

THE W&M BICYCLIST'S SURVIVAL GUIDE



Here's to you, W&M riders! You've been rolling for longer than you've been walking, so it's no wonder you feel right at home on two wheels. You're saving money, reducing pollution and improving your health. Remember with all that fresh air comes a certain amount of vulnerability, so here are a few tips to keep you on the straight and vertical.

First, most importantly please remember to register your bike with Parking & Transportation Services. You can do this online at <https://forms.wm.edu/14670> or in person at the Parking Office at 201 Ukrop Way. Upon completion of the process you will receive a registration sticker in the mail at your CS box to apply to your bike.

What every rider should know...

Dress to be seen. Yellow and lime green are especially visible colors in daylight; reflective accessories will help make you visible to drivers at night.

Plan for an emergency
Carry an under saddle kit with a spare tube, patch kit, and small bicycle multi tool.

Gauge it right – tires should be in good condition and properly inflated to their recommended pressure **noted on the sidewall**



Shield your brain
Always wear a helmet

Tune into traffic - not your earbuds.

Light up the night Use reflectors and lights, white on front and red on back, it's the LAW.

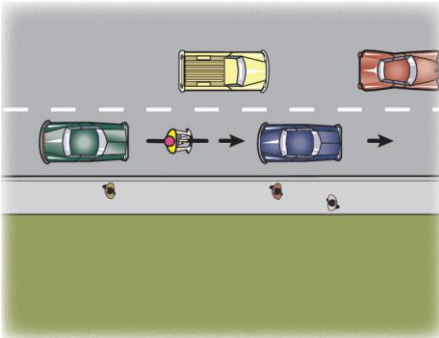
Avoid a chain reaction – tuck in or hike up loose clothing so it doesn't get caught.

STOP! Brakes must be in good repair and powerful enough to let you stop easily and safely, check pads and

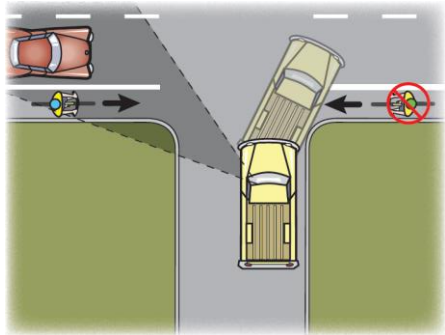
ABIDE WHEN YOU RIDE

Go with the flow - ride on the right, in the same direction as traffic. It's the law – and it will help you to be seen by drivers. Drivers pulling into traffic tend to look mostly in the direction of oncoming cars. If you ride against traffic, drivers may not see you until it is too late.

RIDE WITH TRAFFIC



STAY CENTERED

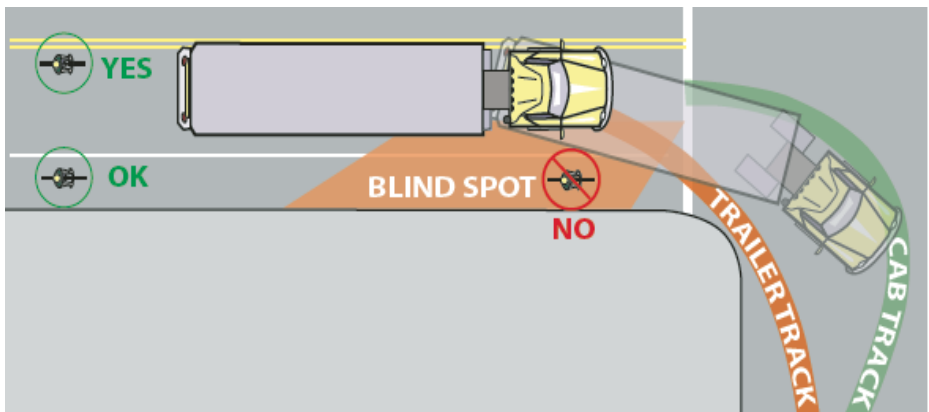


Pedal by the book - when on the road, your bike is a vehicle. That means you have the same rights and responsibilities – as motorists. So obey all traffic signs, signals, lane markings and other rules of the road.

Get a grip – keep at least one hand on the handlebars at all times. And be ready to brake at a moment's notice.

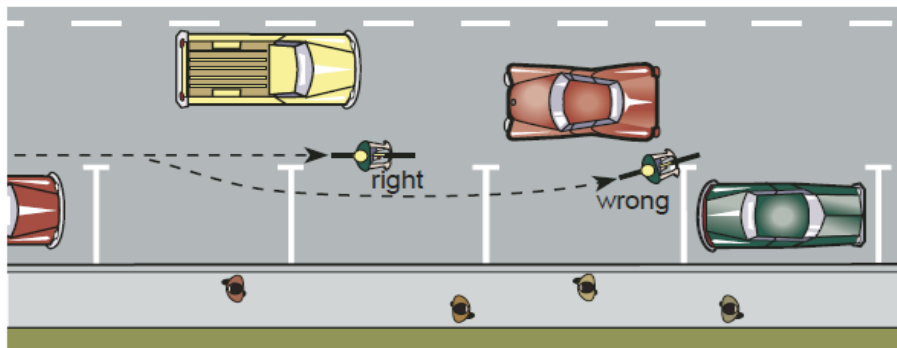
Keep to the right - but not so far to the right that you risk hitting the curb, leaving the paved road or getting hit by the opening door of a parked car. If there is no shoulder or bike lane *and* the travel lane is narrow, ride closer to the center of the lane where drivers can see you.

Space out - when close to an intersection, use caution while passing vehicles on the right. Watch the right-turn signals and hang back until the coast is clear.



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Be predictable to drivers – telegraph your every move with hand signals. The last thing you want to do is catch a driver by surprise... the surprise may be on you!

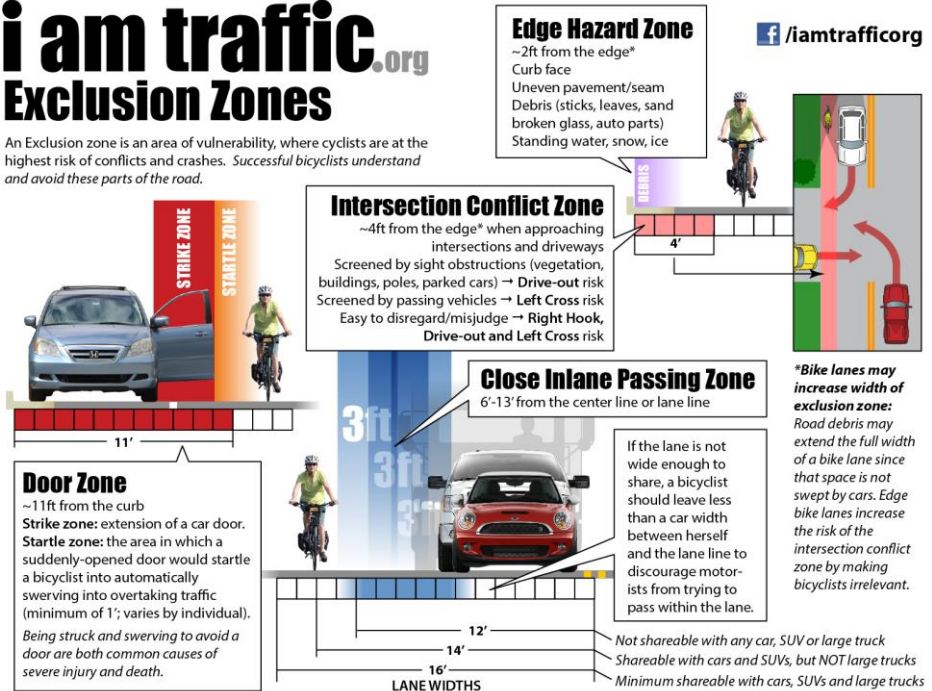


Don't weave in and out of parked cars

i am traffic.org Exclusion Zones

An Exclusion zone is an area of vulnerability, where cyclists are at the highest risk of conflicts and crashes. *Successful bicyclists understand and avoid these parts of the road.*

[f /iamtrafficorg](https://www.facebook.com/iamtrafficorg)



Riding on Sidewalks – in general, on campus you shouldn't ride a bicycle on sidewalks. Many crashes between bikes and cars, or pedestrians occur on sidewalks, especially when bicyclists ride against the flow of car traffic and do not yield to pedestrians. If you must ride on a sidewalk, ride in the same direction as traffic next to you, and adjust your riding habits for the safety of all sidewalk users. Slow down at driveways and street crossings, yield to pedestrians, be courteous and ride cautiously.

When passing pedestrians **give an audible warning** and wait for them to move over. Make your intentions clear. For example, "passing on your left"

Riding in Bike Lanes – Bike lanes are one-way, they follow the flow of traffic, be mindful of parked cars and the "door zone" as you pass by.

Riding on paths – paths may be wider than sidewalks, but you should still ride cautiously. Ride on the right and yield to pedestrians. Ride more slowly and alertly at night, when it's harder to see the surface and edges of the path.

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Protect Your head: wear a helmet.

A properly fitted and correctly worn bike helmet can make a dramatic difference, cutting the risk of serious head injury by up to 80 per cent. Discard the helmet after one high intensity impact.

Follow the **2V1** rule...



"2" fingers above
your eyebrows



Straps form a "V"
under your ears



"1" finger between
strap and chin

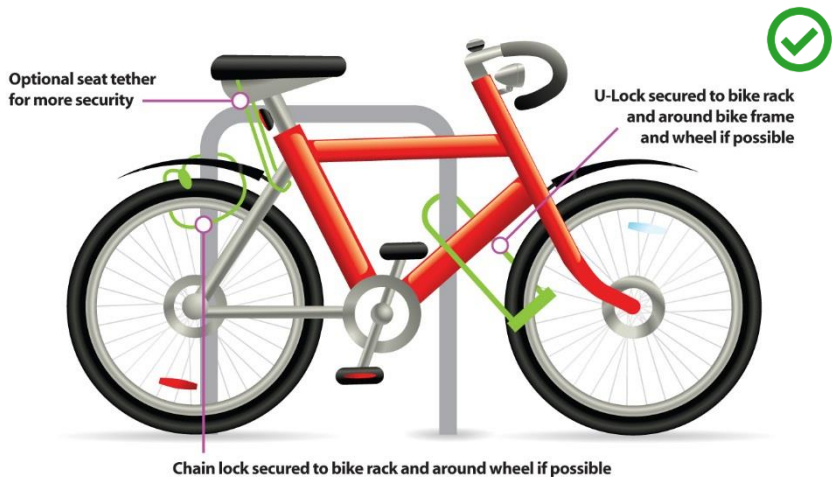
2V1 rule.

Always check your helmet: two fingers above your eyebrow, straps form a "V" under your ears, one finger space between strap and chin.

Parking your bike on campus - Do not chain or lock to benches, light poles, sign poles, stairwell rails, building emergency egress points, or trees and shrubs. Bikes are not allowed in dorm rooms, hallways, or offices.



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Bicycles are only permitted in the bicycle racks provided at various locations on the campus. Also be mindful of fellow riders, do not lock your bicycle to another.

To be sure you have a safe ride every time, perform the *ABC Quick Check* each time before heading out on your ride

A is for Air - Inflate tires to the pressure listed on the side of the tire, check for damage on tire and replaced if damaged

B is for Brakes - Inspect pads for wear; replace is there is less than a ¼" of pad left, check cable tightness, fraying and alignment of the pads with the rims

C is for Cranks, Chain and Cassette -
Check you pedals and cranks for tightness
Check chain for looseness and bad links
Check derailleur for worn cogs and adjustment
Check that your gears change smoothly

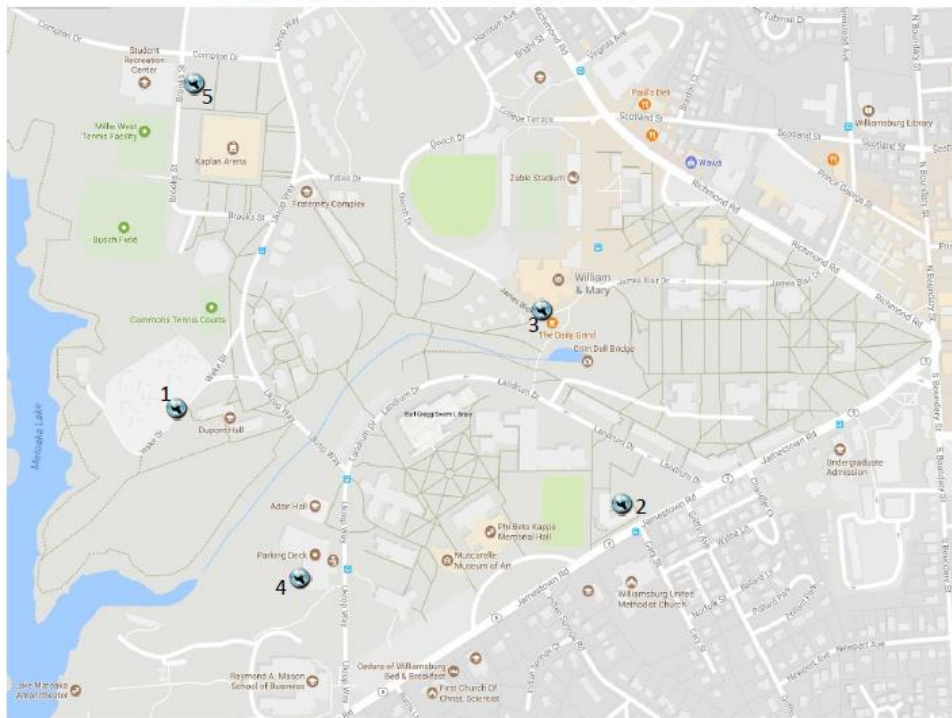
Q is for Quick release - Make sure quick releases on your wheels are all closed

Check - Check your helmet for cracks and make sure it fits properly, check shoes for proper fit, cleats are secure, check saddle height and position.

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To correct items identified during an ABC Quick Check, you may visit the nearest Fix It station on campus. Below is a map outlining their locations.

Fix-it Station Placement



Station	Main Campus Location
1	Botetourt Complex
2	Jamestown Complex
3	Daily Grind/Lodges
4	Parking Deck
5	Rec Sports Center
Station	Other Campus Locations
6	Ludwell Complex
7	Grad Housing Complex
8	VIMS Campus (16 miles) @ Gloucester PT

