



# RULES OF THE ROAD

## THE LEAGUE OF AMERICAN BICYCLISTS' RULES OF THE ROAD

### **1. Follow the law.**

Your safety and the image of bicyclists depend on you. You have the same rights and duties as drivers. Obey traffic signals and stop signs. Ride with traffic; use the rightmost lane headed in the direction you are going.

### **2. Be predictable.**

Make your intentions clear to motorists and other road users. Ride in a straight line and don't swerve between parked cars. Signal turns, and check behind you well before turning or changing lanes.

### **3. Be conspicuous.**

Ride where drivers can see you; wear bright clothing. Use a front white light and red rear light and reflectors at night or when visibility is poor. Make eye contact with drivers. Don't ride on sidewalks.

### **4. Think ahead.**

Anticipate what drivers, pedestrians, and other bicyclists will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes, and utility covers. Cross railroad tracks at right angles.

### **5. Ride Ready.**

Check your tires have sufficient air pressure, brakes are working, chain runs smoothly, and quick release wheel levers are closed. Carry repair and emergency supplies appropriate for your ride. Wear a helmet.

For more  
cycling tips, visit  
[bikeleague.org](http://bikeleague.org)

