FOLLOW THE LAW
Your safety and the image of bicyclists depends on you. You have the same rights and duties as drivers. Ride in the same direction as traffic; use the rightmost lane headed in the direction you are going.

BE PREDICTABLE
Make your intentions clear to everyone on the road. Ride in a straight line and don’t swerve between parked cars. Signal turns, and check behind you well before turning or changing lanes.

BE CONSPICUOUS
Ride where people can see you and wear bright clothing. Use a front white light, red rear light and reflectors when visibility is poor. Make eye contact with others and choose the safest route within your capabilities.

THINK AHEAD
Anticipate what drivers, pedestrians, and other people on bikes will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes, and other road hazards.

RIDE READY
Check that your tires have sufficient air, brakes are working, chain runs smoothly, and quick release levers are closed. Carry tools and supplies that are appropriate for your ride. Wear a helmet.

This information was adapted from the League of American Bicyclists https://bikeleague.org/content/rules-road-

PRE-RIDE BIKE CHECK
an 8-step guide for safety, function & fit

1. BOUNCE
   • Pick up the bike and bounce it to check for loose parts making noise. Identify the culprit and tighten
   • Are the tires flat?
   • Is the chain on the rings?

2. SPIN
   • Spin your wheels to see if they move freely without wobbling or touching the brake pads
   • Check the quick release levers or bolts to ensure the front and rear wheels are secure in the dropouts

3. SQUEEZE
   • Pull the brake levers and engage the brakes individually to determine if they have adequate stopping power
   • Does the brake lever pull all the way to touch the handlebar?
   • How much rubber can you see on the brake pads?

4. ROCK
   • Check that your headset is adjusted by holding the front brake and rocking the bike front to back. Feel a knocking?

5. PUMP
   • Get those tires ready to roll by inflating them to their recommended psi

6. CLEAN
   • Bikes are most happy when they are clean! Take a rag and touch all of the surfaces, especially your drivetrain. Feel free to use a household degreaser

7. LUBE
   • Does your chain look dry, squeak, or even look overly greasy?
   • Lean your bike up and hold a rag to the chain while pedaling backward with your hand to remove old grease and debris
   • Keep pedaling backward and apply a drop of lube to each chain link
   • Clean off excess lube with a rag

8. SET
   • Set your seat height by raising or lowering the seat post to allow full extension of your legs without locking out your knees

ENJOY YOUR RIDE!

The Cycle Learning Center (CLC) is a campus-based service focused on developing healthy and sustainable lifestyles by promoting the use of bicycles and multi-modal transportation options. The CLC, started in 2002, is the university’s centralized source for basic bicycle repair services, instructional clinics, group rides and alternative transportation information. The CLC strives to create a hands-on learning environment that empowers campus users to explore sustainable transportation through educational programming, retail sales, and services. The CLC is a partnership between Campus Recreation and Transportation and Parking Services.

Hours: Monday – Friday
10 a.m. to 6 p.m.

Location: Corner of University and Michigan in the Lincoln Garage

Contact: (208) 426-RIDE (7433)
rec.boisestate.edu/clc

The Bike Barns are secure fenced-in areas of the Lincoln and Brady garages for bicycle storage. Students, faculty and staff can lock their bikes to special racks out of the sun and rain. Gain access with an ID card at the Transit Center for $16 per semester or $26 per year.