



FREE!

# Bike Smart

The Official Guide to  
Cycling in New York City

Michael R. Bloomberg, Mayor, New York City  
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## New York City Cyclists *Must*:

### 1 Obey all traffic lights and signs.

### 2 NOT ride on the sidewalk.

Only children 12 years or younger may ride on the sidewalk.

### 3 Ride in the direction of traffic.

### 4 Use lights at night.

White front lights and red tail lights are required by law.

## New York City Cyclists *Should*:

### 1 Yield to pedestrians.

### 2 Wear a helmet.

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

## 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 Get Distracted

Don't listen to music or talk on the phone 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, it is required by law.

### 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.

# Know Your Lanes

New York City's more than 650 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, in many parks and along highly-traveled bike routes. Unless otherwise marked, cyclists on paths should travel in the direction of car traffic.

## Bike Lane



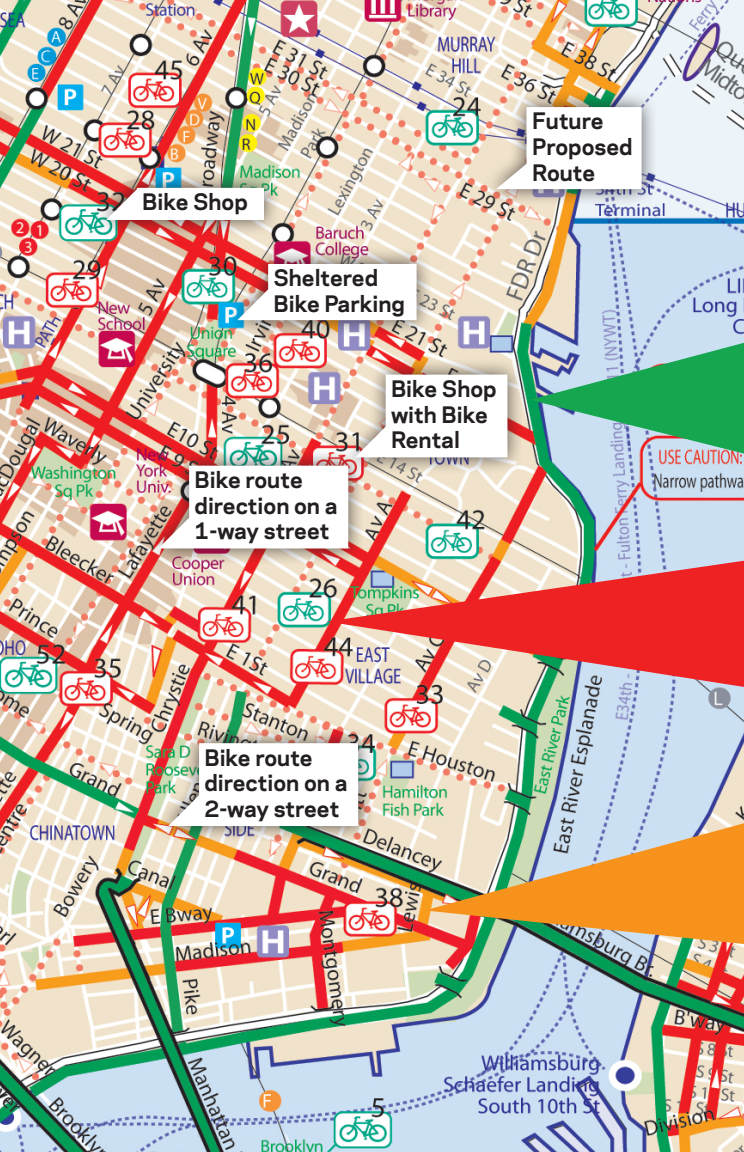
Bike lanes make up the majority of NYC's bike facilities. They are painted onto the road, usually next to the parking lane. Some lanes have a painted buffer to separate bikes from cars traffic. Bike lanes are marked with bike symbols. Unless otherwise marked, cyclists on bike lanes should travel in the 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. Riders on bike routes should "take the lane" when necessary and ride in the direction of car traffic at all times.

\*as of Spring 2010



In Manhattan, parking protected bike paths have reduced bicycle, pedestrian and vehicular injuries by up to 48%.

## Using Parking Protected Bike Paths

**Pedestrians** should look for bikes as well as cars before they cross the street.



**Cyclists** should look over their shoulder and be prepared for turning cars.



**Cyclists** must travel in the same direction as car traffic.



Bike Path

Parking Lane



**Drivers** must yield to cyclists and look for cyclists traveling straight through the intersection.

**Drivers** should park in the parking zone as they would in any other parking space. Cars may not park or drive in the bike path.

**Pedestrians** should hail cabs from the parking lane, not the bike path.

# 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 or bus stop.



At intersections, the dashed line with chevrons is a double reminder to pay attention to turning cars.

# Using a Bike Box

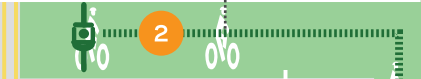
Bike boxes increase the visibility of cyclists stopped at **red** lights. **Only use a bike box when you approach the intersection at a red light.**

You can also use bike boxes when making right turns; position yourself in front of the cars. Make the turn when the light turns green.

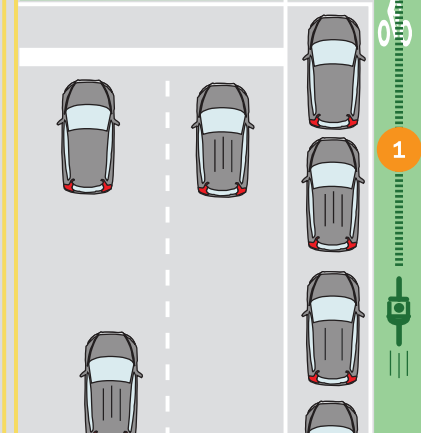
## 3 Turn when the light turns green.



## 2 Position yourself ahead of the cars.

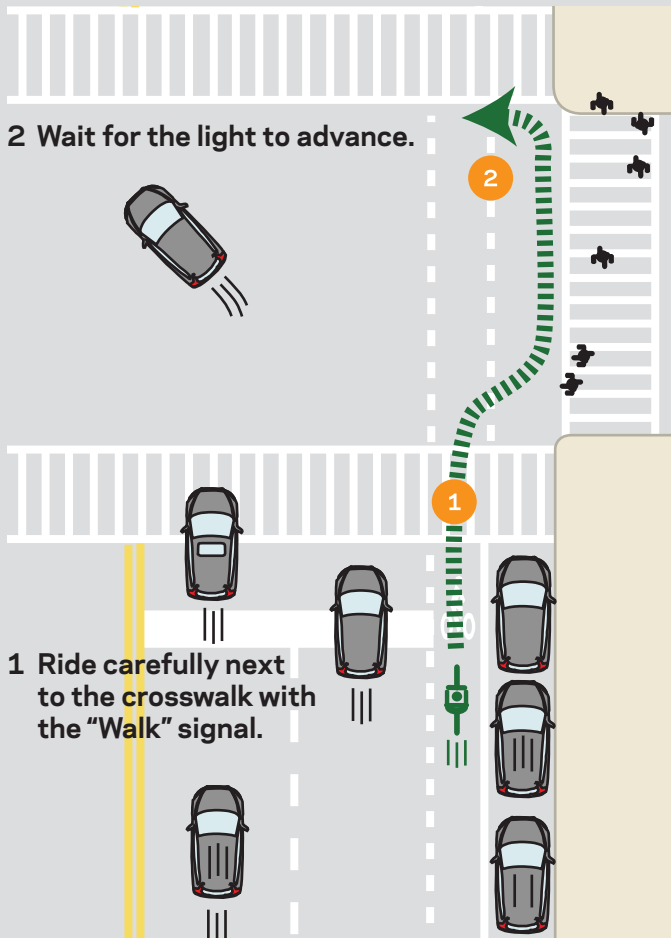


## 1 Only enter the bike box on a red light.

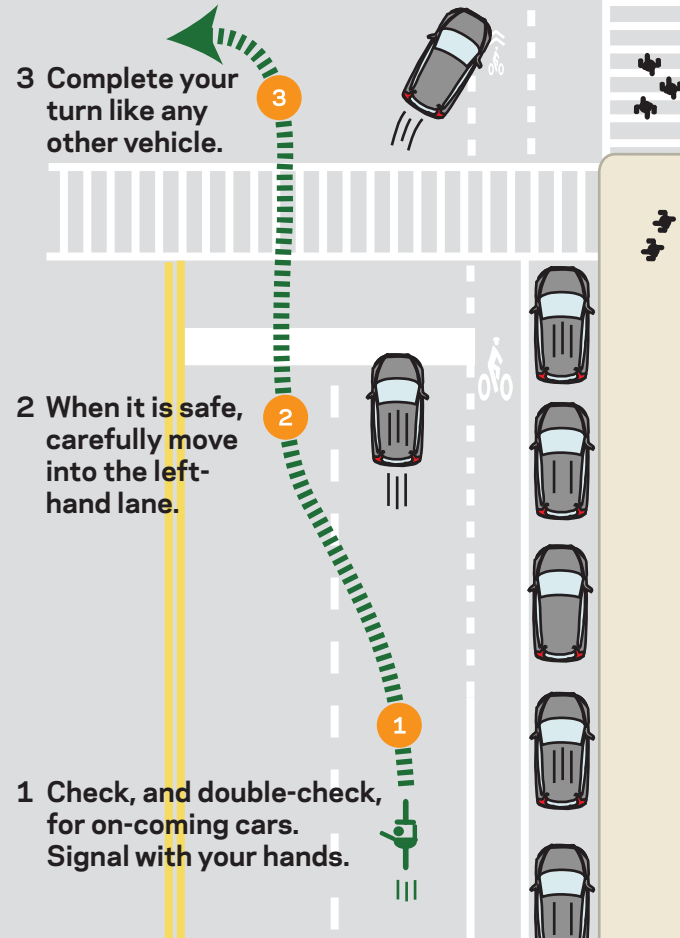


# Tips for Left Turns at Green Lights

## "Pedestrian Style"



## "Vehicular Style"



# Tips for Left Turns at Red Lights

When cars are stopped at the light:

**2 Complete your turn when the light turns green.**

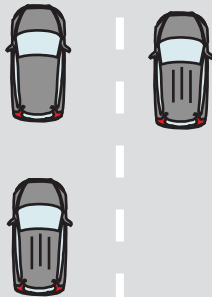


2

Positioning yourself in front of stopped cars can also increase your visibility for right turns.

Use bike boxes to increase your visibility when turning right.

**1 When the light turns red, position yourself ahead of the cars.**



1



Positioning yourself in front of stopped cars can also increase your visibility for right turns.

Use bike boxes to increase your visibility when turning right.

# 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 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 marking is 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

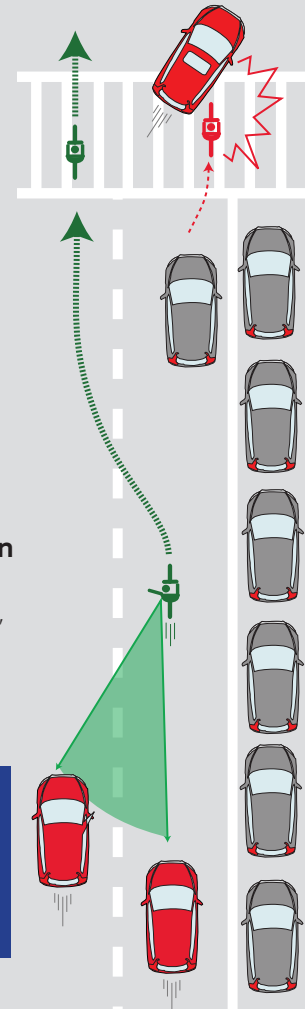


RIGHT



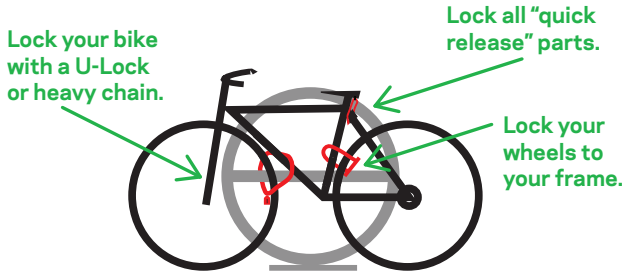
STOP

*shown from rear*





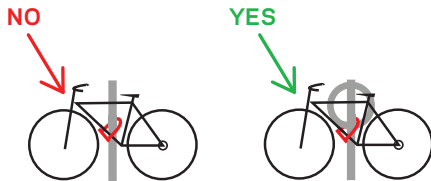
# Lock Your Bike Right



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



**Do not lock to trees or subway railings.**



**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](http://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

**RIGHT!**

- 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.



**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

## NYC Department of Transportation

**Bicycle Program** [www.nyc.gov/bikes](http://www.nyc.gov/bikes)

**NYCycles E-Newsletter** [www.nyc.gov/dotnews](http://www.nyc.gov/dotnews)

**NYC Department of City Planning** [www.nyc.gov/planning](http://www.nyc.gov/planning)

**NYC Department of Parks & Recreation** [www.nyc.gov/parks](http://www.nyc.gov/parks)

## Cycling and Cycling Advocacy Organizations

**Bike New York** (free bike education) [www.bikewhenewyork.org](http://www.bikewhenewyork.org)

**Transportation Alternatives** (bike/ped. advocacy) [www.transalt.org](http://www.transalt.org)

**Five Borough Bicycle Club** (rec. group rides) [www.5bbc.org](http://www.5bbc.org)

**Staten Island Bicycling Association** (rec. group rides) [www.sibike.org](http://www.sibike.org)

**Weekday Cyclists in NYC** (rec. group rides) [www.weekdaycyclists.org](http://www.weekdaycyclists.org)

**New York Cycle Club** (rec. day trips) [www.nycc.org](http://www.nycc.org)

**Century Road Club Association** (competitive cycling): [www.crca.net](http://www.crca.net)

**Fast & Fabulous** (LGBT) [www.fastnfab.org](http://www.fastnfab.org)

## Outside New York City

**New York State** [www.nysdot.gov](http://www.nysdot.gov)

**New York Bicycling Coalition** (statewide resources) [www.nybc.net](http://www.nybc.net)

**Westchester County** [tourism.westchestergov.com/hike](http://tourism.westchestergov.com/hike) & [bike-final.pdf](#)

**New Jersey Palisades** [www.njpalisades.org/cycling](http://www.njpalisades.org/cycling)

**East Coast Greenway** [www.greenway.org](http://www.greenway.org)

**Long Island** [www.4commute.com](http://www.4commute.com)

**League of American Bicyclists** [www.bikeleague.org](http://www.bikeleague.org)

**National Center for Bicycling and Walking** [www.bikewalk.org](http://www.bikewalk.org)

**For a free NYC Cycling Map:**

**Call 311 or go to [www.nyc.gov/bikes](http://www.nyc.gov/bikes)**



your city. your needs. your number.

