



ADVANCED CYCLING TIPS

LIGHTS AT NIGHT

Visibility

- By law, you must have a front white light and red rear reflector in most states
- Motorists are familiar with white meaning front and red meaning rear
- Front lights can illuminate your path or simply make you visible at night

Wattage

- Inexpensive lights seldom light your path; at about 3 watts, they make you visible
- Lighting systems are available that put out 45 watts with a halogen bulb
- Most full-time commuters use at least a 10 watt system with a rechargeable battery

Power sources

- From AA batteries to nickel-metal-hydride rechargeables, the options are endless
- Self-contained, rechargeable batteries have the best life and brightest light
- Simple AA powered lights have lower initial cost but frequent battery replacement

Helmet vs. bar mount

- Helmet mounted lights allow you to get the attention of motorists by looking at them
- Bar mounted lights make you look more like a vehicle but only point forward
- The ideal situation is one helmet light and one bar-mounted light for safety

Rear lights

- A red rear blinking light is much more conspicuous than a passive reflector
- Make sure that your light is visible to motorists and not pointing up or down
- Clear obstructions from the back of the bike that would block the light

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