

The Payoff

Bicycling is good exercise and allows you to experience your town in a way that is impossible to do in a car. Bicycling can be fun and is an economical form of transportation. Bicycling to work or school reduces traffic congestion on streets and avoids producing harmful exhaust emissions. It can also save you a lot of money in gas, maintenance, and health club fees. For short trips, bicycling may actually be faster than using a car. For added convenience and versatility, all MAT buses are equipped with bike racks, so if you get tired of riding, just hop on the bus. You can bring your bike with you. Before you use the Bike & Bus rack on MAT, you must get a FREE permit from the Ground Transportation Center (GTC). A MAT team member will be on hand to help you become familiar with how the rack works. Each bus carries up to two bikes. MAT leaves the bike racks on their buses year-round. If you have any questions please call the **GTC Helpline at (701) 232-7500.**



The Fargo-Moorhead Metropolitan Council of Governments

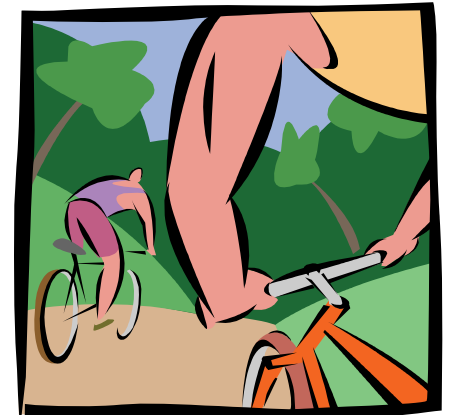
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Bicycle Rules of the Road



The Fargo-Moorhead
Metropolitan Council of
Governments



*For the Fargo-Moorhead-West
Fargo-Dilworth Metropolitan Area.*

On the Road Again

In both North Dakota and Minnesota, the law gives cyclists the same rights and privileges as a motor vehicle driver. This means that you have every right to ride on the road. But with that privilege comes a lot of responsibility. You must obey all traffic laws, just as if you were driving a car. This includes stopping at all stop signs and stop lights, yielding to pedestrians crossing the road, riding on the right side of the road, and signaling before turning. Bicycle riders twelve years old or younger should stay off of busy streets like Main Avenue or University. Whether you choose to ride on the road or on a bicycle path, as a responsible bicycle driver you should choose the place where you feel safest riding..



Bicycling is good exercise and good for the environment.

The Rules of the Road.

1. Always wear a helmet. People who don't wear helmets are 20 times more likely to die of a head injury if they are involved in an accident*
2. Ride on the right side of the road with the flow of traffic. Ride on a bike path if you feel safer doing so.
3. Obey **all** traffic laws and signs. Running a stop sign is not only illegal, it is extremely dangerous.
4. Be predictable. Ride in a straight line, and use hand signals at intersections if you intend to turn.
5. Be conscious of those around you. Listen for traffic approaching from behind. **Do not wear headphones.** They're illegal on a bicycle.
6. Ride after dark only if you have a headlight and rear reflector. Wear light colored clothes and be visible. Reflective vests and leg-bands are a good idea.
7. Stay in control. Don't carry more people on your bike than it was designed to carry, and don't overload yourself with packages. Keep at least one hand on your handlebars at all times.
8. Don't hitch a ride on another vehicle. Hanging onto a motorized vehicle is very dangerous.
9. When using a bike path, be courteous to other users.



Obey the rules of the road.

Wear a helmet every time you ride.



The Rules of the Bike path

1. Always wear a helmet.
2. Keep to the right and ride single-file.
3. Watch your speed, and look out for slower traffic. Remember, bikepaths are really multi-use paths. Pedestrians and skaters have just as much right to use the path as you do. Never ride faster than is safe.
4. Look behind you before passing someone.
5. Use your bell or call out, "Passing on your left."
6. Leave 3 or 4 feet between you and the person you are passing.
7. Keep both hands ready to brake, and allow extra stopping distance if your brakes are wet.
8. Be considerate when you park. Your bike should not interfere with pedestrian movement and use bike racks properly so more bikes can park.

* [The Effectiveness of Bicycle Helmets: A Review](http://www.helmets.org/henderst.htm) by Dr. Michael Henderson, 1995 (www.helmets.org/henderst.htm)