

Safety tips and bike laws

As a bicyclist, you have the same rights and responsibilities as a motorist. Follow these tips to make your ride safe and enjoyable.

Be predictable

Ride so drivers can see you and predict your movements.



Obey traffic signs and lights

To be respected by motorists, obey the same traffic laws they obey.



Use bicycle traffic detection devices

Look for a small, white bicycle decal in the pavement at an intersection. Place your wheel over it to change the traffic signal.



Never ride against traffic

Motorists aren't looking for bicyclists riding on the wrong side of the road. To be most visible and safe, ride with traffic.



Use hand signals

Hand signals allow you to signal to motorists a change in direction. You are required to signal 100 feet before turning at an intersection.



Don't weave between parked cars

Ride as close as possible to the right. Ride consistently. Always scan parked vehicles for people who may open a door in your path.



Ride in the middle of the lane

You can ride in the middle of the lane at busy intersections or when riding at the same speed as cars. Otherwise, ride to the far right unless you are passing, turning left, avoiding hazards or riding in a narrow lane.



Turn correctly

There are two ways to turn left: signal and turn left from the traffic lane, or keep right until you reach the far corner of the intersection and then turn and wait until it's clear to cross (or until the light changes).



Go slowly on sidewalks

You must yield to pedestrians and provide an audible warning as you prepare to pass them. You may not ride on sidewalks in downtown Portland.

Be alert

Ride defensively and expect the unexpected.



Use caution when passing

You may pass slowed or stopped traffic on the right only when it is safe. Be very careful when overtaking cars and stay out of a motorist's blind spot as a driver may not signal when turning.



Be prepared for cars pulling out to cross your path at drive

Until you've made eye contact, assume that a stopped motorist in a driveway or cross street has not yet seen you.



Know what's behind you

Train yourself to look over your shoulder without losing your balance or swerving, or use a rearview mirror.



Avoid road hazards

Be on the lookout for rail tracks, sewer grates, manhole covers, oily pavement, wet leaves, gravel and ice. Cross rail tracks at a right angle. Do not ride through large puddles; they may hide a pothole.



Look for bike boxes

Green bike boxes are located at intersections and marked with a bicycle symbol. They create a safe and more visible space for bicyclists to stop at traffic lights.



Use caution in cycle tracks

Cycle tracks are physically protected lanes for bikes. When riding in one, be watchful when approaching an intersecting driveway or cross street.

Be equipped

Invest in the necessary gear.



Cover the basics

Your bike should be sized to your height. A hard-shell helmet reduces your risk of head injury in a crash. Bicyclists under 16 are required to wear one.



Gear up for urban conditions

Front and rear bike lights are required if you ride at dusk, dawn or night. Consider a rearview mirror, fenders for rain and a bell, plus a rack, basket or bike bag to carry groceries, books and necessities.

SAFETY TIPS

BIKE! THERE!

Quick guide for better biking



 Metro | *Making a great place*

**Drive less.
Save more.**



Quick guide for better biking

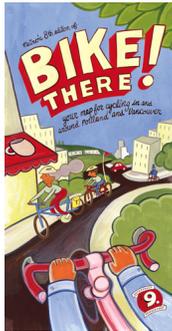
Biking is as an excellent way to get around, get exercise and experience the outdoors.

Whether you're new to biking or an experienced cyclist, this quick guide provides safety information and resources to make your ride more enjoyable. This is just a taste of what you get with Metro's new Bike There! map.

Bike There! map

Bike There! is printed on durable, waterproof paper and is available for \$9. The map features:

- detailed commuter maps of downtown Portland and 21 area cities
- an expanded regional map that shows popular recreational cycling destinations
- elevation points, steep slopes and transit stations to help you extend your ride.



Learn where to purchase a copy and download free maps at www.oregonmetro.gov/bikethere.

Why bike?

- Our region has more than 600 miles of on-street bike routes and 235 miles of off-street trails.
- Half of all trips in the U.S could be replaced with a 20-minute bike ride.
- Households that walk and cycle as the primary modes of travel save an average of \$694 per month.
- Biking helps weight loss and heightens energy levels.

About Metro

An elected regional government, Metro helps you make the Portland metropolitan area a great place to live, work and ride your bike!

Getting started

Check out these resources to learn more about cycling in the region. You'll find a range of information including how to buy a bike and safety gear without breaking the bank as well as how-to videos on tuning up your bike, using the bike rack on buses and much more.

Bicycle Transportation Alliance
www.bta4bikes.org

City of Portland, Bureau of Transportation
www.portlandonline.com/transportation

Community Cycling Center
www.communitycyclingcenter.org

Drive less. Save more.
www.drivelessavemore.com

Metro
www.oregonmetro.gov/bikethere

Bikes on transit

Regular-service TriMet buses, MAX, the Portland Streetcar, the Portland Aerial Tram and WES Commuter Rail allow bikes on board if there is room; bike spaces fill fast at rush hour. C-TRAN and SMART buses also carry bikes.

Bike lockers

To locate bike lockers in or near:

- Downtown Portland, call 503-823-CYCL (2925)
- MAX lines, call 503-962-2104 or visit www.trimet.org/bikes
- Lloyd District, call 503-236-6441 or visit www.lloydtdma.com
- Wilsonville's SMART Central, call 503-682-7790, ext. 1489 or visit www.ridesmart.com
- Vancouver and Clark County's C-TRAN, call 360-695-0123 or visit www.c-tran.com.



Know where you can't go

-  I-5 between Delta Park (Exit 307) and Highway 217 (Exit 292)
-  I-84 between its junction with I-5 and Lewis and Clark State Park (Exit 18)
-  I-205 between the Columbia River and the Highway 43 overpass at West Linn
-  I-405, its entire length, including the Fremont and Marquam bridges
-  U.S. 26 between downtown Portland at Southwest 13th Avenue and the west portals of the Vista Ridge tunnels
-  U.S. 30 between Northwest 23rd Avenue and I-405

Emergencies

To report a collision or crash, call 911. For information on registering a stolen bike online, visit www.oregonmetro.gov/bikethere.

Road hazards

To report a road maintenance issue (gravel, glass or a dangerous pothole) in:

- Portland, call 503-823-1700
- East Multnomah County, call 503-988-5050
- Clackamas County, call 503-557-6391
- Washington County, call 503-846-7623
- State highways, call ODOT at 503-731-4652.

Metro disclaims any responsibility for errors, omissions or inaccuracies in this guide. In no event shall Metro be liable for any damages or losses of any kind related to the data and information contained in this guide.