

## ABC QUICK CHECK

#### A - AIR

Tires should feel hard; find the recommended pressure on sidewall of tire.



#### **B-BRAKE**

Working properly.

#### C - CHAIN/CRANK

Clean/lubed chain, no extra "play" in crank.

#### **QUICK - QUICK RELEASE**

Check those quick releases to ensure they're locked!

#### **CHECK EVERYTHING**

Check to make sure everything feels solid and nothing is loose that could get caught in the chain or spokes.









# BIKE LAWS & SAFETY

Cyclists should obey all traffic laws, signs and signals. Your bike is considered to be a vehicle under Florida state law.





#### Go with the Flow.

Never ride against traffic. Ride single file with the flow of traffic.



#### **Use Hand Signals.**

Signal all turns and stops ahead of time. Check over your shoulder, then make your intended move when its safe to do so.



#### **Yield to Pedestrians.**

Give an audible signal when you pass a pedestrian or someone traveling slower than you.



### Watch Out for Opening Car Doors.

Be careful for opening doors from parked cars. Motorists can unexpectedly open doors. Ride a car door width away from parked vehicles.



Always use a strong white headlight, rear lights and reflector at night. Wear reflective clothing.

### **MULTI-USE ROADS**

- Obey all local regulations when using a multi-use road.
- Use common sense and courtesy on the road
- Ride, walk and skate on the right side of the road with traffic flow.
- Obey traffic control signs and markings on road.
- Pass on the left when road is clear of traffic.
- Give audible warning before overtaking other road users.

Ring your bell
Loudly and clearly call out
"Bicycle on your left."

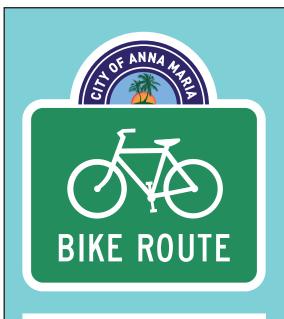
- Listen up! Headphones prevent you from hearing warnings.
- Use hand signals to indicate turns and stops.
- Do not stop on the road, blocking other users.
- Ride single file so that other users can pass safely.
- Look for traffic before entering a road.
- Watch for the unexpected, especially with kids and dogs.
- Slow down when road is crowded.
- Travel at speeds that are appropriate to the conditions.

## BICYCLING ON FLORIDA ROADS

- Ride in the right lane except when passing another vehicle, preparing for a left turn or avoiding hazards.
- Ride on paved shoulders and bike lanes when present and free of hazards.
- Ride no more than two abreast, returning to single file if riding two abreast would impede the flow of traffic.
- Make eye contact with drivers at stops.
- Assume motorists do not see you and that you don't have the right of way.
- Wear passive safety equipment to protect yourself - helmets, glasses, gloves, visible clothing, etc.
- Expect the unexpected; your first responsibility is to be safe.







#### **MAP LEGEND**

Bike Route

**Extension Road** 

County Road

**Residential Street** 

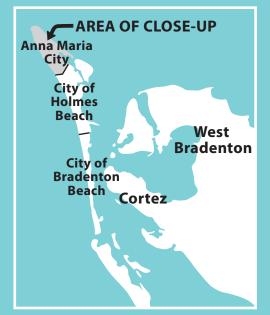
Bike Rental

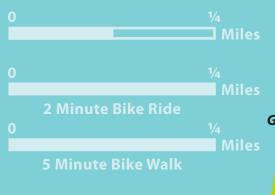
Parks

Point of interest

Beach Access

**Public Bathroom** 





Gulf of Mexico

