

BICYCLING LAWS & SAFETY TIPS
 Bicycles on public roadways are subject to the same rights and responsibilities as automobile drivers, and are subject to the same state laws and local ordinances. For everyone's safety, observe these bicycling rules:

BE PREDICTABLE

- Never ride against traffic. Motorists aren't looking for bicyclists riding on the wrong side of the road. Many other hazards threaten the wrong-way rider.
- Obey traffic signs and signals. Motorists must drive like motorists. If they want to be taken seriously, they must also be taken seriously. When approaching a stop sign or red light, you are required to come to a complete stop and proceed only when safe to do so.
- Use hand signals. Hand signals tell other road users what you intend to do. Signal as a matter of fact, courtesy, and self-protection.
- Ride in a straight line. Whenever possible, ride in a straight line, to the right of traffic but about a car door's width away from parked cars.
- Don't weave between parked cars. Don't ride in the gap between parked cars, unless they are far apart. Motorists may not see you when you're in your back into traffic.
- Follow lane markings. Don't run left from the right lane. Don't go straight in a lane marked "right turn only." Stay to the left of the right turn-only lane if you are going straight.
- Choose the best way to turn left. There are two ways to make a left turn. 1) Like an auto. Signal, move into the left lane, and turn left. 2) Like a pedestrian. If you are with-in a designated crosswalk, dismount and walk your bike across.

STOP
RIDE SAFELY AND COURTEOUSLY
 Probably the single most important thing a bicyclist can do to earn bicyclists greater respect on the road is to obey stop signs and traffic signals.

BE ALERT
 Make eye contact with auto drivers. Assume they don't see you until you are certain they do.

Watch for right-turning traffic. Motorists turning right may not notice cyclists on their right. Watch for any indications that a motorist may turn into your path. When approaching intersections try to stay far enough from the curb to allow cars to turn right on your right. Motorists may not look for or see a bicycle passing on the right.

Look back before you pass or merge. Leave a good 3-4 feet when passing a pedestrian or another bicyclist. A rear-view mirror is a good idea, but don't rely on it alone.

Respect pedestrians' rights. Pedestrians have the right of way. Don't cross sidewalks or crosswalks. Avoid pedestrians. Don't ride on sidewalks. Use the street, bike lane, or bike path. Give a warning use your bell, horn, or call out "Passing on your left."

Keep both hands ready to brake. You may not stop in time if you brake one-handed. Allow more distance for stopping in rain, since brakes are less effective when wet.

Avoid road hazards. Watch out for street car tracks and railroad tracks. Cross them perpendicular. Avoid parallel slot sewer gates, slippery manhole covers, oily pavement, gravel, potholes. All are hazardous, especially when wet.

Watch your speed. Observe posted speed limits and obey the basic speed law. Never ride faster than is safe under the existing conditions.

BE EQUIPPED
 Use good lights at night. Front light, wheel and pedal reflectors are required. The front light must be visible from 300 feet. Use a rear red light for enhanced visibility. Wear light-colored or reflective clothing.

Ride a well-equipped bike. Be sure your bike is adjusted to fit you properly. For safety and efficiency, outfit it with bells, rear-view mirrors, racks or baskets, lights and reflectors, be visible. Wear light or bright-colored clothing.

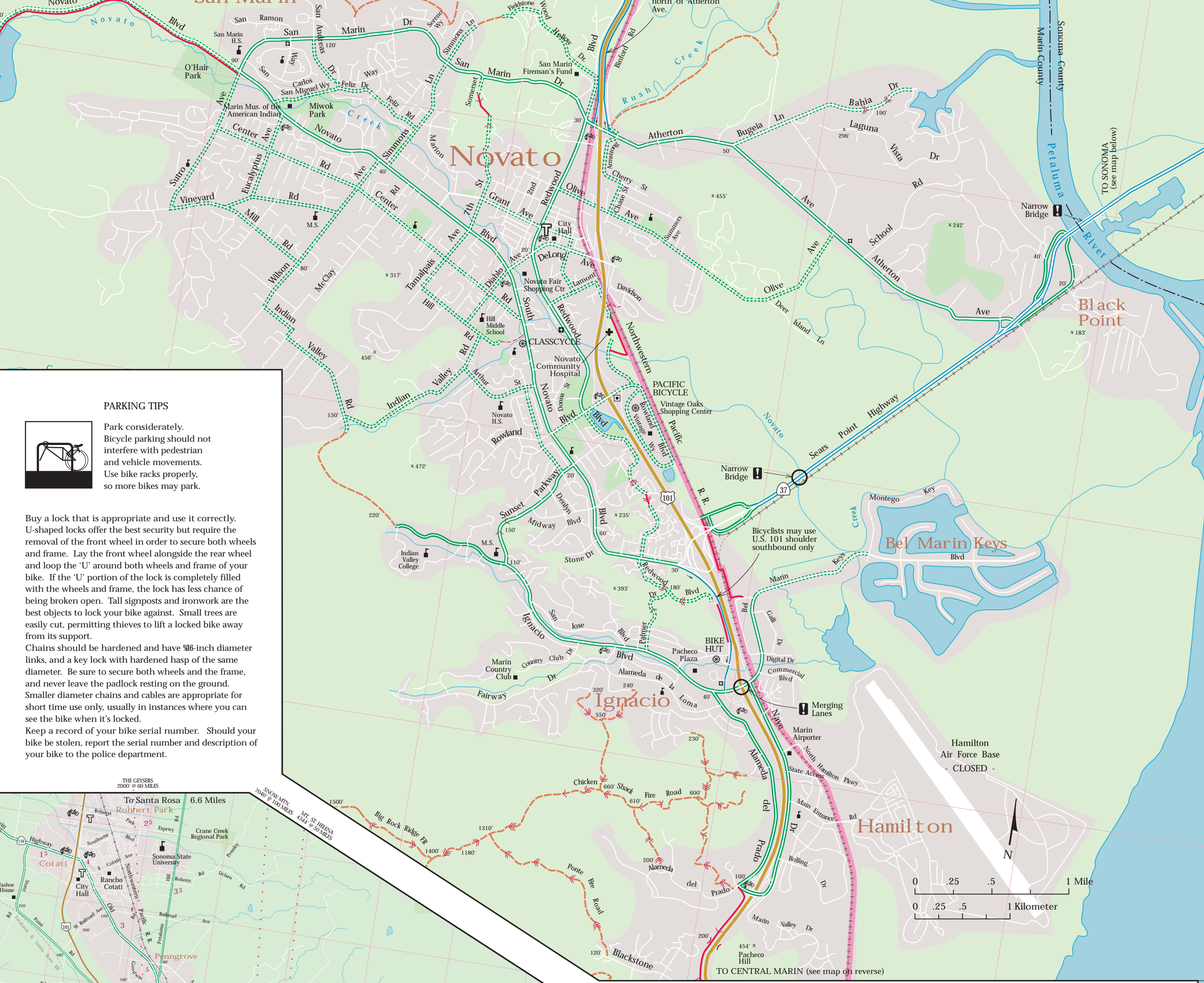
Wear a helmet when you ride. Helmets that have passed Snell Foundation or ANSI Z90.4 standard crash tests should be worn. Bike helmets may need to be replaced after a fall. All youths 18 and under must wear a bicycle helmet when operating a bicycle or when riding as a passenger.

Passengers must ride on a separate attached seat. If the passenger is 4 years old or younger, or weight 40 pounds or less, the seat shall adequately retain the passenger in place and protect him or her from the bike's moving parts. In addition, this passenger must wear a helmet of good fit, fastened securely, meeting ANSI Z90.4 helmet standards or Snell Memorial Foundation's 1984 Standard for protective headgear.

Keep your bike in good repair. Maintain your bike in good working condition. Check chains regularly and keep tire properly inflated. Learn to do routine maintenance yourself or have it done at your local bike shop.

Get in shape. Before riding, spend a few minutes stretching your legs and body. If you are not an experienced cyclist, start with short trips and work your way up to longer distances.

FOR MORE ON EFFECTIVE CYCLING
 See the highly useful Urban Bikes' *Ticks & Tips* by Dave Glomax. 230 pages with 700 drawings and photos. Phone: 800-898-4741. www.igbook.com/books/urbi.htm



- BICYCLE SHOPS**
 (providing sales and service unless noted)
- A Bicycle Odyssey 1417 Bridgeway, Sausalito, ph: (415) 332-3050
 - Bike Hut 430 Emerald Dr., Novato, ph: (415) 883-2440
 - Casey's Cycles 29 San Anselmo Ave., San Anselmo, ph: (415) 721-0805
 - Classycle 1331 So. Novato Blvd., Novato, ph: (415) 897-3288
 - Fairfax Cycles 1822 St. Francis Drake Blvd., Fairfax, ph: (415) 721-7641
 - GravyWheels 702 San Anselmo Ave., San Anselmo, ph: (415) 454-9534
 - Mikes Bikes 1601 4th St., San Rafael, ph: (415) 454-3747
 - Mill Valley Cycloworks 380 Miller Ave., Mill Valley, ph: (415) 388-6774
 - Mt. Tam Bikes 31 Sunnydale Ave., Suite C, Mill Valley, ph: (415) 389-1006
 - Old Town Sports 871 Grant Ave., Novato, ph: (415) 892-0577
 - Performance Bikes 398 3rd St., San Rafael, ph: (415) 454-9063
 - REE 213 Corte Madera Town Center, Corte Madera, ph: (415) 827-1838
 - Re-Cyclery & Trips For Kids (used) 610 4th St., San Rafael, ph: (415) 454-9063
 - Sausalito Cycles No. 1, Gate 6 Road, Sausalito, ph: (415) 332-3200
 - Surreal Bicycles 1820 Hill St. (at H St.), San Rafael, ph: (415) 456-1700
 - Summit Bicycles 737 Center Blvd., Fairfax, ph: (415) 459-3334
 - Village Peddler 1161 Magnolia Ave., Larkspur, ph: (415) 461-3091
- BICYCLE RENTALS**
- Angel Island Tram Tours and Catered Events
 - Angel Island, ph: (415) 897-0715 (spring-fall)
 - Cycle Analysis 40 4th & Main Street (Hyatt), Point Reyes Station, ph: (415) 663-9164
 - Demo Sport 1080 Tiburon Blvd., Tiburon, ph: (415) 433-5111

MT. TAM VIEWING GUIDE
 On clear days from the top of Mt. Tam this red dot, you can see the Sierra Nevada almost 200 miles away. Using the red-dot radiants as guides, sight across near landmarks to identify distant landmarks shown along the margins. Here's to clear air!

PARKING TIPS
 Park consistently. Bicycle parking should not interfere with pedestrians and vehicle movements. Use bike racks properly. No more bikes may park.

Buy a lock that is appropriate and use it correctly. U-shaped locks offer the best security but require the removal of the front wheel in order to secure both wheels and frame. Lay the front wheel alongside the rear wheel and loop the "U" around both wheels and frame of your bike. If the "U" portion of the lock is completely filled with the wheels and frame, the lock has less chance of being broken open. Ball signposts and ironwork are the best objects to lock your bike against. Small trees are easily cut, permitting thieves to lift a locked bike away from its support. Chains should be hardened and have 1/2 inch diameter links, and a key lock with hardened bars of the same diameter. Be sure to secure both wheels and the frame, and never leave the padlock resting on the ground. Smaller diameter chains and cables are appropriate for short time use only, usually in instances where you can use the bike when it's locked. Keep a record of your bike's serial number. Should your bike be stolen, report the serial number and description of your bike to the police department.

BICYCLING IN MARIN COUNTY
 This map will give you information to help you use your bicycle to get to work, do your shopping and explore the beauty of Marin County. The routes shown on this map are used daily by bicyclists in Marin County. However, not all routes shown have been designated safe by a public agency. You must use your own judgment in assessing the safety of any route you choose. Ride the route in Marin County at your own risk. In deciding whether the route is safe for you, please consider: your bike handling skills, your experience riding in traffic, the time of day, the volume of traffic, the weather, other road conditions and your own level of comfort using the selected route. Note that most mountain roads in Marin such as Highway 1, Panoramic Highway, St. Francis Drake (over the Fairfax), Bolinas Ridge Road, and Lucas Valley Road are narrow, winding, have high seasonal traffic volume, and have some steep sections. Bicycles are allowed on all paved public roadways in Marin except freeways (highways with interchanges) with the following exceptions: Both shoulders of Richardson Bay Bridge including adjacent on- and off-ramps; and the northbound shoulder between and including Villa Avenue on-ramp and North San Pedro off-ramp.

AGENCIES
 You can make a difference! The Marin County Bicycle Coalition urges all bicyclists to get involved in improving safety and access in our communities. You can help by reporting hazards and unsafe conditions to the appropriate city, county, or state jurisdiction listed below. (all are 415 area code, except where indicated)

- Belvedere Public Works: ph: 433-3838
- Contra Marin Associate Planner: ph: 927-5064
- Fairfax Public Works: ph: 453-1584
- Larkspur Public Works: ph: 927-5020
- Mill Valley Public Works: ph: 383-6532
- Novato City Engineer: ph: 897-6341
- Ross Div. of Public Works: ph: 453-1453
- San Anselmo Public Works: ph: 538-4616
- San Rafael Public Works: ph: 485-3355
- Sausalito Senior Civil Engineer: ph: 288-4100
- Tiburon Senior Planner: ph: 433-7393
- County of Marin Dept. of Parks: ph: 499-6387
- Department of Public Works: ph: 499-6528
- California Highway Patrol: ph: 924-1100
- Marin County Sheriff's Dept.: ph: 499-7284
- Caltrans Regional Office: ph: 707-782-6841
- Golden Gate Bridge District: ph: 921-5858
- Golden Gate Nat'l Rec. Area: ph: 561-4700
- Pt. Reyes National Seashore: ph: 464-5100
- State Parks, Marin District Office: ph: 898-4362
- Marin Municipal Water Dist. (MMWD): ph: 945-1455
- Marin Co. Open Space Dist.: ph: 499-6387
- Bay Area Air Quality Hotline: 800 EXHAUST

LEGEND

- On-street Bicycles: Primary Route, Secondary Route, Bay or Narrow Route
- Off-street Bicycles: Paved Multi-use Path, Local Path (primary pedestrian), Sidewalk bike-eggs, Unpaved Road with non-bike-legal road shoulders for reference only, Trail (bike-legal)
- Other (not bicycle): Proposed Multi-use Path, Abandoned Railroad, Railroad
- Hill, Steep Hill, Very Steep Hill, Required Direction, Recommended Direction, Pedestrian Overpass, Primary Transfer Point, Golden Gate Transit, Trailhead (parking available), Bicycle Shop, Food Store
- Picnic Area, Campground, Water, Restrooms, Bike Locker, Fire Station, School, Restaurant, Food Store

TRANSIT INFORMATION
 For all Bay Area transit agencies, dial 511 for bicycle-specific information: <http://bicycling.511.org/>

Golden Gate Transit Bus and Ferry ph: (415) 433-2000. web site: www.goldengate.org/
 Bus: Golden Gate Transit provides daily service throughout the day and evening between San Francisco and Marin, Sonoma, and Contra Costa counties. Fare: \$1.85 to \$7.25 for adults depending on zones crossed; exact fare or tickets are required. Exterior bicycle racks are available on 80% of GGT buses. Two additional bicycles are allowed on some Route 40 buses on a first-come, first-served basis. Wheelchair users, persons with disabilities, and seniors have priority over bicycles on these buses. Ferry: Golden Gate Transit provides daily ferry service between Sausalito or Larkspur and San Francisco (foot of Market St.). Fare: \$6.15. All fares shown are adult, one-way. Frequent Rider discounts for 20-ticker books are \$3.85 each (Larkspur SF) and \$3.30 each (Sausalito SF). Bicycles on ferries: limited to 25 on Spaulding vessels, 15 or 20 on catamarans.

Angel Island-Tiburon Ferry: ph: (415) 433-2131; www.angelislandferry.com/; April - October: ferry runs all week; November - March: flexible schedule. \$10.00 roundtrip fare includes Angel Island State Park entry fee. Bicycles: \$1.00.

Blue and Gold Ferry: ph: (415) 773-1188; www.blueandgoldferry.com/. Ferry service between Tiburon and East Bay. ph: (415) 980-2278; www.bart.gov/index.asp. BART permitted bicycles are allowed on all BART trains during non-commute hours and on trains in the "reverse" direction during commute hours (6:30-9:30 a.m. and 3:30-6:30 p.m.). Long term permits applications are available by calling (510) 464-1133. Day permits are available at BART stations. Bagged compact bikes good during commute.

BRIDGE INFORMATION
 Golden Gate Bridge: Bikes on west sidewalk weekends from Sun to 9pm, and weekdays from 3:30pm to 9pm. All other times, ride on east side (pedestrians have the right of way). Sun to 9pm, San Francisco-Oakland Bay Bridge: Bikes are not allowed on bridge. Access is being considered.

Richmond San Rafael Bridge: Bikes are not yet allowed on the bridge. During the day, take Golden Gate Transit bus number 40 from the San Rafael Transit Center to the El Cerrito Del Norte BART station. Limit: two to four bikes per bus.

- BICYCLE ORGANIZATIONS**
- Marin County Bicycle Coalition [advocacy] P.O. Box 35, San Anselmo, CA 94978; ph: (415) 456-3469; e-mail: deb@marinbike.org; www.marinbike.org
 - See map front for Safe Routes to Schools info
 - Sonoma County Bicycle Coalition [advocacy] P.O. Box 3088, Santa Rosa, CA 95402; ph: (707) 484-2740; e-mail: dbhett@att.net; www.bikersonoma.org
 - Transportation Alternatives for Marin (TAM) [advocacy] 475 Miller Ave., Mill Valley, CA 94041; ph: (415) 389-5040 x24
 - Bicycle Trails Council of Marin (BTCM) [off-road advocacy] P.O. Box 494, Fairfax, CA 94978; ph: (415) 488-1443; www.bicmarin.org
 - AccessBikes (AB) [off-road advocacy] www.accessbikes.com
 - Trips For Kids [youth program] (National Office) ph: (415) 438-2998; www.tripsforkids.org
 - Velo Club Fairfax (V) [promotion] P.O. Box 35, San Anselmo, CA 94978; ph: (415) 457-9688
 - Marin Cyclists [social, racing] ph: (415) 714-337; www.marincyclists.com
 - Velo Club Nicasio [road riding, Novato/Petaluma] ph: (415) 456-1711; veloclub.hornet.att.net
 - Single Cyclists [Marin social] ph: (415) 455-5962; www.singlecyclists.com
 - Tam Valley Bike Club [social] ph: (415) 388-6383; www.tamvalleybikeclub.com
 - Women's Mountain Bike & Tea Society [social] ph: (415) 459-0980; www.wombats.org
 - Bay Area Bicycle Coalition [road & bridge advocacy] 1095 Market Street, Suite 207, San Francisco, CA 94103; www.bayareabicycles.org
 - California Bicycle Coalition [road advocacy] 909 12th Street, Suite 114, Sacramento, CA 95814; ph: (916) 445-7558; www.calbike.org
 - Rails-to-Trails Conservancy [road (path) advocacy] 200 Franklin Street, Suite 400, San Francisco, CA 94108; ph: (415) 397-2220; www.rails-to-trails.org
 - League of American Bicyclists (LAB) [road advocacy] 1612 K St., NW, Suite 401, Washington, DC 20006; ph: (202) 822-1333; www.bikeleague.org
 - International Mountain Bike Association (IMBA) [off-road advocacy] P.O. Box 7578, Boulder, CO 80509; ph: (888) 442-4622; www.imba.com
 - USA Cycling [U.S. Cycling Federation - USCF] [road and track racing] and National Off-Road Bicycle Association - NORBA (non-ride racing) One Olympic Plaza, Colorado Springs, CO 80909; District ph: (510) 531-1400; www.usacycling.org

For bicycle information about San Francisco and the East Bay, call the following advocacy groups: San Francisco Bicycle Coalition ph: (415) 431-2433; www.sfbike.org (transit maps available in stores) East Bay Bicycle Coalition ph: (510) 433-7433; www.ebbcc.org (transit maps available in stores)

PARKS, OPEN SPACE & BIKE PATHS

- Mt. Tamalpais Watershed (415) 945-1195
- Marin Municipal Water District (MMWD) Bicycles are allowed on designated fire protection roads only. Closed sunset to sunrise. Maximum bike speed is 15mph. 5 mph on curves or when passing. Entrance fee required for motor vehicles into Ron Temple Lake and Lake Lagunitas areas.
- Golden Gate Nat'l Recreation Area (GNRA) (415) 351-1540; www.nps.gov/ggnra
- Muir Woods Nat'l Monument (415) 388-2595 Bicycles are not allowed.
- Mt. Tamalpais State Park (415) 388-2070 Bicycles are allowed only on fire roads. Speed limit is 15 mph. 5 mph on curves or when passing.
- Samuel P. Taylor State Park (415) 488-8887 A bike trail runs along Bigmead (Bigmead) Creek, following the old Northwestern Pacific Railroad right-of-way.
- Davis Grove National Seashore (415) 444-5100 Bicycles are allowed on all paved roads and designated dirt bike trails. Shuttle buses run from Davis Beach to Pt. Reyes Lighthouse on Easter. Bicycles are allowed on the road.
- Angel Island State Park (415) 453-1915 www.angelisland.org/. Paved and dirt road routes for bicycling. Open Sun to sunset your route. Access via ferries from Tiburon (435-2131). San Francisco, Oakland, Alameda and Vallejo.
- Marin Co. Open Space District (415) 499-6387 www.marinopenpace.org/. Bicycles are permitted on fire roads only. Speed limit is 15 mph. 3 mph on curves or when passing.
- Bay Area Trails of America (Camp Tamarcamacho) Permit required for public access. Call: (415) 454-1081; www.baytrails.com

"Bicycling Laws & Safety Tips" is adapted from the City of Portland (Oregon) bicycle map and the Davis, California Bike Map, and is used with their permission. Cover art assistance by Fabian Mach.