**Always Wear a Helmet When Riding.**

Look for CPSC approval. Helmet should be worn level, protecting your forehead, with straps fastened snugly.

**Bicycle Size**
Rider should be able to straddle bicycle while standing flat-footed, and just clear the top tube's attachment point, which is located just below the handlebars. When seated, handlebars should be easily reached.

**Seat Position**
When seated, with one pedal down at 6 o'clock, the ball of that foot should just rest on the pedal with leg slightly bent.

**Maintenance**
Keep brakes adjusted and tires aired to the pressure indicated on side of tire. Replace pads when wear shows. Visit a bicycle shop for lubrication and maintenance advice geared toward your type of riding.

**Night Riding**
When riding after dusk, Kansas law requires a white light on the front, front and rear reflectors on each pedal, and a red reflector on the rear. Better yet is a flashing red light on the rear. Always wear clothing that is reflective or very light-colored. Children should not ride on the street or sidewalk after dark.

**Railroad Crossings**
Obey signs then look each way twice before crossing. Cross tracks at a right angle or as close to a right angle as possible.

**Highways**
Bicycles are allowed on Kansas highways with the exception of interstates and the Kansas Turnpike.

**Resources**
http://www.ksdot.org/burRail/bike/default.asp

This information is available in alternative accessible formats. To obtain an alternative format, contact Transportation Information, Eisenhower Building, 700 SW Harrison, 2nd Floor West, Topeka, KS, 66603-3754, or (785) 296-3585 (Voice)/Hearing Impaired - 711.
Riding in Traffic

Obey the same rules of the road as drivers.
Traffic laws and fines also apply to cyclists. Following them makes your movements more predictable.

Obey all signs and lights.
Your attention please!
Headphone and cell phone use is hazardous.

Ride with traffic, never against it.

Ride on the right side of the road, except when passing a vehicle, preparing to turn left, avoiding hazards, such as debris and drain grates. Never pass on the right.

Stay aware of motorists around you.
Listen and look, make eye contact when possible; never assume you are seen. Do frequent shoulder checks (quick glances over shoulder).

Use correct hand signals when turning.

Riding the Roundabout

Approaching
• Carefully follow sign instructions and pavement markings.
• Move to middle of lane since vehicles are slowing down.

Navigating Inside
• Stay in center of lane.
• Signal when changing lanes.
• Watch for vehicles entering.

Exiting
• Signal exit intention.
• After exiting, move back to right side of street.

Watch for obstacles in your path.
Watch for hazards like cracks, drainage grates, potholes, railroad joints, wet leaves, and winter sand to help prevent sudden, unpredictable movements.

When riding on sidewalks or multi-use paths,
watch for motorists, cyclists, or walkers crossing from intersecting drives or paths.

Rider Safety:
Your fault or not, you lose.

Headphone and cell phone use is hazardous.

Department of Transportation
Bureau of Transportation Safety & Technology
785-296-3618