

PREPARING FOR THE RIDE: GET EQUIPPED FOR SAFETY

HELMET USE REDUCES SEVERITY OF BRAIN TRAUMA

About 70 percent of crashes on bicycles involve head injury. Is not wearing a helmet worth the risk? A properly worn helmet is designed to absorb impact and may reduce the risk of head injury by up to 85 percent.



BE VISIBLE

In many crashes between cyclists and motor vehicles, drivers claim they didn't see the cyclist. Wear bright colored clothing, reflective gear at night and always use a headlight, taillight and reflectors after dark. In addition to the required red rear reflector, bicycles should be equipped with pedal and wheel reflectors.

Following the rules of the road also will make cyclists more visible to drivers. Remember to ride with traffic, never against it.

PRE-RIDE ABC QUICK CHECK

A—Air pressure is at proper level and tires are free of dry rot, cracks and bald spots.

B—Brakes are adjusted and functional.

C—Chain, chainrings and the cassette are free of debris and rust, crank arms are fastened securely to the crank set and bottom bracket.

QUICK—Quick-release levers on wheel hubs and seat post are closed securely.



LOCK IT OR LOSE IT: HELP PREVENT BICYCLE THEFT

Properly locked bicycles are significantly less likely to be stolen. Secure your bike with a sturdy U-bolt lock and braided steel cable to a designated bike rack. Be sure to secure the frame and both wheels, and remove easily detached equipment like lights, bags and cycle computers. Record your bike's serial number in a safe place, and insert your name and contact information inside the seat post on water resistant paper.

The city of Fargo does not issue bicycle licenses. However, you can register the serial numbers of your bike and other valuables online through the city of Fargo's "My Property" program, a free resource to help citizens and police identify and recover lost or stolen property.



FOR MORE INFORMATION, VISIT

myproperty.fargond.gov
bikefm.org

OTHER RESOURCES

Is your campus organization interested in more information? Please contact University Police with requests for bicycle safety presentations and training for students, faculty and staff at 701-231-8998 or ndsu.police.safety@ndsu.edu.

UNIVERSITY POLICE 701-231-8998

SAFETY OFFICE 701-231-7759

ndsu.police.safety@ndsu.edu

RESPONSIBLE CYCLING AT NDSU

NDSU UNIVERSITY POLICE
AND SAFETY OFFICE



NDSU NORTH DAKOTA
STATE UNIVERSITY

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WHY BIKE?



SAVE MONEY, GET FIT, REDUCE STRESS AND ENJOY THE RIDE

Bicycle travel is efficient, economical, healthy and fun. The Fargo-Moorhead region offers several options for cyclists, including bike lanes, scenic multi-use pathways, shared travel lanes and free parking. To fully and safely enjoy the cycling experience, you should familiarize yourself with this brochure and keep safety in mind when on two wheels.

Cyclists share the same rights and responsibilities as drivers of motor vehicles and must obey the same rules of the road. Cyclists and other motorists should stay alert and give each other reasonable space on roadways, which belong to everyone. Sharing the road is more than just courtesy; it's about safety, too.

PRINCIPLES OF RESPONSIBLE CYCLING

- 1 Stay alert.
- 2 Follow the rules of the road.
- 3 Be visible.
- 4 Be predictable.
- 5 Use appropriate safety equipment, like helmets, reflectors, lights and bright or reflective clothing.

“Cyclists fare best when they act and are treated as drivers of vehicles.”

John Forester, Author—Effective Cycling

SAME RIGHTS, SAME RESPONSIBILITIES

Responsible cycling means following the same rules of the road that drivers of motor vehicles have to follow. Safety equipment and riding skills alone are no substitute for following traffic laws to avoid conflicts between cyclists and other road users, both on and off campus.

To be respected as legitimate road users, cyclists must operate their bicycles lawfully and responsibly.

Local bicycle ordinances vary, so be sure to check government websites for specific laws. As a general rule, cyclists must do the following:

- Ride the same direction as other traffic, as close as practicable, to the right side of the roadway. Exceptions include changing lanes, turning, avoiding road hazards or using a designated left-side bicycle lane.
- Obey speed limits, stop signs, traffic signals and other traffic control devices.
- Signal turns and stops using appropriate arm signals when it's safe to do so.
- Yield to pedestrians on crosswalks, sidewalks and shared-use pathways.
- Give an audible signal before passing a pedestrian or another cyclist.
- Use a white headlight and red rear reflector when riding at night. Even better, add a red taillight.
- Ride no more than two abreast, and only do so if it does not unreasonably impede the normal flow of traffic. Riding single file may be necessary on narrow or more heavily travelled roads.
- Riding a bicycle while intoxicated or otherwise impaired is dangerous. Get a sober ride home or walk.

BIKE LANES, SHARED LANES, MULTIUSE PATHWAYS AND SIDEWALKS BIKE-FRIENDLY FARGO

With more than 17 miles (and growing) of bike lanes and routes, Fargo has embraced a bike friendly strategy to encourage cycling as a transportation option. These facilities are designed to provide a visible, safe space for cyclists and to promote confidence and awareness for all road users.



Points to remember when using bike lanes, shared lanes, multiuse pathways and sidewalks:

- Sidewalk riding is legal unless otherwise posted, but may be inherently less safe than riding on a roadway. Cyclists must ALWAYS yield to pedestrians on sidewalks and shared-use pathways.
- Bicyclists are not required to use bike lanes. However, bike lanes clearly define space for cyclists and may be a safer travel option.
- Motor vehicles must yield to cyclists in bike lanes and give adequate space when passing on other routes. Cyclists must yield to motorists when exiting a bike lane into a travel lane and must yield to pedestrians in crosswalks.
- Left-side bike lanes on 10th St. North and University Drive offer convenient connections between the main campus and downtown. When crossing either street to enter the bike lane, be sure to look for traffic and signal when appropriate. Consider using crosswalks at signal-controlled intersections during peak traffic times to access left-side bike lanes.



Use extra caution, especially at crossings, intersections and around pedestrians.



Share the road with vehicles.



Cars yield to cyclists when merging over dashed lines.



Bicycles only. Cars keep out.