



# CONFIDENT CITY CYCLING

Lose Your Fear and Learn  
to Ride with Confidence

## More Information:

- » [BikeMorgantown.com](http://BikeMorgantown.com)
- » [BikeMorgantown@gmail.com](mailto:BikeMorgantown@gmail.com)
- » 304.376.0446



Certified Instructors

# Five Steps to Riding Better

## 1. Follow the Rules of the Road

- » Ride with traffic and obey the same laws as motorists.
- » Use the rightmost lane that heads in your direction.
- » Obey all traffic control devices.
- » Always look back and use hand signals to indicate intention.

## 2. Be Visible

- » Ride where drivers can see you.
- » Wear brightly colored clothing at all times.
- » At night, use a white front light, a red rear reflector and red rear light.

## 3. Be Predictable

- » Ride in a straight line and don't swerve.
- » Make eye contact with motorists.
- » Do not ride on the sidewalk.

## 4. Anticipate Conflicts

- » Be aware of traffic around you.
- » Learn braking and turning techniques to avoid crashes.
- » Be extra alert at intersections.

## 5. Wear a Helmet

- » Make sure that the helmet fits on top of your head, not tipped back or forward.
- » After a crash or any impact that affects your helmet, replace it.