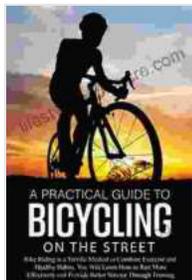


# The Ultimate Practical Guide to Bicycling on the Street



**A Practical Guide to Bicycling on the Street: Bike Riding is a Terrific Method to Combine Exercise and Healthy Habits, You Will Learn How to Run More Effectively and Improve Service via Training** by David Yoon

★★★★☆ 4.5 out of 5

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Bicycling is a great way to get around, whether you're commuting to work, running errands, or just enjoying a leisurely ride. But if you're new to bicycling on the street, it can be a bit daunting. That's why we've put together this comprehensive guide to everything you need to know about bicycling on the street, from choosing the right bike to riding safely and confidently.

## Choosing the Right Bike

The first step to bicycling on the street is choosing the right bike. There are many different types of bikes available, so it's important to choose one

that's right for your needs and riding style. If you're not sure what type of bike to get, you can always consult with a bike shop professional.

Here are a few things to consider when choosing a bike:

- **Frame size:** The frame size of a bike is measured from the center of the bottom bracket to the top of the seat tube. It's important to choose a bike that has the right frame size for your height. If the bike is too small, you'll be cramped and uncomfortable. If the bike is too large, you won't be able to reach the handlebars or pedals comfortably.
- **Type of bike:** There are many different types of bikes available, including road bikes, mountain bikes, hybrids, and cruisers. Road bikes are designed for speed and efficiency, while mountain bikes are designed for off-road riding. Hybrids are a good all-around choice for commuting and recreational riding. Cruisers are comfortable and easy to ride, but they're not as fast or efficient as road bikes or hybrids.
- **Features:** Some bikes come with additional features, such as fenders, racks, and lights. These features can be helpful for commuting or riding in low-light conditions.

## **Riding Safely and Confidently**

Once you've chosen the right bike, it's important to learn how to ride safely and confidently on the street. Here are a few tips:

- **Wear a helmet:** A helmet is the most important piece of safety equipment you can wear when bicycling. It can protect your head from serious injury in the event of a fall.

- **Obey the traffic laws:** Bicyclists are required to obey the same traffic laws as motorists. This includes stopping at stop signs and red lights, and yielding to pedestrians and other vehicles.
- **Be aware of your surroundings:** When you're bicycling on the street, it's important to be aware of your surroundings. This includes paying attention to traffic, pedestrians, and other hazards.
- **Use hand signals:** Hand signals are a great way to communicate your intentions to other motorists and pedestrians. Be sure to use hand signals when turning, stopping, and slowing down.
- **Ride defensively:** Riding defensively means anticipating potential hazards and taking steps to avoid them. This includes things like scanning the road ahead for obstacles, and leaving yourself plenty of room to maneuver.

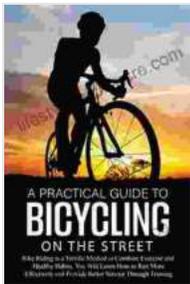
## Common Mistakes to Avoid

Here are a few common mistakes to avoid when bicycling on the street:

- **Riding against traffic:** Riding against traffic is illegal and dangerous. It can increase your risk of being involved in a collision with a motorist.
- **Riding on the sidewalk:** Riding on the sidewalk is also illegal in most places. It can be dangerous for both bicyclists and pedestrians.
- **Running red lights:** Running red lights is a major cause of bicycle accidents. Always come to a complete stop at red lights, and be sure to make eye contact with motorists before proceeding.
- **Tailgating:** Tailgating is following too closely behind another vehicle. This can be dangerous, as it gives you less time to react to sudden

stops or hazards.

Bicycling on the street can be a great way to get around, but it's important to do so safely and responsibly. By following the tips in this guide, you can help reduce your risk of being involved in an accident. So what are you waiting for? Get out there and start cycling!



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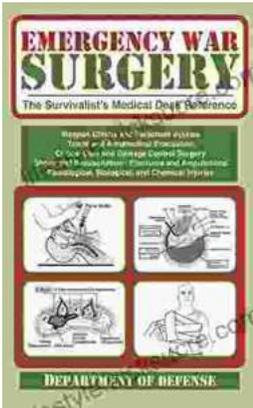
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