

# RULES OF THE ROAD

This is a summary of the California Vehicle Code bicycle provisions. Please check vehicle code for actual reference.

**BICYCLISTS RIGHTS (CVC 21200)** Bicyclists have all the rights and responsibilities of vehicle drivers.

**ALCOHOL AND DRUGS (CVC 21200.5)** It is against the law to ride a bicycle while under the influence of alcohol or drugs.

**EQUIPMENT (CVC 21202 and 21204)** Bicycle must be equipped with at least a brake which allows operators to execute a wheel skid on dry, level, clean pavement. Handlebars must not be higher than the rider's shoulders. Bicycles must be small enough for the rider to stop, support it with one foot on the ground, and restart safely. All riders must have a permanent, regular seat. Bicycle passengers under 40 lbs. must have a seat which retains them in place and protects them from moving parts.

At night, bicycles must be equipped with:

- a white headlight or white light attached to the rider and visible from the front;
- a rear red reflector and white or yellow pedal reflectors;
- a white or yellow reflector on the front of the bicycle visible from the side;
- a red or white reflector on the rear of the bicycle visible from the side.

**USE OF THE ROADWAY (CVC 21202)** Bicycles traveling slower than the normal speed of traffic must ride as close to the right side of the road as practicable except:

- when passing;
- preparing for a left turn;
- to avoid hazards and dangerous conditions;
- or if the lane is too narrow.

**HITCHING RIDES (CVC 21203)** Bicyclists may not hitch rides on vehicles.

**CARRYING ARTICLES (CVC 21205)** Bicyclists may not carry items which keep them from using at least one hand upon the handlebars.

**MOTORIZED BICYCLES (CVC 21207.5)** Motorized bicycles may not be used on trails, bike paths or lanes.

**BICYCLE LANE USE (CVC 21208)** Bicyclists traveling slower than traffic must use bike lanes except when making a left turn, passing, or avoiding hazardous conditions.

**OBSTRUCTION OF PEDESTRIANS (CVC 21210)** Bicyclists may not leave bicycles on their sides on the sidewalk or park bicycles in a manner which obstructs pedestrians.

**BIKEWAY OBSTRUCTION (CVC 21211)** No one may stop on or park a bicycle on a bicycle path.

**HELMETS (CVC 21212)** Bicyclists and passengers under age 18 must wear an ANSI or Snell approved helmet when a passenger or riding a bicycle.

**DIRECTION OF TRAVEL (CVC 21650)** Bicyclists must travel on the right side of the roadway in the direction of traffic.

**FREEWAYS (CVC 21960)** Bicyclists may not ride on the freeways where prohibited.

**TOLL BRIDGES (CVC 23330)** Bicyclists may not cross a toll bridge unless permitted by signs.

## ABC QUICK CHECK

### A IS FOR AIR

- Inflate tires to rated pressure as listed on the side wall of the tire.
- Use a pressure gauge to ensure proper pressure
- Check for damage to tire tread and sidewall; replace if damaged.

### B IS FOR BRAKES

- Inspect pads for wear; replace if there is less than 1/4" of pad left.
- Check pad adjustment; make sure they do not rub tire or dive into spokes.
- Check brake level travel; at least 1" between bar and lever when applied.

### C IS FOR CRANKS, CHAIN AND CASSETTE

- Make sure that your bolts are tight, lube the threads only, nothing else.
- Check your chain for wear; 12 links should measure no more than 12 1/8 inches.
- If your chain skips on your cassette, you might need a new one or an adjustment.

### QUICK IS FOR QUICK RELEASES

- Hubs need to be tight in the frame; your quick release should engage at 90°.
- Your hub quick release should point back to insure that nothing catches on it.
- Inspect brake quick releases to ensure that they have re-engaged.

### CHECK IS FOR CHECK IT OVER

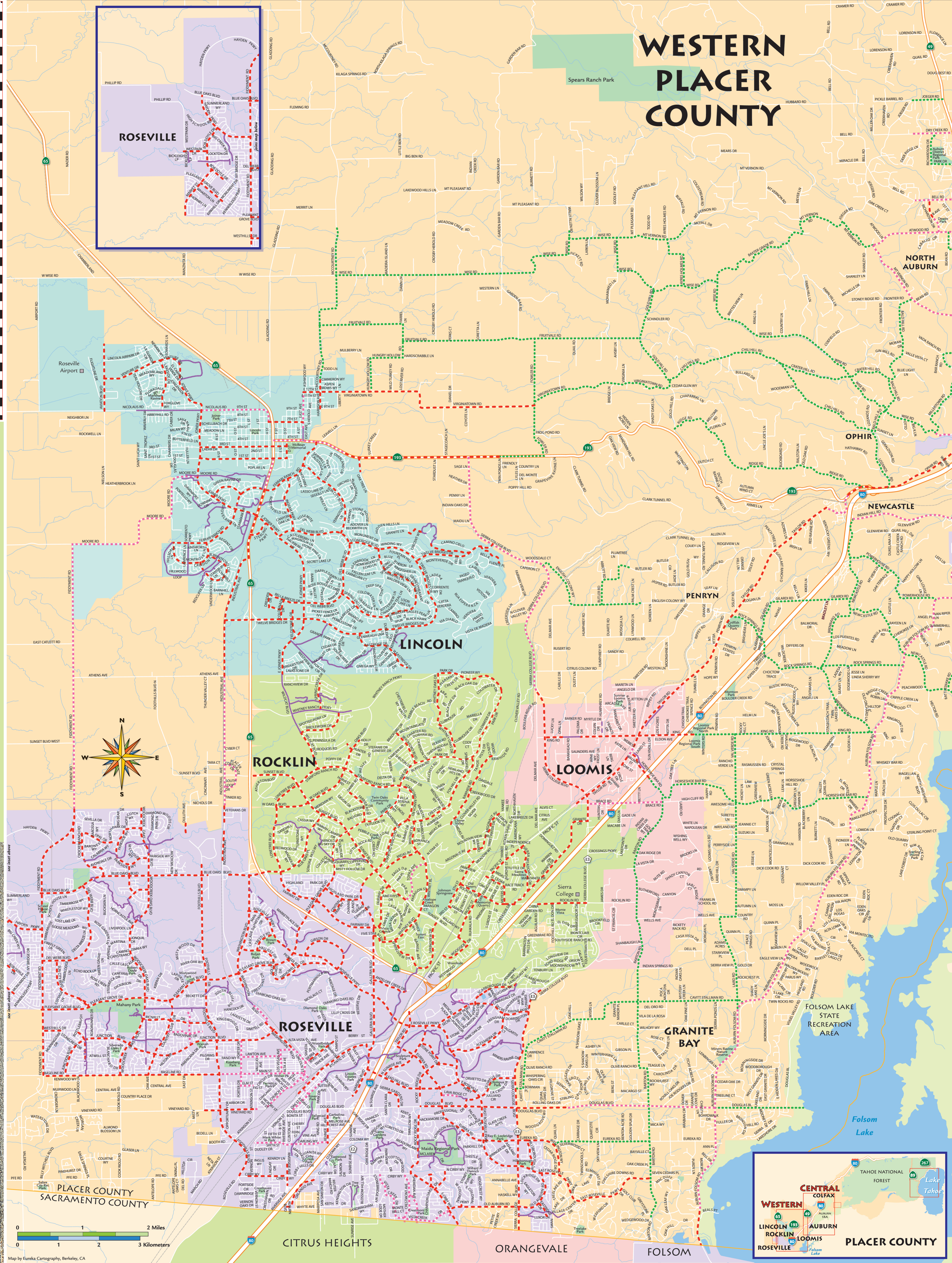
- Take a quick ride to check if derailleurs and brakes are working properly.
- Inspect the bike for loose or broken parts; tighten, replace or fix them.
- Pay extra attention to your bike during the first few miles of the ride.

## LEGEND

- Bike Path** A separate path designated for bicycles and pedestrians with limited cross flow by motor traffic.
- Bike Lane** A four-foot wide signed and striped shoulder designated for use by bicycle.
- On Street Bikeway** Does not provide cyclists with increased road privileges. Travel way is shared with pedestrian or motor vehicle traffic.
- Rural Route** Scenic route on rural roads. May have high speed vehicle traffic, varying shoulder widths, and challenging climbs. Travelway is shared with pedestrian or motor vehicle traffic.

*This map is provided as a guide for those who intend to bicycle in Placer County. The Placer County Transportation Planning Agency, State of California, California Department of Transportation and the cities and county over whose facilities you will travel are not responsible for your safety, and no representation is made as to the safety or difficulty of the routes shown for bicycle travel.*

# WESTERN PLACER COUNTY



## PLACER COUNTY BIKE MAP



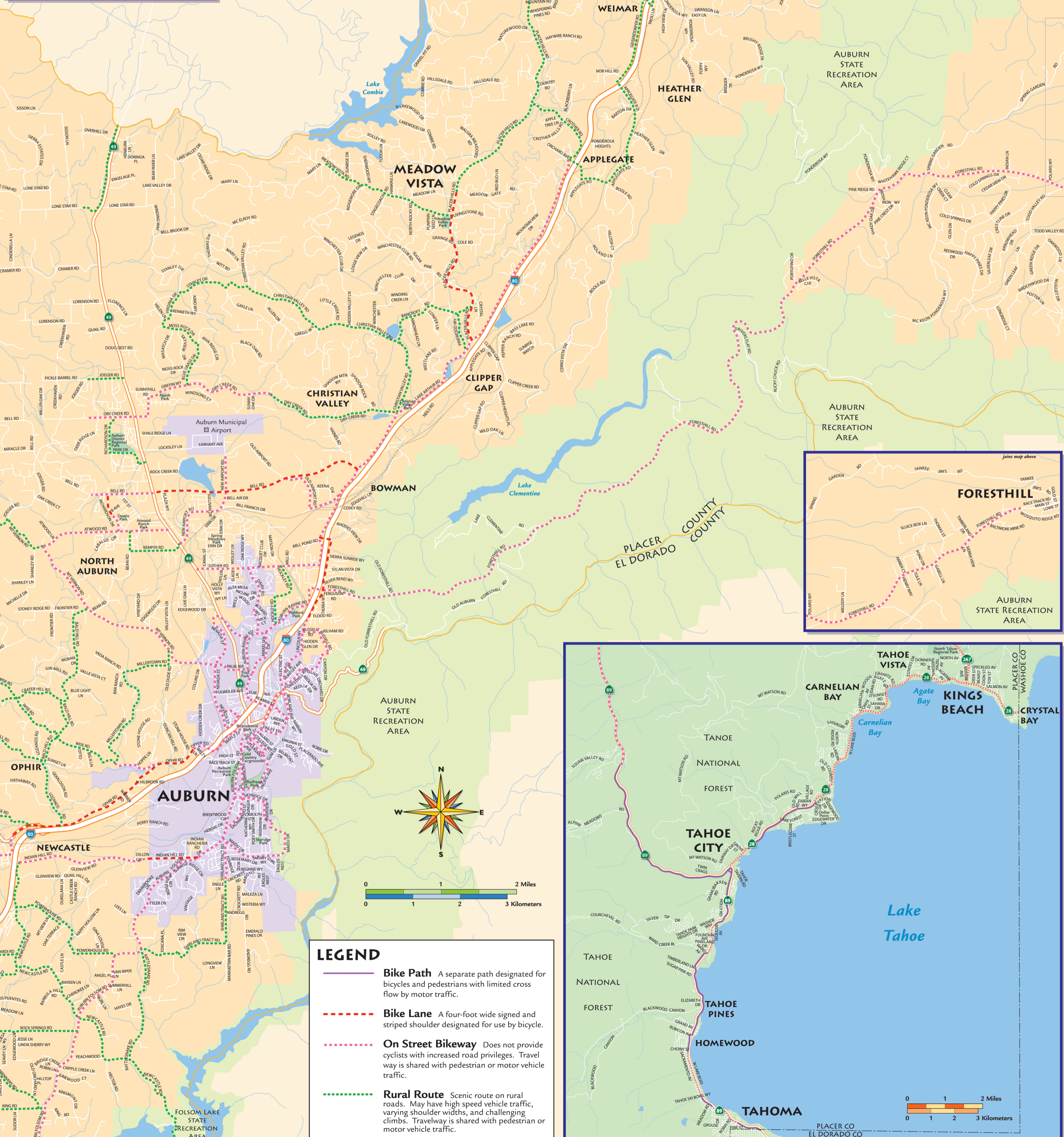
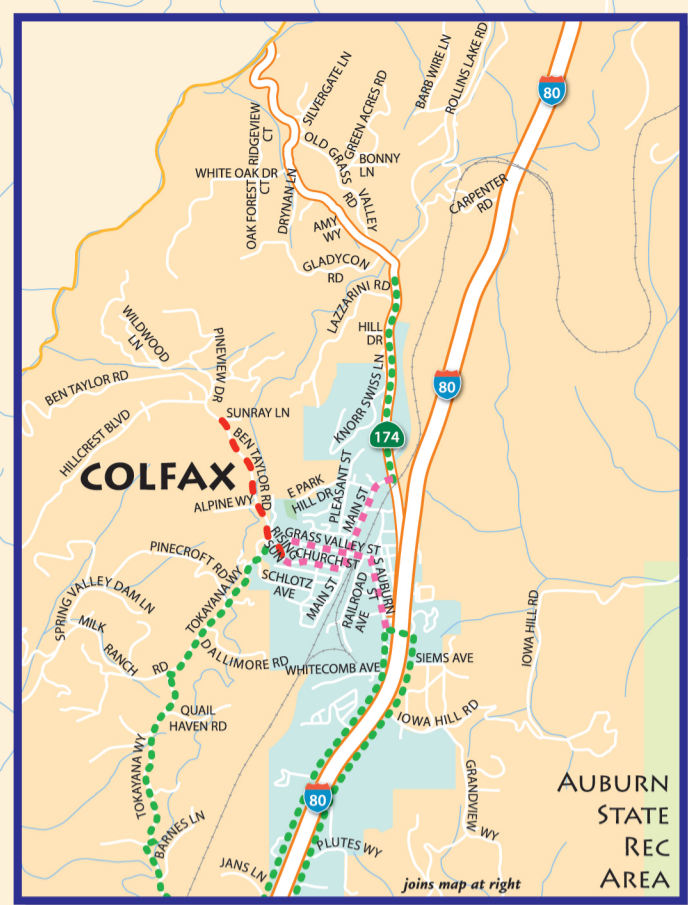
### 2011 BIKE MAP

For many in Placer County, bicycling is not only fun and good exercise, but also a viable alternative to commuting by car. Bicyclists enjoy an economical and convenient means of transportation, while helping to improve our region's air quality and reducing the number of cars on the road. The Placer County Transportation Planning Agency requests your support and ideas for needed bike routes and promotions. If you want to help get involved with a local bike club, and encourage our local elected officials to support funding for bicycle facilities and routes.

For additional bike maps and information call (530) 823-4030 or visit [www.pctpa.net](http://www.pctpa.net).



# CENTRAL PLACER COUNTY



# PLACER COUNTY

## BICYCLING TIPS

The following recommendations are based on state law, local ordinances, good cycling practice, and common sense. When in doubt, as to the current legal action or maneuver to make in any given bicycling situation, remember that in California, every bicyclist riding on a street or highway has all the rights and is subject to all the duties applicable to the driver of a vehicle. Furthermore, experienced bicyclists know that they fare best when they act and are treated as drivers of vehicles.

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**Obey traffic signs and signals**  
 Bicyclists must drive like motorists if they are to be taken seriously. Bicyclists are required to come to a complete stop at stop signs and red signal lights.
- 
**Use hand signals**  
 Hand signals tell motorists what you intend to do. Signal as a matter of law, courtesy, and self-protection.
- 
**Ride in the middle of the lane in slow traffic**  
 Don't ride the line. Get in the middle of the lanes at busy intersections and whenever you are moving at the same speed as traffic.
- 
**Follow lane markings**  
 Do not turn left from the right lane. Do not go straight in a lane marked right-turn only.
- 
**Watch for cars pulling out**  
 Make eye contact with drivers. Assume they don't see you until you are sure they do. When the sun is in their eyes, drivers may not see you.
- 
**Keep clear of the door zone**  
 Try to ride a door's width away from parked cars. If you have to ride in the door zone, ride very slowly. You have the right to ride in the middle of a motor vehicle lane if it is too narrow to share with a car. Watch for cars pulling out.
- 
**Scan the road around you**  
 Keep your eyes roving constantly for cars, people, sand and gravel, grates, etc. Learn to look back over your shoulder without losing your balance or swerving.
- 
**Ride with both hands, ready to brake**  
 You may need to stop suddenly at unexpected times. In rain, allow three times the normal braking distance.
- 
**Respects pedestrians' rights**  
 Pedestrians on sidewalks and in crosswalks have the right of way. When entering or exiting driveways, bicyclists must yield to pedestrians on the sidewalk. Never ride on the sidewalk unless it is specifically permitted. If permitted to ride on the sidewalk, ride slowly. Be especially aware of small children, the elderly, people with pets, people with disabilities and their service animals.
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**Choose the best way to turn left**  
 There are three ways to make a left turn.
  1. Like a vehicle: Signal, look back for oncoming traffic, then move into left lane. Turn left when it is clear.
  2. Like a bicycle: Ride to the far side of the intersection, stop, turn, and then ride across the street when the light turns green.
  3. Like a pedestrian: You can always get off your bike and walk across one or both crosswalks. Yield to pedestrians.
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**Ride to see and be seen**  
 Use a strong headlight and rear reflector or taillight at night or when visibility is poor. Wear light-colored clothes with reflective tape for extra protection. Reflective leg bands are also effective.
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**You may leave a bike lane**  
 When a road hazard or other obstruction exists in a bike lane, or you anticipate a motorist might turn across your path, you may temporarily merge with caution into the adjacent motor vehicle lane for safety.
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**Avoid road hazards**  
 Watch out for parallel-slat sewer grates, slippery manhole covers, oily pavement, detour signage, sand, gravel and debris. Cross railroad tracks carefully at right angles. For better control as you move across bumps and other hazards, stand up off the seat.
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**Never ride against traffic**  
 Motorists are not looking for bicyclists riding against traffic on the wrong side of the road.
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**Don't weave between parked cars**  
 Motorists may not see you when you try to move into traffic. Use extra caution on streets that allow use of the parking shoulder as a motor vehicle lane during peak hours.
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**Don't pass on the right**  
 Motorists may not look for nor see a bicycle passing on the right.
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**In front, or far behind, not beside!**  
 To ensure drivers of large vehicles (buses, trucks and motor homes) can see you, stay out of their blind spots. Never pass on the right side. Ride far enough behind for the driver to see you, and at least four feet from the sides to avoid falling under a large vehicle.

## BICYCLING RESOURCES

- City of Roseville Alternative Transportation: (916) 774-5293  
[www.roseville.ca.us/transportation/bikeways](http://www.roseville.ca.us/transportation/bikeways)
- Sierra Foothills Cycling Club: [www.sfcyclists.com](http://www.sfcyclists.com)
- Folsom-Auburn Trail Riders Action Coalition: [www.fatrac.org](http://www.fatrac.org)
- 511 Sacramento Region Travel Info: 511/[www.sacreion511.org](http://www.sacreion511.org)
- Sacramento Area Bicycle Advocates (SABA): (916) 444-6600 / [www.sacbike.org](http://www.sacbike.org)
- Sacramento Valley Cycling: [www.saccycle.com](http://www.saccycle.com)
- California Bicycle Coalition: (916) 446-7558 / [www.calbike.org](http://www.calbike.org)
- California Bike Commute: [www.californiabikecommute.com](http://www.californiabikecommute.com)
- League of American Bicyclists: (202) 822-1333  
[www.bikeleague.org](http://www.bikeleague.org)
- National Center of Bicycling and Walking: (973) 378-3137 / [www.bikewalk.org](http://www.bikewalk.org)
- Pedestrian and Bicycle Information Center: (888) 823-3977 / [www.bicyclinginfo.org](http://www.bicyclinginfo.org)
- Adventure Cycling Association: (800) 755-2453 / [www.adventurecycling.org](http://www.adventurecycling.org)





## BIKES ON TRANSIT & RAIL

- Bike racks are available on most buses in Placer County.
- Loading your bike**
  - Let the driver know you will be loading your bike.
  - Don't step in front of the bus until the driver tells you it's safe to do so.
  - Bikes must be loaded at the front of the bus from the curbside. Bikes are not allowed inside the bus.
  - If the rack is folded up, simply pull it down.
  - Lift the bike up and fit it into the rack's wheel wells, each labeled for front and rear wheels. If rack is empty, use the space closest to the bus.
  - Lift the support arm up and over the front tire.
- Unloading your bike**
  - Exit through the front of the bus and tell the driver you must get your bike.
  - Raise the support arm off the front tire and lower it to the resting position.
  - Lift your bike out of the rack. If the rack is now empty, fold the rack back up. Step away from the bus back toward the curb.
- On Capitol Corridor trains, bikes may be carried on board.** You can find bicycle racks on the lower level of most coach cars. Most Amtrak motorcoach buses can accommodate bicycles, if stored underneath the motor-coach in the luggage compartment.

## IMPORTANT PHONE NUMBERS

- EMERGENCIES: 911
- CALIFORNIA HIGHWAY PATROL: (916) 663-3344
- To report unsafe road/bike path conditions in unincorporated Placer Co.: (530)889-7565

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