CYCLING TIPS
SAME ROADS, SAME RIGHTS, SAME RULES: Bicycling is a hazardous activity if not done properly. While a bike helmet can prevent some serious or fatal head injuries, the most effective means of avoiding crashes and physical harm is to learn to ride with competence, knowledge, and skill. Reading the following material will provide some basic information to this end.

USE YOUR HEAD... WEAR A HELMET! It's required by New Jersey State law if you're under the age of 17 to wear a helmet. You do not have to pay a lot of money for one but must make sure it is certified. Look for a current (since 1999) CPSC sticker inside the helmet. Be sure the helmet fits you properly for your head and that the straps are adjusted to keep the helmet on your head and properly positioned (i.e. level with the ground when you're standing upright). CPSC recommends you replace your helmet after five years of normal use. Keep helmets away from heat and sunlight when not in use.

BICYCLE BUYING ADVISE
Avoid "department store" bikes. You get what you pay for. "Big Box" brand bikes are poor quality, heavy, poorly imitated, and will last not long. Repairs often cost more than the original price of the bike! When buying a new or used bike, look for reputable brands or solidly built bikes. Have it checked out and fit by a competent mechanic before you ride.

BE PREDICTABLE
OPERATE YOUR CYCLE AS A VEHICLE ON THE ROAD: OBEY TRAFFIC SIGNS AND SIGNS. Cyclists must drive like motorists if they want to be taken seriously. Driving is also the safest behavior. When approaching a stop sign or red light, you are required to come to a complete stop (cease forward motion) and proceed with caution only if safe to do so.

USE HAND & VOCAL SIGNALS: Signal to others you are moving. They affect themselves and other drivers.

RIDE IN A STRAIGHT LINE: Ride to the right of faster traffic in a straight line abreast a car's door window, not in the bike lane, because you are not as visible from the car's rear view mirror. When passing someone in the same direction, you can stay to the left of the right turn only if you go straight.

CHOOSE THE BEST WAY TO TURN LEFT: There are two ways to make a left turn. (1) A more direct route. Signal, move into the left lane, and turn left. (2) A left turn only lane, stay to the right of the lane to allow other motorists behind to make a turn on your left. (2) Alternately, ride straight to the far side and go left across the intersection when safe to do so.

RESPECT PEDESTRIANS' RIGHTS: Pedestrians have the right of way in the right of way. Don't muscle your way through pedestrian crosswalks via driveways and porches without pedestrians. Be especially aware of pedestrians with disabilities. Don't ride on sidewalks if you can avoid them. Use the street, bike lane, or bike path. Alert pedestrians when you intend to pass by simply telling them you will pass on their left or right.

WHERE TO RIDE
TRAFFIC CIRCLE: Ride counter-clockwise. Traffic circles in the city have the right of way. Do not cut across the center of the circle or go left or right, try to stay far enough from the curb to allow cars to turn right on your right.

NEVER RIDE AGAINST TRAFFIC: Motorists aren't looking for cyclists riding on the wrong side of the road, and many other hazards threaten the wrong-way rider.

BE ALERT
NEGOTIATE WITH DRIVERS: Make eye contact with motorists and communicate your intentions to them. Learn the basic language terms that they know, and what you intend to do. Be aware of your surroundings.

AVOID ROAD HAZARDS: Watch out for parallel sink grates, slippery manhole covers, oil spill pavement, gravel, and ice. Cross railroad tracks cautiously at right angles. For better control as you move across hoses, hold the handlebars such that the brake levers are on your right hand.

KEEP BOTH HANDS READY TO BRAKE: You may not stop in time if you brake one-handed. Allow extra distance for stopping in the rain because brakes are less efficient when wet. For a sudden stop, move back on the seat and get as low as possible. If your rear wheel starts to skid or lift, ease up on the front brake.

WATCH YOUR SPEED: Obey posted speed limits and obey the basic speed law. Never ride faster than is safe under the existing conditions.

GET IN SHAPE: Begin with short trips, working up to longer distances. This will ease muscles into shape and allow you to become more comfortable on a longer trip. Spend a few minutes stretching your legs and body before and after riding.

DRESS APPROPRIATELY: Wear a helmet whenever you ride. Cycling increases stress and protects your hands in a fall. Bikes with leases or that are otherwise firmly affixed to your feet are strongly recommended. Dressing in layers allows you to adjust to temperature changes on longer rides.

KEEP YOUR BIKE IN SHAPE: Maintain your bike in good working condition. Check brakes regularly and keep tires properly inflated. Try to keep your bike out of the rain or weather, or the chain and other parts of your bike where moisture can gather. Routine maintenance is simple. Learn to do it yourself or leave it to an expert at your local bike shop.

SEE AND BE SEEN, HEARD AND HEARD: Wear light-colored or reflective clothing for greater visibility. State law requires bicycles ridden during the night carry a lamp or a reflector in the front headlight from visible from at least 500 feet in front of the bike and a rear lamp emitting a red light visible from a distance of at least 500 feet to the rear of the bike. Additionally, a rear red reflector, pedal reflectors, and wheel or side reflectors are recommended. In New Jersey, the law requires that bikes also be equipped with a "see and be seen" light (not a safety light) that can be seen at least 100 feet away.

BICYCLE THEFT PREVENTION
1. Register your bike with Princeton University’s Department of Public Safety. Bring your bike by Public Safety’s headquarters at 200 Elm Drive. Officers will be there to assist you with the process. Any member of the Princeton community can register their bike with Public Safety, and students also have an opportunity to register during a Public Safety-sponsored bike registration event in September at the residential colleges. Questions? Call the officers at 609.258.1000.
2. Always lock your bike, even if you’re leaving it for just a minute. Whenever possible, always lock your bike to a light, fixed device such as a bike rack or “post” (concrete block with wheel slot). Lock your bike in a highly visible, well-lit location.
3. Outfit your bike with the best locking system you can—none is as expensive as a new bike. U-shaped high security locks are among the most theft resistant locks available. Be aware, however, that they can nonetheless be easily defeated by knowledgeable thieves. Additional accessories that are available may reduce the effectiveness of leveraging devices. U-locks that are bolted to frames are far better than those that are not.
4. Heavy duty chains with case-hardened, 5/16” thick links are more secure than cables. All cables are relatively easy to defeat. Padlocks also should have case-hardened 5/16” shackles.
5. Quick-release wheels and seats that lock with a cable, chain, or other security devices available at bike shops.

GET THERE BY BIKE!
GROCERIES
CLAYTON GROCERY: The store is located at 255 Nassau Street and will be on the east side of the street between Olden Street and Murray Place.
NASSAU STREET SEAFOOD & PRODUCE CO. The store is located at 256 Nassau Street and will be on the east side of the street between economies and Florence Street. The parking lot is across the street.
McCaffrey’s: The store is located next to the Princeton Shopping Center (see “Princeton Shopping Center” below for directions).
MARKET HAIR: The store is located at the corner of Olden and Murray Place. To reach it from the Main Street, you should head north on Olden Street.
SHOPPING & ENTERTAINMENT
PRINCETON SHOPPING CENTER: Head northwest on Hanover Street North. The shopping center is on the east side of the street. The parking lot is across the street.
MARKET FAIR: The store is located at the corner of Olden and Murray Place. To reach it from the Main Street, you should head north on Olden Street.

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