**Bicycling Tips**

**BE PREDICTABLE**
Ride so drivers can see you and predict your movements. Remember that rules are for the drivers as well as for bicyclists.

**BE EQUIPPED**
Always wear a helmet. It’s the law for 17 year-olds and younger. Wear highly visible clothing and use lights when riding at night.

**RIDE IN THE DIRECTION OF TRAFFIC**
Never ride against traffic.

**DO NOT RIDE ON SIDEWALKS**
Riding a bike is prohibited on sidewalks in downtown Woodland and other places with high pedestrian use.

**GREY TRAFFIC SIGNS, SIGNALS AND LAWS**
Bicyclists must follow the same laws as motorists. Stop at red lights and stop signs as you would in a car.

**USE HAND SIGNALS**
Hand signals tell others what you intend to do. Signal a turn or stop at all intersections.

**SCAN THE ROAD AROUND YOU**
Look ahead and anticipate what other traffic is likely to do. Learn to look back over your shoulder without losing your balance or swerving.

**SHARRIOWS**
Stationary vehicles that indicate the hard shoulder is for cyclists to avoid possible collisions with vehicles usually in a lane that is too narrow for cars to pass bikes safely.

**LOCKS OF YOUR BIKE**
Choose a u-shaped lock. Secure the frame to an immovable object or bike rack. Use a cable lock or a chain to lock the front wheel.

**LOCKING YOUR BIKE**
To lock your bike, use a u-shaped lock. Secure the frame to an immovable object or bike rack. Use a cable lock or a chain to lock the front wheel.

**THE NEW ZERO EMISSION VEHICLES**
When you shake your head from side to side, a correctly fitted helmet will stay in place.

**LOADING YOUR BIKE ON BUSES WITH FRONT RACKS**
Travel car-free with your bicycle to Davis, Sacramento, West Sacramento, and SMF Airport on Yolobus, route 42A/42B. Use the bike rack on the front of the bus. For routes, stop locations and schedules, visit yolobus.com

**THE NEW WOODLAND BIKE MAP**
“Together, we’re making Yolo County a cleaner, healthier, friendlier, more prosperous place through bicycling.”

**WHY BIKE?**

**IT’S FUN**
Walking and bicycling bring a sense of joy and independence.

**COMMUNITY BENEFITS**
Reducing traffic congestion, boosting a sense of community, and improving neighborhood connections benefits every one.

**HEALTHIER HABITS**
A bike trip is a fun way to get the physical activity and psychological benefits we all need.

**PROMOTING SAFETY**
Building sidewalks, providing educational programs and adding traffic calming measures are some of the ways to improve safety. Biking to work, school and shopping builds support for infrastructure improvements.

**THE LEAGUE OF AMERICAN BICYCLISTS**
The Bike Campaign was recognized as a bronze level Bicycle Friendly Community. The award is given only to cities with a strong commitment to the promotion bicycling within their community.

**AS SIMPLE AS ABC**

**A:** If your tires give a bit when you press with your thumb, they need some air.

**B:** BRAKES: When you squeeze your brakes hard, you should still be able to lift your thumb between the brake levers and the handlebars. Check your brake pads and adjust them if necessary.

**C:** CHAIN, CRANK, CASSETTE: Make sure your chain is spinning smoothly – lightly oiled and free of rust and gunk – by spinning it backwards a few revolutions.

**Cycling to Work can Cut Cancer and Heart Disease by up to 50%, Says Study!**

- The biggest study into the issue linked regular cycling with halving the risk of cancer and heart disease.
- The five-year study compared people who had an “active” commute with those who were mostly stationary.
- During the course of the study, regular cycling cut the risk of death from any cause by 41%, the incidence of cancer by 45% and heart disease by 46%.
- The cyclists clocked an average of 50 miles per week, but the further they cycled the greater the health boon.

**Community Benefits**

- Reducing car trips to work and school with bicycling reduces traffic congestion and pollution.
- Biking to work, school and shopping builds support for infrastructure improvements.
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