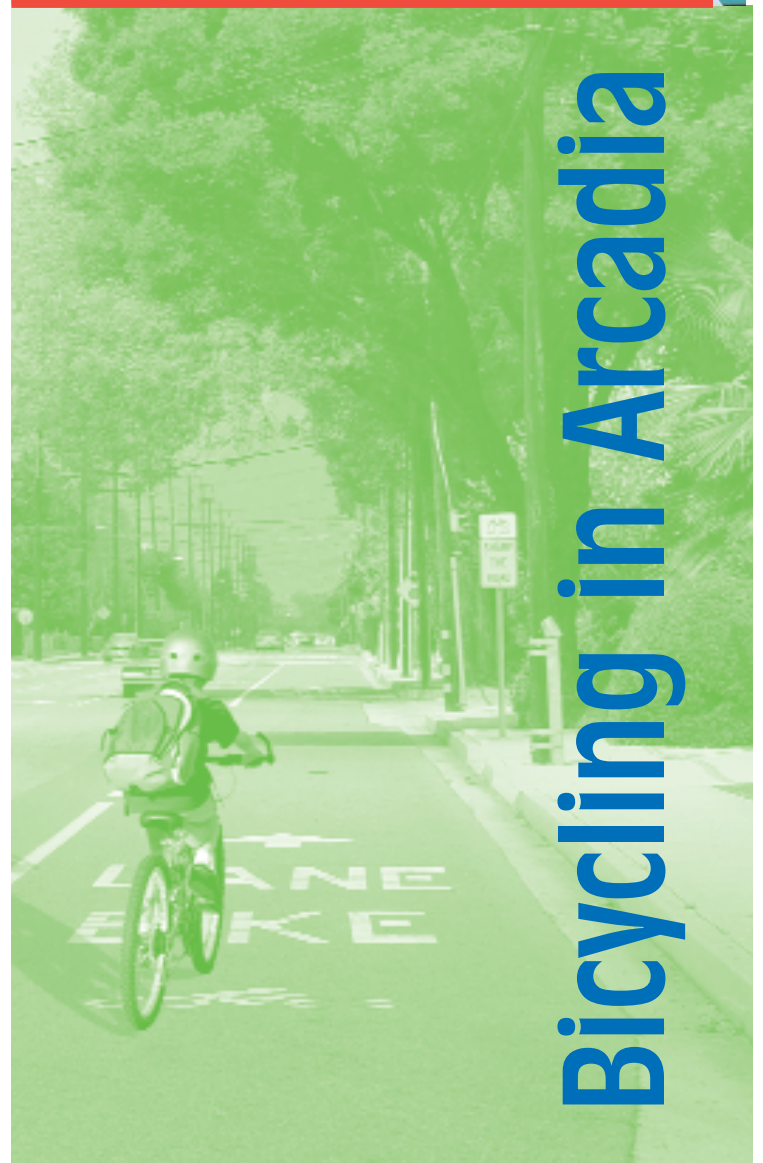
Not Beside
 To ensure drivers of large vehicles can see you, stay out of their blind spots and ride far enough behind for the driver to see you. Keep at least 4 feet away from the sides to avoid falling under a large vehicle.

Ride in Front, or Far Behind,

Cycle Defensively
 Expect a car to pull out or turn left in front of you. Expect a car door to open in front of you. Ride at least a door's width away from parked cars. Take all precautions for a safe ride.

City of Arcadia

Bike Routes and Safety Tips



Take it with you



Getting on the Bus with a Bicycle

Loading your bike

1. Squeeze handle to lower rack.
2. Load your bike in an empty slot.
3. Secure bike by lifting the support arm up and onto the front tire. Do not place arm on frame or fender.



Unloading your Bike

1. Lift support arm off and lower the bike down out of your way.
2. Unload your bike.
3. If rack is now empty, squeeze handle and lift rack to its upright position.

Rules for Bikes on Metro (MTA) Buses

- Most Metro buses are equipped with bike racks that hold two bikes. If the rack is full, please wait for the next bus.
- You are responsible for loading, securing and unloading your bicycle from the rack.
- Never step into traffic while loading or unloading your bike.
- After unloading your bike, never cross the street in front of the bus - passing traffic cannot see you coming around the bus.
- If an object rolls under the bus, never try to retrieve it. Tell the operator and wait for the bus to pull away, then retrieve it.
- Make your bike "rack ready" by removing water bottles, pumps or any loose items that might fall off.
- Tandem bikes or bikes with motors, solid wheels, large racks, child seats or other attachments are not allowed.
- Folded bikes can be taken on the bus.

Share the Road



Safety for Cyclists and Motorists



El Monte Avenue in Arcadia has a designated bike lane. It includes a striped lane for one-way bike travel.



Share the Road signs are for both motorists and cyclists. They remind everybody that both cars and bikes have a place on the road and respect is needed on everyone's part to make sure all are safe.

For more information:

Recreation and Community Services Department
 574-5113

Development Services Department
 574-5415

Arcadia Police Department
 574-5174





Foothill Transit
www.foothilltransit.org ■ 1-800-RIDEINFO

Metropolitan Transit Authority
www.mta.net ■ 1-800-COMMUTE



City of Arcadia

Bike Map

	Rancho Oaks Loop	12.8 miles
	Arcadia Park Loop	8.5 miles
	Lucky Baldwin Loop	4.3 miles
	Hugo Reid Loop	3.2 miles



5 Things to Know Before You Ride

1. Wear a helmet

Wearing a helmet is the best thing you can do to be safe when you ride a bike. The proper helmet can reduce head injuries (the leading cause of death in bicycle accidents) by 85 percent.

To be effective, bicycle helmets should:

- 1) fit snugly
- 2) sit evenly between the ears
- 3) sit low on your forehead.

Look for helmets approved by ASAI or SNELL.

When a helmet has been in any type of crash, helmets lose their capacity to absorb shock. If your helmet sustains any impact, even a light crash, replace it as there might be tiny cracks in the inner shell that may not be visible.

Everyone under 18 is required by California law to wear a helmet when riding a bicycle.

2. Wear the proper clothing

Wear bright colors or clothes that reflect light at night so cars and other vehicles can see you. In rain wear a poncho or waterproof suit. Dress in layers so you can adjust to temperature changes.

3. Keep your bicycle in good working order

Each time you get on your bike make sure it is safe to ride by checking the wheels and tires, making sure the seat is secure and the chain is oiled and tight. Handlebars should be tight with grips on both handles and brakes should work smoothly and quickly.

4. Be ready

Make sure your lights are working properly. Place reflectors on the front, rear, sides, pedals and wheels. Have a bell or horn on your bike to alert others as to your presence.

It's a good idea to plan your bike route.

Bring enough food and water with you.

5. No distractions

Don't wear anything that will distract you from riding your bicycle safely like headphones, talking on the phone, etc. Riding under the influence of alcohol or drugs is not only ILLEGAL, but also impairs the senses, judgement and the ability to react quickly which can cause fatal accidents.

Did you know?

It is a good idea for residents to register their bikes with the Arcadia Police Department.

Registering your bike greatly increases your chance of getting it back if it is ever stolen. It is a fast and easy process that starts with stopping by the Arcadia Police Department with your bike. After filling out an application form which asks your name, address, the brand, model, color and serial number of the bike, an Officer will affix the license directly to your bicycle. Once registered, your information is put into a statewide "stolen property system."

Arcadia Police recover over 30 bikes a year that can never be returned to their owners because they were never registered.