

Know and follow the rules of the road.

- Virginia law essentially requires cyclists riding on a public roadway to follow the same rules of the road as drivers of motor vehicles. Cyclists can receive a summons for violations.
- Cyclists are required to ride with the direction of traffic and obey all stop lights, stop signs, speed limits, lane markings and other highway signs.
- Cyclists may not travel the wrong way on a one way street.
- Cyclists are required to stay to the extreme right of the travel lane except when making a left turn or traveling on a one way street.
- Cyclists riding in groups must not impede the regular flow of traffic and must ride single file on the extreme right of the travel lane when being overtaken by vehicle traffic.
- Cyclists are required to use hand signals to signal their intent to stop or turn.
- Bicycles operated at night must be equipped with a headlight visible from a distance of 500 feet and a tail light visible from a distance of 600 feet.
- Cyclists may not wear earphones or headphones when riding on a public road.
- Cyclists are required to yield the right-of-way to pedestrians
- The City prohibits bicycles on sidewalks in portions of the historic downtown. These areas are posted by signs.

Bicycle registration

The Fredericksburg Police Department provides free bicycle registration to facilitate the return of lost or stolen bicycles. The service is available during regular business hours at Police Headquarters.

Bicycle Safety Online

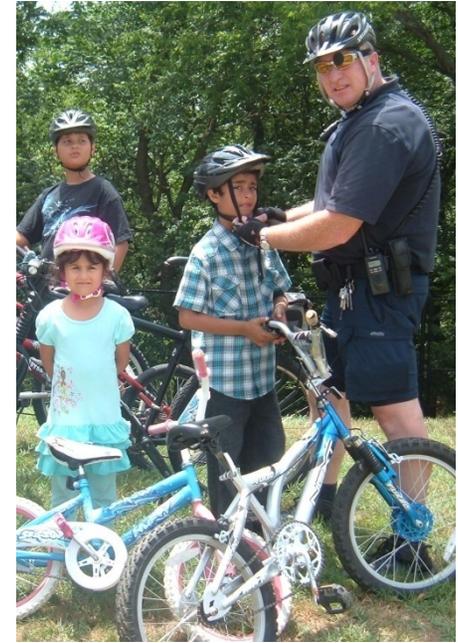
The National Highway Transportation Safety Administration provides safety tips, data, and resources for adults and children at www.nhtsa.gov/Bicycles.

Places To Cycle

The staff at the Fredericksburg Visitors Center can recommend things to do and see while cycling in the Fredericksburg area. They are located at 706 Caroline St. (540) 373-1776 and online at www.visitfred.com.

Healthy Activities

Fredericksburg Parks & Recreation offers a wide range of healthy activities for families and individuals of all ages. They are located at 408 Canal St. (540) 372-1086 and online at www.visitfred.com.



A Guide for Safe and Enjoyable Cycling in Fredericksburg

**Fredericksburg Police Department
2200 Cowan Blvd.
Fredericksburg, VA 22401
540-654-5730**



Biking the 'Burg

Resources for Cyclists



A Message from the Chief...

The City of Fredericksburg offers residents and visitors the unique opportunity to cycle in remarkably historic and naturally serene settings. The officers of the Fredericksburg Police Department strive to make your cycling activities safe and enjoyable. This brochure offers bicycle safety tips for adults and children, a summary of the state laws and local ordinances governing bicycles, and resources to enhance your cycling experience.

Please take a few moments to review the information and share it with fellow cyclists. Also, please do not hesitate to approach our officers or contact the Police Department if you have questions or concerns. Enjoy your ride!

- Chief David Nye

Always wear a helmet and choose a helmet that fits properly.

- Helmets are proven to be 85-88% effective in preventing traumatic brain injury, the primary cause of death and disabling injuries from cycling crashes.
- Choose a helmet that meets U.S. Consumer Product Safety Commission standards (look for the CPSC label inside the helmet).
- A properly fitted helmet should sit low and level on your head, one or two finger widths above the eyebrows.
- The side straps of the helmet should form a “V” shape under, and slightly in front of, the ears.
- The chin strap should be tightened snug so that no more than one or two fingers fit under the strap.
- When selecting helmets for children, buy one that fits the child *now*, not one to “grow into”.

Ensure the bicycle is the proper size and is functioning properly.

- Stand over the top of the bike. There should be 1-2 inches of clearance between the rider and the top bar (5 inches of clearance for mountain bikes).
- A properly adjusted seat should allow the seated rider to put a foot on the pedal and the fully extended leg should have a slight bend at the knee.
- Handlebars should be firmly in place and turn easily.
- Wheels must be straight, secure, and the tires should be properly inflated.
- Brakes should be checked by a technician if: the rider cannot stop quickly, or the hand

brake levers touch the handlebars, or the pads show uneven wear, or there is more than 1/8 clearance between the brake pad and the wheel rim.

- Ensure the bicycle has the sufficient reflectors so it can be seen from all sides.
- Select clothing and footwear that is not likely to get caught in the spokes or chain. Brightly colored and reflective clothing offers the cyclist greater visibility.
- Choose your route and know the traffic conditions you can expect.

Teach your children to cycle safely.

- Children do not have the skills adults take for granted as drivers.
- Children do not naturally use their peripheral vision and must be taught to scan for traffic.
- Children do not automatically use sound to determine the location of vehicles and must be taught to listen for traffic.
- Children tend to believe if they can see the vehicle the driver of the vehicle can see them. Teach children to cycle defensively.
- Children under the age of ten are not able to identify and respond to dangerous traffic situations and experts recommend that they not be permitted to ride in the street unsupervised.