

The CitySmart logo features the brand name in a white, sans-serif font on a dark red background. Below the text is a horizontal line of four white icons: a bicycle, a pedestrian, a bus, and a train.

Tips for Cycling at Night

In case you missed the CitySmart Bike at Night ride, we wanted to make sure you got the information and tips so that you could be comfortable getting on your bike after the sun goes down.

First Things First – It’s the Law

Here in Massachusetts, state law has a few things to say about riding a bicycle at night.

1. Officially, night begins a half hour after sunset and ends a half hour before sunrise
2. You **MUST** have a white light positioned on the front of your bike when riding at night
3. You **MUST** have a red light OR a red reflector positioned on the rear of your bike when riding at night
4. You **MUST** have either pedal reflectors OR reflective ankle bands visible when riding at night
5. You **MAY** put as many lights and reflectors on your bike as you want

Police officers can and will issue tickets if you don’t follow these rules. To make sure our participants are well-equipped, we provide red reflectors to everyone who signs up for a Bicycling Kit, as well as giving away FREE bike lights to pre-registered participants on

some of our rides! Check www.cambridgema.gov/citysmart for information about future events where we might be giving away free lights.

Tip #1 – Stay Visible

When riding at night, visibility is your first priority. Make sure to ride far enough INTO the traffic lane so that motorists can see you. If you are SEEN, you are SAFER.

Tip #2 – Wear Bright Colors

White is best, and neon colors stay bright in low light. But please NOTE: brightly colored clothing should be used to complement lights and reflectors, NOT to replace them.

Tip #3 – Choose Your Route

Not all streets are created equal. Choose a route that benefits from streetlamps, other cyclists, or ambient light from businesses. Remember that potholes, seams, cracks, lumps, grates, and other pavement problems can be almost invisible at night.

Tip #4 – Think Green

Green light is one of the most visible colors to the human eye in low light conditions. You might consider a green light in addition to the required white and red lights. More light is never a bad thing.

Tip #5 – Pass it On

Encourage your fellow cyclists to “lighten up” and get visible!