

Colorado Bicycling Manual

A GUIDE TO SAFE BICYCLING



Colorado Department of Transportation
Bicycle/Pedestrian Program

8th Edition





Colorado is a great place to live, work and play.

Riding a bike is a healthy and fun option for experiencing and exploring Colorado. Bicycling is also an attractive transportation choice for getting to and from work, running errands, and going to school. Bicycles are legally considered “vehicles” on Colorado’s roadways, so be sure you know the rules of the road and be respectful of all road users.

The Colorado Department of Transportation (CDOT) encourages you to take a few minutes to review this booklet and share the information with family and friends. This bicycling safety guide explains the rules of the road, provides tips about biking and shares with you the basic guidelines about cycling on Colorado roadways.

Bike Safely and Share the Road!

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Bicycling in Colorado

Every person's transportation choice counts! We all need to be conscious of and courteous to other individuals when sharing our roadways. Remember, streets and trails are for everyone and sharing is more than good manners!

A bicyclist in Colorado has all the rights and responsibilities applicable to the driver of any other vehicle. That means bicyclists must obey the rules of the road like other drivers, and are to be treated as equal users of the road. Bicyclists, like vehicle drivers, can be ticketed or penalized for not obeying the laws.

SAFETY TIPS FOR BIKING IN COLORADO:

- Wear a helmet, glasses and bicycling gloves
- Dress appropriately for the type of riding you are planning and when possible wear bright clothing
- Obey traffic signs and traffic signals
- Ride with traffic, never against it
- Ride as far to the right, in the right lane, as practicable except when passing another vehicle, preparing for a left turn, or avoiding hazards
- Ride on paved shoulders and bike lanes when available and be on the look out for road hazards or debris – gravel, broken glass, sewer grates
- Don't pass on the right
- Ride no more than two abreast, returning to single-file if riding two abreast impedes the flow of traffic
- On narrow canyon roads without bike lanes or shoulders, play it safe and ride single file
- Use hand signals to indicate what you intend to do: left or right turns, slowing or stopping
- Riding early in the morning or at night? Use a headlight, a taillight and reflectors – be visible
- Make eye contact with drivers, never assume motorists see you or that you have the right-of-way
- Never catch a ride by attaching your bicycle to other vehicles
- Keep at least one hand on the handlebars at all times
- Always expect the unexpected when you ride; your first responsibility is to be safe

Rules of the Road*

Ride on the right

Riding on the right doesn't mean hugging the curb or edge of the road. It means riding as far right as practicable and still being safe from debris, obstacles and traffic.

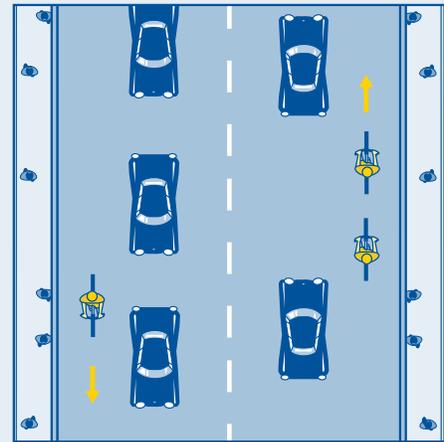
When to take a lane

A bicyclist may take the travel lane where traffic is slow and the lane is narrow, there is no shoulder or bike lane, when approaching an intersection, or if you are moving at the same speed as the flow of traffic. Moving to the center of the lane establishes your position and prevents motorists from passing until there's enough room.

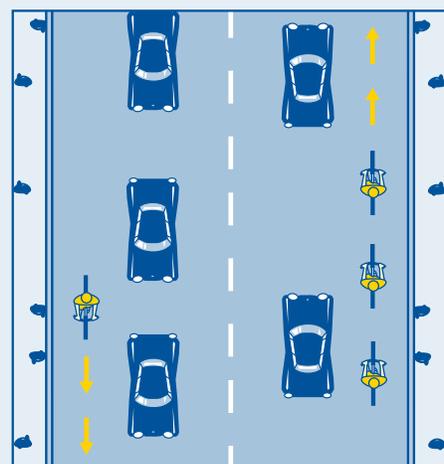
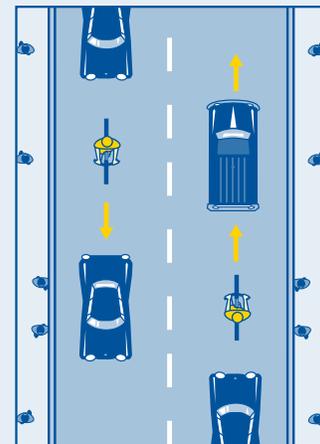
Ride Single File

Play it safe and ride single file. This provides more room to maneuver and allows other bicyclists and motorists to pass. However, you may ride two abreast if you're not impeding the normal flow of traffic; or when you're riding on a facility exclusive to bicycles.

*Complete Colorado Bicycling Statutes are listed on pages 42-44.



Ride in straight line. Don't weave in and out of parked cars.



Play it safe and ride single file.

Use Hand Signals

Use the proper hand signals for left or right turns and for slowing or stopping.

When turning, you must signal continuously at least 100 feet before the turn and while you are stopped waiting to turn, unless use of your hand is needed to control your bicycle.

Making Left Turns:

1) LIKE A MOTOR VEHICLE:

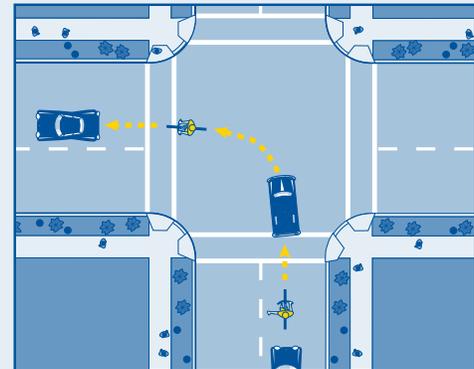
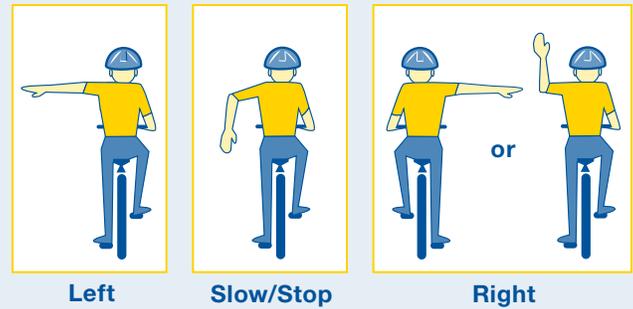
- Signal left
- Look behind you
- Move into the left lane, or the center turn lane
- Yield to oncoming cars before turning

2) LIKE A PEDESTRIAN:

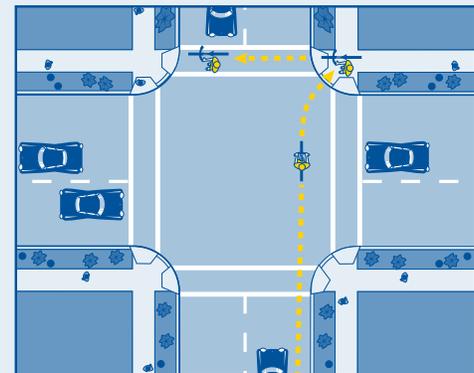
- Ride straight through the intersection to the far crosswalk
- Stop, dismount, and position your bike in the new direction
- Yield to oncoming traffic, or if you are at a signalized intersection, wait for the green or WALK signal
- Walk your bike across the intersection

3) 90 DEGREE OR INVERTED L:

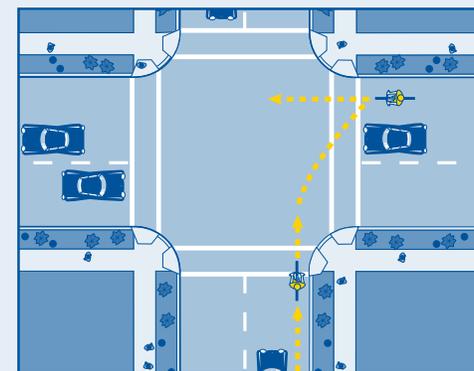
- Ride straight through the intersection to the far corner
- Stop and position your bike in the new direction
- Yield to oncoming traffic, or if you are at a signalized intersection, wait for the green signal
- Ride your bike across the intersection



Left turn like a motor vehicle.



Left turn like a pedestrian.



Left turn at 90 degrees or inverted L.

Follow Lane Markings

Like other vehicles when you approach an intersection with several lane choices, choose the lane appropriate to your travel direction and follow the markings.

Road Hazards to watch for:

1) SEWER GRATES

Your wheel can get caught in them.

2) RAILROAD TRACKS

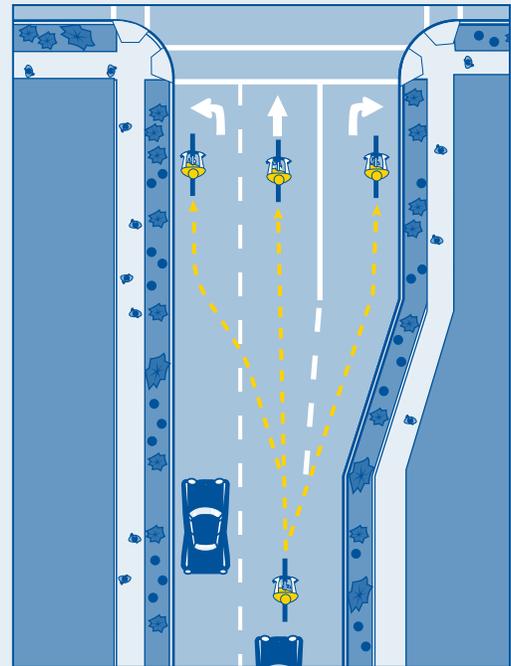
Always cross railroad tracks perpendicular to the rails (straight on).

3) PARKED CARS

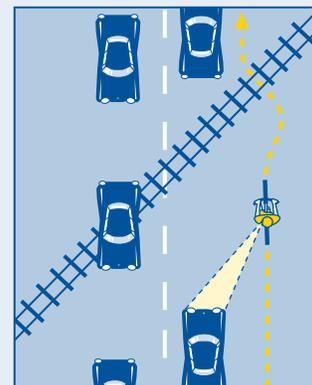
Ride a car door's width away from parked cars to avoid unexpected doors opening on you.

4) ROUNDABOUTS

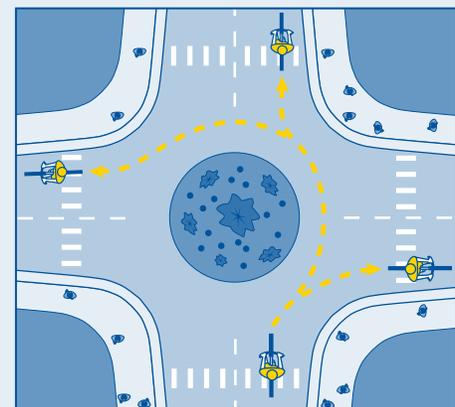
- When approaching the roundabout, bicyclists should merge to the center of the lane (take the lane).
- Vehicles and bicyclists entering the circle yield the right-of-way to traffic already in the circle.
- Traffic proceeds in a counterclockwise direction around the circle, even when making a left turn.
- All vehicles yield to pedestrians in crosswalks.
- Motor vehicles should not speed up to pass bicyclists.



Follow lane markings.



Cross railroad tracks at a 90 degree angle.



Navigating a roundabout.

Right-of-way

Never assume you have the right-of-way. Your first responsibility at all times is to avoid a crash. Right-of-way rules and regulations do not authorize negligent bicycle driving.

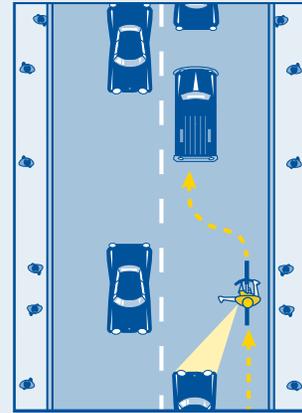
When approaching an uncontrolled intersection at approximately the same time as another vehicle, the operator of the vehicle on the left must yield the right-of-way to the vehicle on the right.

When changing lanes in traffic, you must yield to all vehicles in the other lane which are close enough to be a hazard. Don't change lanes if another vehicle must slow down for you. Always look behind you and signal before changing lanes.

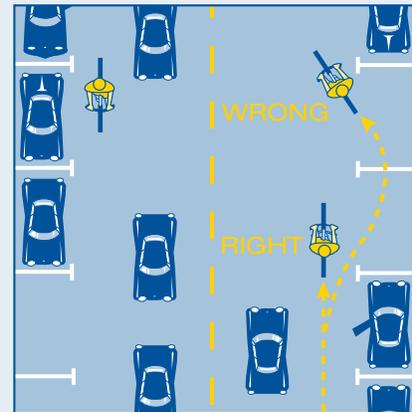
You should yield to pedestrians under all conditions. They have the right-of-way at crosswalks and intersections whether the crosswalks are marked or not.

Ride in a straight line

Riding predictably will make you more visible. Don't weave in and out of parked cars. At intersections, stay on the road. Don't ride in the cross walk and suddenly reappear on the road again.



Cyclists should signal and scan for traffic before merging into the lane.



Don't weave in and out of parked cars.

Bicycles & Traffic

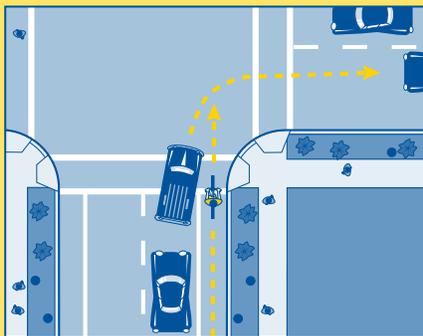
In Colorado, motorists and bicyclists share the road. Both have equal rights and responsibilities to obey all traffic laws.

Bicycle drivers who violate traffic laws will be subject to the same penalties as drivers of motor vehicles, except that no penalty points shall be assessed against the bicyclist's driver's license.

If a bicycle rider is stopped for a traffic violation and the officer has reason to believe that the bicyclist will not appear in court or the officer is unsure of the bicyclist's identity, the officer may arrest the bicyclist and require the bicyclist to post bond.

MOTOR VEHICLE DRIVING TIPS:

- Allow at least three feet between your vehicle and the bicycle to avoid blowing the bicyclist out of control or off the road.
- Be patient and wait until it is safe to pass, as you would any other slow-moving vehicle. Be aware that when a road is too narrow for cars and bikes to ride safely side by side, bicyclists can legally ride in or near the center of the lane for more visibility and safety.
- Please don't honk your horn. You could startle the cyclist into an accident.
- Look to your right before turning to avoid cutting off a cyclist.



Don't cut off a bicyclist when making a right turn.



Don't be a Road Hog. Share the Road.

Whether you're on a mission to get from Point A to Point B on foot, or in your car; or your mission is to soak up spectacular Colorado scenery on a Sunday bike ride, be respectful and considerate of everyone's rights to our roadways.

You can help cut down on Colorado's pesky Road Hog population.

ALL

Focus. Avoid using cell phones and other personal devices while driving, biking, or walking.

MOTORISTS

Keep your eye on cyclists and pedestrians. They have a right to use all the roads in Colorado unless expressly prohibited. Keep track of them in your rear and side mirrors. Slow down.

PEDESTRIANS

Cross in crosswalks. Make eye contact with drivers before crossing to ensure they see you. Walk against traffic.

CYCLISTS

Ride with the flow of traffic. Obey traffic laws – you're a vehicle too. Ride single file whenever possible.

We all walk, bike and drive. Let's all share the road.

Riding for Different Reasons

Bicycle Commuting

Try bicycle commuting! It's efficient, enjoyable, economical, healthy, and it's good for the environment. It's everything transportation should be! The State of Colorado, as well as many local Colorado governments and employers, promote bicycling as a practical form of transportation. Many people already bicycle for recreation, but use a car to get to work, school, errands, and other short trips. This guide illustrates how you can break the automotive habit and experience the joy, freedom, and cost savings of everyday bicycling.



YOUR PERSONAL GUIDE TO COMMUTING

This section provides ideas to help you develop your own personal bicycle transportation style. You may not believe it now, but once you are in the habit of making bicycling your first transportation choice, it will seem inconvenient to use your car!



TIP

Never wear headphones when cycling – they block other sounds you need to hear.

USING YOUR BICYCLE FOR SHORT TRIPS REWARDS YOU IN MANY WAYS:

- Bicycling lets you enjoy your natural surroundings, unlike car driving which isolates you from your environment.
- Bicycling is an inexpensive way to make your time and destination your own.
- A brisk or relaxing bicycle ride home after work is a great way to relieve stress.
- Cycling for short trips often saves you time.
- Bicycling is an easy way to include fitness in your daily routine.
- Bicycling is friendly to the environment, which benefits you and everyone else.
- Bicycling gives you a sense of accomplishment.
- With appropriate accessories, most bikes can tote up to 100 extra pounds, including small passengers, which makes the bicycle ideal for trips to the laundromat, library, movies, store, and for vacations.
- It's fun!

Your New Routine

Letting go of the car keys is a hard habit to break, but it's worth the challenge. The more you bicycle, the easier it becomes. Initially, don't overwhelm yourself. If things don't quite work out one day, take a break and think about how you could do it differently. Make adjustments as you go until you learn to do it well.

To bicycle regularly, some changes in your household and personal routine may be necessary. For instance, if you usually keep your bicycle in the basement, you may need to find a more convenient place to store it. If you are bicycling to work, you may find you have to get up a little earlier to organize, or spend some time organizing before you go to bed. Grabbing your bicycle instead of the car keys will soon become second nature. Be patient with yourself and don't give up. It will come together!

ROUTE SELECTION

Route selection is one of the most important factors in determining whether you will have a pleasant cycling experience. Pick a route which you are comfortable riding. Your community may have a bicycle map and/or designated bike routes. Choose routes with low traffic, nice scenery, interesting neighborhoods, and which are compatible to your fitness level. This will increase your chances of having a pleasant experience. If you find that the route you chose the first time was not to your satisfaction, don't be discouraged. Ask a bike shop employee or other cyclist familiar with the area for advice.

BIKE TRIPS, SHORT & LONG

Bicycle trips of five miles or less can be efficient, practical and often as fast or faster than car trips. Start out with short rides to the post office or grocery store – rides that are 10 to 15 minutes from your house. Add distance and time as you become more confident and comfortable.



Combine Different Modes of Transportation

BIKE/TRANSIT TRIPS

- Bicycle to the bus stop, station, or park-n-ride, lock your bike, and ride transit to your destination. Bike racks and lockers are generally available at park-n-rides.
- Take your bicycle on the bus or light rail with you. Most transit agencies have bike racks on their buses, or allow bikes in the cargo hold or inside. For schedules and information regarding taking your bike on the bus, or light rail, consult the transit agency servicing the town(s) in which you wish to ride.

BIKE/CAR TRIPS

- Drive to the edge of town or within a comfortable cycling distance. Then bicycle the rest of the way to work or from errand to errand.
- Carpool with others and have them drop you off at a distance which you can bicycle.
- Drive with your bicycle one way, leave the car, and bicycle in the other direction. Reverse the order the next day.

CARRYING IMPORTANT ITEMS

If you use a bicycle for transportation, you will want to carry things with you, perhaps a briefcase, school books, or the dry cleaning you pick up on the way home. It is dangerous to carry things in your hands or hooked over the handlebars. Steering becomes difficult and something could get caught in your front spokes. A rear rack is an inexpensive accessory that makes it easy to attach all kinds of things. Add baskets, panniers, even a plastic milk crate to carry all your items.

Secure your items. Keep a rack strap or a couple of bungee cords strapped to a sturdy rack. Make sure any load is carefully attached to the rack so it will not fall off or into the spokes or rub on the tire during transport. There are rack packs that strap onto the top of a rack to carry smaller items.

For larger or multiple items, touring packs, sometimes referred to as bicycle saddlebags or panniers, are a great way to carry most other loads. Some touring packs also convert into backpacks or briefcases. For unusually large, heavy, or awkward loads, a bicycle trailer is the way to go. There are trailers specially designed to transport children, and others made for hauling cargo. Most trailers can haul up to 100 pounds.

TIP

Wear a bicycle helmet, glasses, and bicycling gloves. Dress appropriately for the type of riding you are planning.

Equipment and Accessories

Bicycle equipment does not have to be expensive or fancy; however, it does need to fit properly and be reliable and functional. Choose equipment you feel comfortable using. Remember, putting yourself at risk and crashing is much more expensive than a few simple accessories.

Identification, medical information and change for a phone call

These items should be carried with you at all times. Identification is necessary if you are stopped for a traffic violation, and if you crash, it will enable you to receive prompt medical care as well as notification of your family. Tape some change under your bike seat. It is also a good idea to keep a few dollars hidden in your patch kit, inside the end of the handlebar, or elsewhere on your bicycle. You may forget your wallet, get hungry and need a snack, or you may need cash for an unexpected errand. Think ahead and be prepared.

Helmet

Seventy-five percent of all bicycle driver fatalities are a result of head injuries. The best protection against this type of injury is use of an approved bicycle helmet. Wearing a helmet can reduce the severity of brain injury in a crash by 88% and could save your life. Helmets are inexpensive and come in a multitude of styles and colors.

The best helmets have a smooth plastic outer shell over a foam liner. The outer shell helps prevent sharp objects from penetrating the helmet and the foam liner protects your head by absorbing much of the force of an impact. The extra soft foam pads that come with your helmet are for exact fit and comfort. The very best helmet is one which the rider likes and wears on every ride.



Helmets which have several openings in the front and air channels inside allow for the best air flow. Helmets also provide protection from the sun.

Take time to select a helmet which is the right size for your head. A helmet needs to fit snugly so it will not move around on your head when riding, or come off your head if you fall. Adjust the straps so they fit around your ears and hold the helmet on securely. The helmet should be worn over the forehead and not tipped back. Check that the front edge of the helmet is positioned only one inch above the eyebrow. It is a good idea to have an experienced bike shop employee assist you in properly fitting your helmet.

HELMETS HAVE A LIMITED LIFE

A crash, as well as age and normal wear and tear, will cause the foam of the bicycle helmet to become less effective. The soft foam fitting pads will compress and need to be replaced from time to time to ensure a snug fit. It is time to replace your helmet when it becomes too loose to tighten or it is several years old.



The correct fit



Wrong



Wrong

TIP

Remember, a crash can happen at any time. Wear your helmet every time you ride.

Bicycle

The first step to getting comfortable is owning a mechanically sound bicycle – including brakes, steering, tires, and drive train. Colorado law states the bicycle must be equipped with a working brake or brakes that will enable you to stop within 25 feet from a speed of 10 miles per hour on dry, level, clean pavement.

There are many types and styles of bikes to choose from. Select a bike based on your primary use, but feel free to use it for other rides as well. Bike shops encourage you to try different types to help you find the right fit and function.

HOW SAFE IS YOUR BICYCLE?

No matter how safely you ride, an unsafe bicycle puts you at risk. If you acquire a secondhand bicycle, it is a good idea to take it to a bike shop for a safety check. Loose nuts and bolts make it difficult to control the bike.

Preventative maintenance will also increase your satisfaction with bicycle transportation. If you like to do mechanical work, take a maintenance class and maintain your bicycle yourself. Maintaining your own bicycle can be very satisfying and empowering.

Make regular stops at your bike shop for mechanical evaluations. Let an expert troubleshoot for you. The mechanic can advise you on what service your bicycle needs to be safe, to prevent damage to components, or to enhance performance.

TIP

Whether you service your own bicycle or not, check regularly for:

- **Tire pressure, wear and damage**
- **Chain-drive cleanliness**
- **Brake and gear shifting performance**
- **Head and tail lamp battery charge**

TIRE PRESSURE

When riding in good weather, tire pressure should be maintained as written on the tire sidewall. The correct tire pressure increases the life of your tires and decreases the effort needed to pedal. For rain, snow, or ice, you may want to decrease the pressure for better traction. Check the tire tread and sidewalls for cuts and scrapes.

FLAT PREVENTION

To prevent flats, use tires which will work for their intended use. Ask your local bike shop which tires are appropriate for you. There are also products such as tire sealants that self-heal after a puncture and practically eliminate the need to repair a tube. Always carry a pump that fits your valve stem (Schrader or Presta), a patch kit, a spare inner tube, and know how to use them.

CLEANING AND DRYING

Chain-drive cleanliness reduces the destructive wear which grime causes. A clean chain drive will also protect your clothing from stains and makes your bicycle easier to pedal. Select a quality lubricant designed to reduce grime attraction. Non-aerosol lubricants can be directed only to the part of the chain which requires lubrication. Wipe the chain down after lubrication so the outside of the chain will not accumulate grime.

When you ride in the rain or snow, it is important to allow your bicycle to dry completely. If this is not possible at your destination, bring the bike into a warm place to dry at night or when you return home. This allows drying inside the bearing assemblies.

Finally, remember that all bike maintenance is cheap compared to auto repairs. Don't put yourself at risk to save a few dollars.

DOES YOUR BICYCLE FIT YOU?

It is essential that the bicycle fit its rider. Improper fit can cause discomfort and the inability to properly control the bike. You should be able to straddle the top tube while standing flat footed on the ground with clearance between your crotch and the top tube. Consult your bicycle dealer to obtain a correct fit and test ride the bicycle to determine comfort and proper control.

SEAT COMFORT & HEIGHT

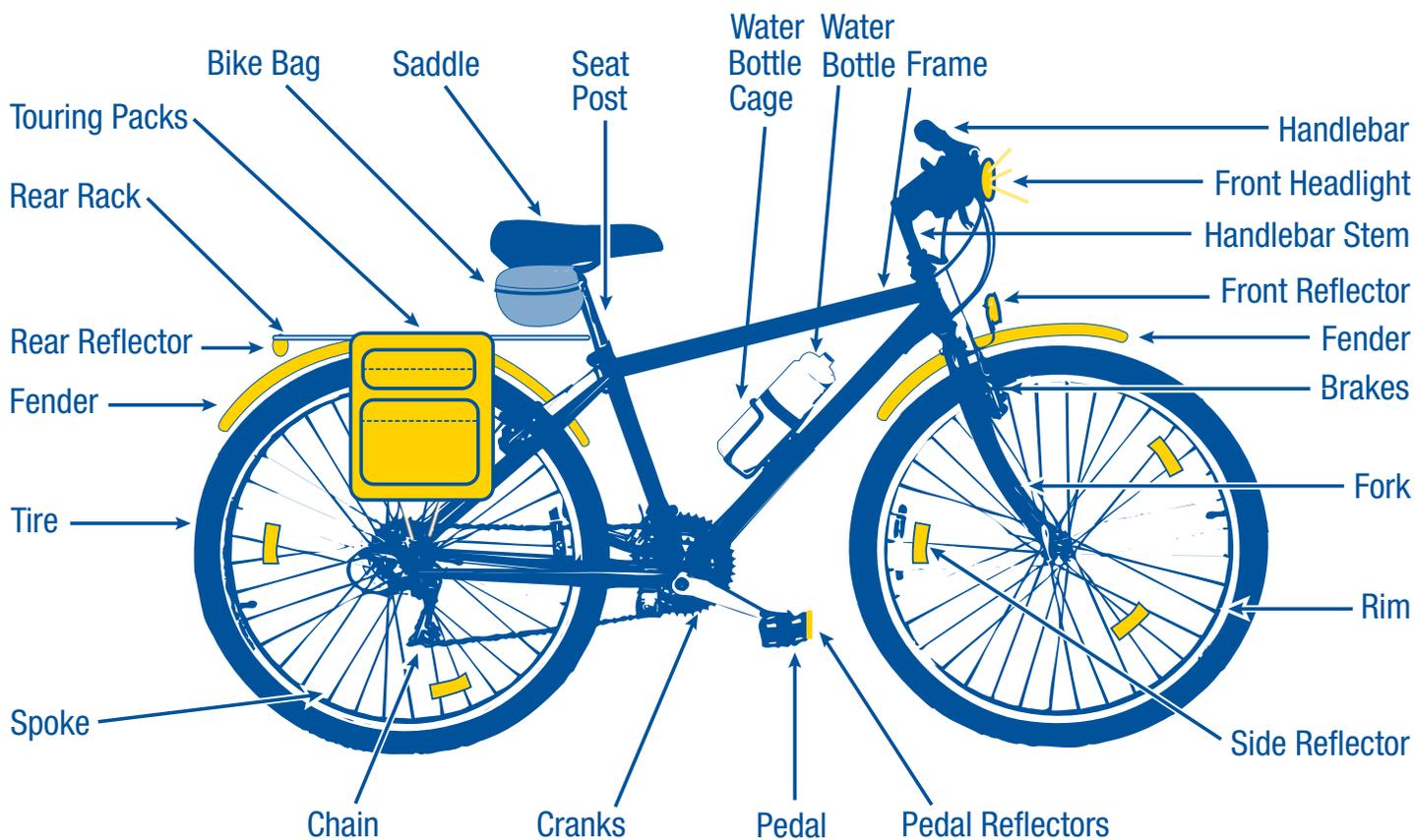
There are many factors involved in saddle comfort – saddle design and position, rider position and clothing, and riding style. If you haven't bicycled in a while, expect to be sore for a few days no matter how comfortable your seat is. After the first day, you may even need to take a

day off before riding again. After that, if you are still not comfortable, you may want to get a different saddle. Consult your local bike shop about saddle styles, adjusting your riding position, and other possible solutions.

The seat height should be adjusted so your knee is slightly bent when your foot is at the bottom of the pedal stroke with the ball of your foot over the center of the pedal.

HANDLEBARS

Adjust the handlebars for comfort. Adjust the stem for height, positioning it no higher than the maximum extension mark. Rotate the handlebars to your most comfortable position.



BRAKE LEVERS

Brake levers should be positioned so there is no strain to your wrist and can be reached by the middle of the fingers.

REAR VIEW MIRROR

It is important to know what is happening behind you. As with car driving, a mirror should not be used as a substitute for looking back when changing lanes or turning. A rear view mirror allows you to look to the rear frequently. Never assume passing motorists see you.

REAR RACK

Be sure to have a good quality rear rack installed and have a bungee cord or rack strap handy to carry items such as a briefcase, shopping bag or other unexpected items.

BIKE BAGS OR TOURING PACKS

These are good general purpose choices for holding and protecting most of the things you may need to carry. Also available are suit bags, front or rear mounted packs, and briefcases which attach to the bike rack.

WATER BOTTLE & CAGE

Attach a water bottle and cage to your bicycle. In Colorado's dry climate, it is important to avoid dehydration by getting into the habit of sipping water throughout your trip, even if you are not thirsty.

FENDERS

You may occasionally be caught in sprinklers, afternoon showers or puddles, so be prepared. Fenders can save your wardrobe and relieve you from always carrying a rain suit. They also keep your bicycle cleaner. If you use your commuter bike for mountain biking, there are effective clip-on fenders which can be removed without the use of tools.

BELLS AND HORNS

Colorado law requires you to give an audible signal when passing pedestrians on paths, sidewalks or other facilities. A good way to do this is with a bell or horn that has a friendly pleasant sound which will not startle or anger pedestrians. Sound it or say, "Hello up there, passing on your left," before you pass by.

NIGHT RIDING EQUIPMENT

Colorado law states when bicycling from sundown to sunrise or when weather or other conditions cause poor visibility, your bicycle must be equipped with a rear red reflector and reflectors on both sides that can be seen for 600 feet in a car's headlamps. You must also have a white headlight that can be seen for at least 500 feet from the front of the bicycle.

FLASHING RED REFLECTOR LIGHT

These LED lights are more visible than a plain reflector and can be attached to you or your bicycle.

WHITE HEADLIGHT

A powerful white headlight will make you visible and light your way. Battery operated headlights are available and some have rechargeable battery packs. Each have their own advantages and disadvantages. Your local bike shop can help you decide which is best for you.

REFLECTIVE MATERIALS

You cannot wear too much reflective material at night. Wear it on your helmet, shoes, arms, legs and torso. Pedal reflectors move as you pedal and will make you more visible. Reflectors and reflective materials are important even with good lighting systems because bicyclists are hard to see and motor vehicle drivers may not be looking for you at night. Be safe. Be seen.

Crash Information

Crash Types

The type of motor vehicle/bicycle crashes involving adult bicyclists are different from those involving child bicyclists. You can prevent your involvement in most traffic crashes if you know how to anticipate and avoid hazardous situations. Most bicycle crashes do not involve motor vehicles, but are a result of excessive speed, surface condition, mechanical failure, loss of control, or a collision with a pedestrian.

MOST COMMON MOTOR VEHICLE/BICYCLE CRASHES INVOLVING CHILDREN:

1. Cyclist rides on wrong side of road against oncoming traffic
2. Cyclist turns or swerves left without looking, hit from the rear by passing vehicle
3. Cyclist rides out from residential driveway or off sidewalk or curb into traffic
4. Cyclist does not stop at stop sign or signal

MOST COMMON MOTOR VEHICLE/BICYCLE CRASHES INVOLVING ADULTS:

1. Motorist turns left into oncoming bicyclist heading straight in opposite direction
2. Motorist turns right into bicyclist heading straight in the same direction
3. Motorist drives out from driveway or through stop sign

We hope it never happens to you, but getting hit by a car is an unfortunate possibility for cyclists. Accident statistics only show the tip of the iceberg, as many minor crashes go unreported. Too often, victims fail to get critical information, either because they are so relieved to be alive or so confused they simply want to be left alone.

What To Do When a Crash Occurs

Consider clipping the checklist from the next page and tucking it in your tool kit or bike bag. The instructions apply to both cyclists and pedestrians in Colorado. If you are in a crash, pull out the checklist and follow the instructions.

Notify the appropriate law enforcement agency. A written accident report of the crash must be submitted by the law enforcement agency to the Department of Revenue under the following circumstances:

- A crash involving a bicycle only, if the crash involves serious bodily injury, death or if more than \$1,000 of total property damage occurs.
- A crash involving both a bicycle and a motor vehicle in which there is serious bodily injury, death or total property damage in excess of \$1,000. Also, a written report must be filed if the motor vehicle driver fails to show proof of insurance or if any of the parties involved requests that a report be filed.



BIKE CRASH CHECKLIST

- Call (or ask someone to call) 911 and ask for the police. Do not hesitate to ask for an ambulance if you are hurt.
- Ask the motorist to provide ID and stay at the scene until the police arrive. If the driver leaves, he/she is guilty of hit and run, which is a serious crime. Be prepared to describe the driver.
- Get the name, phone number, address, driver's license number and license plate number of the motorist.
- Get names and phone numbers of any witnesses — the more the better. A business card is great. If someone seems friendly, ask for their help.
- Get the name of the car owner's insurance company and the policy number. If the driver doesn't own the car, make sure you get insurance information on the vehicle AND the driver.

WHEN THE POLICE ARRIVE

- Request that the police take an accident report. A report is required if the crash involves serious bodily injury, death, or if more than \$1,000 of total property damage occurs. Below that amount, a report is optional under the law, but you should insist that one be completed. Sometimes, the officer will give you the form to fill out and mail in.
- Get the reporting officer's name, badge number, and department or agency.
- If you are hurt, go in an ambulance to a hospital or at least see a doctor to rule out serious injury.



Children

What parents should know

Bicycles are an economical and practical means of transportation from an early age.

In most instances, the only bicycle safety education children will receive is from their parents. Since children perceive traffic situations differently than adults, it is important for parents to teach them the dangers of traffic. With proper training, bicycle riding can be a safe, healthy, fun activity for the whole family to share. Here are some things to keep in mind when educating children about bicycle and pedestrian safety:

- Young children lack well developed peripheral vision.
- Children often have trouble determining the source of a sound. They may hear a car coming, but look the wrong way.
- Until about eight years of age, children typically lack a sense of danger and they don't really understand how vulnerable they are.
- Children have trouble evaluating cause and effect. It's hard for them to determine a dangerous situation.
- Children have trouble judging the speed and distance of oncoming vehicles.

(What parents should know cont.)

- Children are often restless and eager to go. It's hard for them to stop and wait for traffic lights.
- Children focus on things that are most interesting to them. An ice cream truck may take their attention from another approaching vehicle.
- Children often mix fantasy with reality. They may see cars as friendly creatures or think they can go 90 mph on their bicycles.
- Children often believe grown-ups will look out for them. They may think that because they can see the car, the motorist will see them.
- Children are very vulnerable to peer pressure and follow the lead of their friends. Many crashes happen when one child takes a risk and a second follows and is hit by a vehicle.

When should a child start riding a bicycle?

Let the child's motivation and motor coordination be your guide. Schedule this event when you can provide the necessary time to train your child. Training wheels only support the rider. Balance and leaning in the turns are learned on two wheels.

There are many sources to help teach your child safe riding. Contact the League of American Bicyclists for a certified trainer in your area. Local service groups and police departments also provide training in some areas.

One Size Doesn't Fit All

In sizing bicycles for children, they should be able to **comfortably straddle the top bar of the frame while standing flat footed**. This should provide a size for good control yet large enough to allow for growth.

Learning to ride on a traditional girl's bike is a choice to consider for both girls and boys as the sloping top tube

reduces the risk of injury to the groin. When the child is just learning to ride, they should be able to sit **on the seat and put both feet flat on the ground**.

When should a child begin to ride in the street?

In most instances, when they can demonstrate the necessary cycling skills, alertness to traffic, and appropriate decision making skills, they're ready. Until that time, bicycle driving should be limited to sidewalks, parks and bike paths. The most effective and fun way to teach your children safe riding habits is to ride with them. At first, let them follow you as in follow the leader. As they become more able, let them lead while you observe and instruct.

When training your child, give special attention to children's high-risk behaviors.

MAKE SURE THEY:

- 1** Ride on the right in the same direction as traffic. Riding on the left puts cyclists where motorists least expect to see them.
- 2** Stop before riding out of the driveway into the street. Help your child understand that your own driveway is dangerous when used as a launching pad for a bike ride.
- 3** Stop at all stop signs and red traffic lights. Children need to understand that they must stop every time, so that it becomes a habit.
- 4** Ride predictably. Ride in a straight line, and signal all turns. Teach children to use hand signals, look to the rear and then turn.

Transporting Children

The two most common methods of transporting children by bicycle include a bicycle-mounted child seat, and a bicycle trailer. Bicycle trailers are a better choice for a number of reasons:

- Children have room to shift position and play while being protected from bugs and weather.
- Bicycle trailers are more stable than child seats and tend to remain upright if the bicycle falls over. If the trailer does go over, the child is already close to the ground and is well contained and protected.
- Trailers are usually brightly colored and much more visible than a bicycle with a child seat and have ample space for diaper bags, toys or cargo from errand-running. For night or bad weather riding, a trailer should be well reflectorized on the back and sides. An orange flag and two rear mounted red flashing lights will make it even more visible in traffic.
- Motorists tend to give trailers a much wider berth.

When using a child seat, a bicycle becomes harder to manage because of the extra weight of the child and the higher center of gravity. Children risk having their feet caught in the rear spokes and must be taught to hold still because rocking back and forth in the seat makes balancing the bicycle difficult. Always load and unload the child by leaning your bicycle against a fixed object such as a wall. When stopped with a child on board, remember to hold on to the bicycle firmly even when straddling the bicycle.



Bicycle Rodeo Information

WHAT IS A BIKE RODEO?

A rodeo is an opportunity for young participants to learn, practice, and demonstrate bicycle skills in a fun, noncompetitive atmosphere. Its goal is to help participants become better bicyclists and to teach them the proper rules of the road.

RECRUIT HELP – Bicycle rodeos can be conducted with any number of partners or volunteers: local service groups, parent-teacher associations, health departments, bike shops, law enforcement, cycling clubs, co-workers or neighbors. One volunteer per station is ideal.

LOCATION – Hard-surfaced, level, and traffic-free areas are best, such as a convenient playground, gymnasium or parking lot.

SAFETY FIRST – Make sure all participants wear a helmet and understand the direction of the course.

There are many exercises available on the internet that you can use to teach specific bicycle skills. Look for ones that are straight forward and that reinforce the rules of the road. Design your course according to space and the number of volunteers you have available.

Special Events on Colorado Roadways

Each year, Colorado is home to hundreds of special events such as bicycle rides and races, concerts, ski events, running events and more. Any event affecting roads throughout the state must be approved and permitted by the Colorado State Patrol (CSP), the Colorado Department of Transportation (CDOT), and local municipality where the event is held.

To assist special event organizers, the CSP and CDOT have developed a booklet titled, "Special Events on Colorado State Roadways, A Guideline for Event Organizers." The guide offers procedures for a safe event with the least disruption for other road users. It also describes fees, timelines and other information to help organize the event. While this guide focuses on bicycle events, the same procedures and requirements are applied to all events. It is available on the web at www.dot.state.co.us/bike/ped/.

YOUR EVENT MAY NEED A PERMIT IF:

- Your event requires any type of road closure, restriction, or may create a significant impact to the motoring public.
- The event has more than 50 participants.



Colorado Scenic and Historic Byways

The Colorado Scenic and Historic Byways program is a statewide partnership intended to provide recreational, educational, and economic benefits to Coloradans and visitors. This system of outstanding touring routes in Colorado affords the traveler interpretation and identification of key points of interest and services while providing for the protection of significant resources.

Exploring some of Colorado's greatest locations, while experiencing the fun and freedom of bicycling, makes a terrific combination for travel. Bicycling is a great way to discover and enjoy many of Colorado's Byways. As you tour the Byways, the Columbine signs will identify your route. For more information, go to www.coloradobyways.org.

Scenic Byway



Everyone is a Pedestrian

Crossing advice for pedestrians

Most of us cross streets every day. We are all pedestrians at one time or another and we take for granted that we can cross without incident because most of the time we do, but sometimes we aren't so fortunate.

Nationally, each year about 5,000 pedestrians die and 70,000 are injured in traffic accidents. Young children and the elderly are more likely to be killed or injured in a pedestrian crash than any other group. While it's easy to blame drivers, they are not always responsible for these accidents. All too often, pedestrians are the cause of accidents. These senseless tragedies don't have to happen. You can avoid potential injuries and even death by reviewing the advice for safe street crossing.

CROSSING RULES

Always follow these steps when crossing a street:

- Before crossing, stop at the curb, edge of the road, or corner before proceeding.
- Look left-right-left and over your shoulder for turning vehicles. If it's clear, begin crossing.
- Continue to check for traffic while crossing.

TRAFFIC SIGNALS MESSAGES & MEANINGS

At intersections with traffic lights and pedestrian signals, it's important to follow the signals carefully. Wait until you see the WALK signal and follow the rules for crossing.

A flashing DON'T WALK signal indicates you shouldn't start to cross the street. However, if you are in the middle of the street and the DON'T WALK signal starts flashing, continue walking. You have time to complete the crossing. If you see a steady DON'T WALK signal, don't begin to



cross the street! Wait for the next WALK signal. The WALK signal and the GREEN traffic light indicate that it's your turn to cross the street, but they do not mean it is safe to cross. The WALK signal and the GREEN light mean: Look, and then if it's safe, go.

TIP

Remember to make eye contact with drivers to ensure they see you. Don't take a walk signal, a green traffic light, or a driver for granted. Crossing safely is your responsibility.

PAVEMENT MARKINGS ARE YOUR ROAD MAP TO A SAFE CROSSING

CROSSWALKS

While they won't protect pedestrians from oncoming traffic, crosswalks do serve to guide pedestrians across the street. Motorists are reminded to look for and to yield to pedestrians in the road when they see the bright, white lines of a crosswalk.

Official Bicycling Laws in Colorado

Colorado Revised Statutes detail the specific language of the law regarding bicycles and their operation. Municipalities and other jurisdictions may add further restrictions beyond those in the state law by passing local ordinances. It is your responsibility to know the law of the jurisdiction in which you are bicycling.

Colorado Statutes : TITLE 42 VEHICLES AND TRAFFIC: REGULATION OF VEHICLES AND TRAFFIC : ARTICLE 4 REGULATION OF VEHICLES AND TRAFFIC : PART 14 OTHER OFFENSES : 42-4-1412. Operation of bicycles and other human-powered vehicles.

Operation of bicycles and other human-powered vehicles.

(1) Every person riding a bicycle shall have all of the rights and duties applicable to the driver of any other vehicle under this article, except as to special regulations in this article and except as to those provisions which by their nature can have no application. Said riders shall comply with the rules set forth in this section and section 42-4-221, and when using streets and highways within incorporated cities and towns, shall be subject to local ordinances regulating the operation of bicycles as provided in section 42-4-111.

(2) It is the intent of the general assembly that nothing contained in House Bill No. 1246, enacted at the second regular session of the fifty-sixth general assembly, shall in any way be construed to modify or increase the duty of the Department of Transportation or any political subdivision to sign or maintain highways or sidewalks or to affect or increase the liability of the state of Colorado or any political subdivision under the “Colorado Governmental Immunity Act”, article 10 of title 24, C.R.S.

(3) No bicycle shall be used to carry more persons at one time than the number for which it is designed or equipped.

(4) No person riding upon any bicycle shall attach the same or himself to any motor vehicle upon a roadway.

(5) Any person riding a bicycle shall ride in the right-hand lane. When being overtaken by another vehicle, such person shall ride as close to the right-hand side as practicable. Where a paved shoulder suitable for bicycle riding is present, persons operating bicycles shall ride on the paved shoulder. These provisions shall apply, except under any of the following situations:

- (a) When overtaking and passing another bicycle or vehicle proceeding in the same direction;
- (b) When preparing for a left turn at an intersection or into a private road or driveway;
- (c) When reasonably necessary to avoid hazardous conditions, including, but not limited to, fixed or moving objects, parked or moving vehicles, pedestrians, animals, or surface hazards.

(6) (a) Persons operating bicycles on roadways shall ride single file; except that riding no more than two abreast is permitted in the following circumstances:

- (i) When riding two abreast will not impede the normal and reasonable movement of traffic; or
- (ii) When riding on paths or parts of roadways set aside for the exclusive use of bicycles.

(b) Persons riding two abreast shall ride within a single lane.

(7) A person operating a bicycle shall keep at least one hand on the handlebars at all times.

(8) (a) A person riding a bicycle intending to turn left shall follow a course described in sections 42-4-901 (1), 42-4-903, and 42-4-1007 or may make a left turn in the manner prescribed in paragraph (b) of this subsection (8).

(b) A person riding a bicycle intending to turn left shall approach the turn as closely as practicable to the right-hand curb or edge of the roadway. After proceeding across the intersecting roadway to the far corner of the curb or intersection of the roadway edges, the bicyclist shall stop, as much as practicable, out of the way of traffic. After stopping, the bicyclist shall yield to any traffic proceeding in either direction along the roadway the bicyclist had been using. After yielding and complying with any official traffic control device or police officer regulating traffic on the highway along which he intends to proceed, the bicyclist may proceed in the new direction.

(c) Notwithstanding the provisions of paragraphs (a) and (b) of this subsection (8), the transportation commission and local authorities in their respective jurisdictions may cause official traffic control devices to be placed on roadways and thereby require and direct that a specific course be traveled.

(9) (a) Except as otherwise provided in this subsection (9), every person riding a bicycle shall signal his intention to turn or stop in accordance with the provisions of section 42-4-903; except that a person riding a bicycle may signal a right turn with the right arm extended horizontally.

(b) A signal of intention to turn right or left when required shall be given continuously during not less than the last one hundred feet traveled by the bicycle before turning and shall be given while the bicycle is stopped waiting to turn. A signal by hand and arm need not be given continuously if the hand is needed in the control or operation of the bicycle.

(10) (a) A person riding a bicycle upon and along a sidewalk or pathway or across a roadway upon and along a crosswalk shall yield the right-of-way to any pedestrian and shall give an audible signal before overtaking and passing such pedestrian. A person riding a bicycle in a crosswalk shall do so in a manner that is safe for pedestrians.

Glossary of Terms

BICYCLE

Every vehicle propelled solely by human power applied to pedals upon which any person may ride having two tandem wheels or two parallel wheels and one forward wheel, all of which are more than fourteen inches in diameter.

BIKE LANE

Portion of a roadway or shoulder designated for preferential or exclusive use by bicyclists. It is distinguished from the portion of the roadway for motor vehicle traffic by a paint stripe, and markings, curb, or other devices.

BIKE ROUTE

A system of bikeways designating preferred routes for bicycle use by signing with appropriate directional and informational route markers.

BIKEWAY

A generic term for any road, street, path, or way which, in some manner, is designated as being available for bicycle travel, regardless of whether such facilities are designated for the exclusive use of bicycles or are to be shared with other transportation modes.

DRIVER

Every person, including a minor driver under the age of eighteen years and a provisional driver under the age of twenty-one years, who drives or is in actual physical control of a vehicle.

PRACTICABLE

Usable. Usage: Practicable means “feasible” as well as “usable” and hence overlaps in meaning to some extent with practical, which can mean “useful.” Practicable shares no other senses with practical.

MOTOR VEHICLE

Any self-propelled vehicle which is designed primarily for travel on the public highways and which is generally and commonly used to transport persons and property over the public highways.

(b) A person shall not ride a bicycle upon and along a sidewalk or pathway or across a roadway upon and along a crosswalk where such use of bicycles is prohibited by official traffic control devices or local ordinances. A person riding a bicycle shall dismount before entering any crosswalk where required by official traffic control devices or local ordinances.

(c) A person riding or walking a bicycle upon and along a sidewalk or pathway or across a roadway upon and along a crosswalk shall have all the rights and duties applicable to a pedestrian under the same circumstances, including, but not limited to, the rights and duties granted and required by section 42-4-802.

(11) (a) A person may park a bicycle on a sidewalk unless prohibited or restricted by an official traffic control device or local ordinance.

(b) A bicycle parked on a sidewalk shall not impede the normal and reasonable movement of pedestrian or other traffic.

(c) A bicycle may be parked on the road at any angle to the curb or edge of the road at any location where parking is allowed.

(d) A bicycle may be parked on the road abreast of another bicycle or bicycles near the side of the road or any location where parking is allowed in such a manner as does not impede the normal and reasonable movement of traffic.

(e) In all other respects, bicycles parked anywhere on a highway shall conform to the provisions of part 11 of this article regulating the parking of vehicles.

(12) (a) Any person who violates any provision of this section commits a class 2 misdemeanor traffic offense; except that section 42-2-127 shall not apply.

(b) Any person riding a bicycle who violates any provision of this article other than this section which is applicable to such a vehicle and for which a penalty is specified shall be subject to the same specified penalty as any other vehicle; except the section 42-2-127 shall not apply.

(13) Upon request, the law enforcement agency having jurisdiction shall complete a report concerning an injury or death incident that involves a bicycle on the roadways of the state, even if such accident does not involve a motor vehicle.

Section 2. 42-4-802 Pedestrians' right-of-way in crosswalks.

Pedestrians' right-of-way in crosswalks.

(3) No pedestrian shall suddenly leave a curb or other place of safety and ride a bicycle, walk, or run into the path of a moving vehicle which is so close as to constitute an immediate hazard.

MOTORIZED BICYCLE

A vehicle having two or three wheels, a cylinder capacity not exceeding 50 C.C., and an automatic transmission which produces a maximum design speed of not more than thirty miles per hour on a flat surface.

PEDESTRIAN

Any person afoot or any person using a wheelchair.

RIGHT-OF-WAY

The right of one vehicle operator or pedestrian to proceed in a lawful manner in preference to another vehicle operator or pedestrian approaching under such circumstances of direction, speed, and proximity as to give rise to danger of collision unless one grants precedence to the other.

ROADWAY

The portion of a highway ordinarily used for vehicular travel, not including sidewalks or shoulders.

SHARED-USE PATHS

A bikeway physically separated from motorized vehicular traffic by an open space or barrier. Shared-use paths will also be used by pedestrians, skaters, joggers, or other non-motorized users. AKA: Bike path or trail

TRAIL

Any paved or unpaved off street facility, specifically designated as being open to bicycle travel, and may be shared with other users such as pedestrians, equestrians, skaters, etc.

VEHICLE

Any device which is capable of moving itself, or of being moved, from place to place upon wheels or endless tracks. "Vehicle" includes any bicycle.

Resource Directory

Colorado Department of Transportation Bicycle and Pedestrian Program

303-757-9982
dot.state.co.us/bikeped

Bikes Belong

303-449-4893
bikesbelong.org

Bicycle Colorado

303-417-1544
bicyclecolo.org

Colorado State Parks

303-866-3437
parks.state.co.us

Colorado State Patrol

303-239-4500
csp.state.co.us

Colorado Safe Routes to School

303-757-9088
dot.state.co.us/bikeped/SafeRoutesToSchool.htm

Colorado Scenic Byways

303-757-9786
coloradobyways.org

Colorado Walks

303-549-5081
coloradowalks.org

League of American Bicyclists

202-822-1333
bikeleague.org

National Center for Biking and Walking

973-378-3137
bikewalk.org

Pedestrian and Bicycling Info Center

bicyclinginfo.org

Safe Routes to School National Information Clearinghouse

1-866-610-SRTS
saferoutesinfo.org

SPECIAL THANKS TO THE FOLLOWING FOR SHARING ILLUSTRATIONS AND PHOTOS:

City of Boulder/GO Boulder, Colorado
City of Fort Collins, Colorado
Colorado Department of Transportation
Colorado Scenic Byways Program
Oregon Department of Transportation



**Colorado Department of Transportation
Bicycle/Pedestrian Program**

09/08

