



GO BY BIKE!

massDOT
Massachusetts Department of Transportation

It's healthy, green, and fun



WHY

It's Easy

Use any type of bike, wear any clothes, ride any distance at your own pace. Once a month, once a week, everyday – as often as you want.

It's Healthy

Bicycling on your way to work or to do errands is a great way to get your daily exercise.

It's Convenient

On a bike, you don't have to worry about getting stuck in traffic jams or where to park.

It Saves Money

No car insurance, no gas, no fees - bicyclists can save thousands of dollars a year.

It's Green

Bicycles don't pollute. It's that easy.

And it's Fun!

There's a simple reason why so many people are bicycling: they love it. Give it a try! You'll find out that bicycling is right for you.



HOW

Your Bike

Any bike will do the job; what's important is finding one that fits. If your bike isn't comfortable, you won't use it. If you buy a used bike or pull the old one out of the basement, make sure to get it checked out at a bike shop before you take it on the road.

What You'll Need

Strongly recommended:

- A helmet that fits correctly (required if 16 or younger)
- A good, solid lock
- If you ride when it's dark, you need to be visible. See other side of this brochure under "Be seen."
- A good knowledge of bicycle safety rules. Visit www.SameRoadsSameRules.org for some safety tips.

Nice to have:

- A small toolkit with basic wrenches for your bike, a patch kit or spare tube, tire levers, and a pump
- Biking gloves to protect your hands
- A bell
- Weather-specific clothing

Getting Around

Choose a route that feels safe and comfortable to you. The shortest route isn't always the best. You may need alternate routes for cold or wet days.

You need to also get to know the rules of the road for bicyclists. Check out the riding tips on the other side of this brochure.

When you arrive at your destination, make sure you lock up! Put a U-lock through the front wheel, frame, and the bike rack. A cable lock to secure the back wheel helps too.

RESOURCES

Safety Information and Laws
www.SameRoadsSameRules.org

Adult and Youth Education
www.MassBike.org/education/

Helmet Fit
www.nhtsa.gov/Bicycles

Rides and Events
www.MassBike.org/newsevents/

State Bicycling Resources
www.mass.gov/massdot

Visit www.MassBike.org for lots of other resources!

Do Your Part

You can help make bicycling better in Massachusetts.

MassBike has been working since 1977 to improve bicycling in Massachusetts. Join thousands of other bicyclists and become a member of MassBike today. There are great perks to being a member, but most importantly, you'll make Massachusetts a better place to bike.

MassDOT is committed to assuring that the roads of Massachusetts are shared between bicyclists and motorists. Bicyclist safety is a high priority. The RMV and MassDOT are collaborating to add information on bicyclist safety to the RMV Driver's Manual and the website and will continue to explore new ways to get this information to the public.

For more information:
www.MassBike.org
www.mass.gov/massdot

RIDING SAFELY

Same Roads, Same Rules

Bikes are vehicles and you can ride on all roads (except limited-access highways). But we also need to follow all traffic rules, signs, and signals.



Be aware of your surroundings

Always look to see if it is clear, then signal before turning or changing lanes. Don't ride with headphones – you need to hear what is going on around you, especially behind you.



Right Turn

Left Turn

Avoid the right hook and the left cross

Slow down at intersections and driveways, and watch for turning vehicles, even when you are in a bike lane or on a sidewalk.



Be seen!

Bikes are required to have a front white light, a rear red reflector or light, reflectors (or reflective clothing) visible from the sides, and pedal (or ankle) reflectors at night.



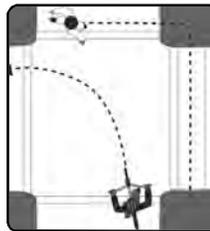
Take the lane

You can ride to the right of other traffic if you want, but moving to the center of the lane can prevent cars from squeezing past you unsafely.



Left turns

Turn left by merging into the center of the turn lane (if there is one). Or, stop, dismount, and cross as a pedestrian.



Beware of the door zone!

Stay far enough away from parked cars to avoid opening doors.



Be predictable

Ride in a straight, predictable line and don't weave between lanes or around parked cars.



Ride single file if cars are trying to pass

Riding side-by-side with a friend is fine, but help cars pass by getting into single file.



Pass buses and trucks safely

Avoid passing trucks and buses on the right (you can pass on the left or wait until they start moving again).

Yield to pedestrians

Stop for all pedestrians in crosswalks. Do not pass other vehicles stopped at crosswalks—there might be a pedestrian you can't see crossing the street.



Take care on sidewalks and paths

Bike riding on sidewalks is prohibited in all business districts, and some towns have further limitations. When passing, announce your presence with a bell or a friendly "Passing on your left."



See "Laws for Bicyclists and Motorists in the Presence of Bicyclists" in Chapter 4 of the RMV's Drivers Manual at www.mass.gov/rmv

GO BY BIKE!

A GUIDE TO BICYCLING IN MASSACHUSETTS



Provided by
MassBike and MassDOT