

Road Safety 101

Hi. I'm Stephanie Noll from the Bicycle Transportation Alliance, and I'm going to talk about a few simple skills that will give you the confidence that you're sharing the road safely.

Skill #1: lane position = 3ft from parked cars

The first thing I want to talk about is lane position. The best place to be in the lane is at least three feet away from any parked cars so that you are outside what we call the "door zone" where car doors might open into the lane. Next, the thing you want to do is maintain consistent lane position and avoid weaving out between parked cars. Any drivers behind you will appreciate your predictability of riding in a straight line.

Skill #2: taking one hand off the handlebars

The next skill I want to talk about is getting comfortable taking one hand off of your handlebars so you can easily look behind you and it allows you to use your turn signals.

- Right turn signal - left hand pointed up bent at the elbow at a 45 degree angle
- Left turn signal - left hand straight out
- Brake signal - left hand pointed down bend at the elbow at a 45 degree angle

Most of the road users in the Portland metro area are considerate people so when you do a good job showing them where you need to go they will give you plenty of space to do what you need to do.

Skill #3: use eye contact

Now another thing you can do to be safe and confident on the road is to use eye contact whenever possible. When you can make eye contact with drivers you know that they see you. You can also use eye contact to determine where the blind spots are with large vehicles. When approaching a large vehicle you can make eye contact with the driver in the rear view mirror to make sure that they see that you are there.

So with good lane positioning, looking over your shoulder, using hand signals, and making eye contact you can be safe and confident sharing our community streets. For more biking tips and resources check our www.BikeCommuteChallenge.com.