Class 4 - Large Roads

• Larger roads present more challenges.
  - Increased traffic moving at higher speeds.
  - The roads change width.
  - Intersections get larger.
  - Lots of things complicated things happen all at once.

• Riding with Traffic

• Intersection Positioning

• Lane Merges and Diverges

• Bike Lanes

• Drill: Rock Dodge
Good time to Re-emphasize

• Vehicular cycling
  - You already know how to drive in traffic. Apply the same principles as a low-speed vehicle.

• With knowledge and practice, traffic ceases to be a mysterious threat. Becomes a condition you can handle with reasonable safety.

• “Bikes fare best when they are operated as and treated as vehicles.”
  - You need this attitude as well as knowledge and skills. Be confident and assertive, but not reckless.
  - Act carefully, smoothly, and deliberately.
Safe Lane Changes in Traffic

• Plan ahead

• Make two “lane changes” per lane crossed.
  - One into the new lane.
  - One across the lane.

• Look behind - maybe several times until an opening is found. In high-speed traffic, only move when safe.

• Signal your intention. In slower traffic, negotiate as necessary
  - Your scanning and signaling is a question. Look again to get the response.
    • In slow traffic, the driver opens up space
    • In slightly faster traffic, the driver slows to your speed & leaves space.
  - Getting the answer is what will save your life, not asking the question. Be aware the answer may be “no.” The right-of-way may be yours, but may not be granted.

• Never move so close in front of a car as to create a hazard.
Intersection Positioning Rule

• “Use the right-most lane that goes in your direction of travel.”
  - Discuss the drawing.

• Bike Lanes are often to the right of a right-hand turn lane, and are therefore unsafe!

• Don’t pass on the right.
  - Cars may have not seen you. Getting hit is your own fault.

• L-turns - if the turn is unsafe
  - Proceed through the intersection and stop at the opposite side. Dismount and line up with traffic in the new direction.
Lane Merges and Diverges

• Example: freeway overpasses
  - Use the same rule as intersections
  - “Use the right-most lane that goes in your intended direction of travel.”
  - Don’t move right and then left, unless the additional lane is lengthy. If you do move, execute proper lane changes every time.

• Be attentive
  - Motorists are often moving faster and don’t expect bicycles in such intersections.

• Be deliberate and predictable
  - Motorists more likely to respect you as traffic
Bike Lanes

• Learn what is the right position in traffic regardless of the bike lane

• When bike lanes are in the right place, by all means use them.

• When in the wrong place, put yourself in a safe place for conspicuity or hazard avoidance. Some bad places:
  - Within door range of parked cars
  - To the right of right turn lanes
  - Over against curb far away from other traffic
  - On sidewalks

• “Ignore”, not “defy”
Rock Dodge

- Objective: Avoid a hazard without changing road position.
  - Important if you are pinned between a car and the gutter.
- Prevention: Look ahead, plan ahead
- Front wheel is more important than rear wheel.
  - Ideally, rear wheel will miss, but bike is like an arrow.
  - Lift up off saddle (more next week) in case rear wheel hits.
- Technique
  - Be riding at moderate speed (not low speed).
  - Small turn of the handlebars to either side of the hazard. This causes you to lean the opposite way.
  - Be aware the bike will recover in the opposite direction.
  - Practice completing Dodge in a straight line.
Instructors - Rock Dodge Drill

• Demonstrate the exercise.

• Have them ride straight line and start with a small twitch of the handlebar. See how the bike behaves.

• Set up a practice area where they can go around and around and practice it where they feel comfortable.

• Once they feel like they have a feel for it, then go through the drill station. A sponge makes a good visible obstacle.

• Practice to both sides.

• Won’t be perfect. Just make sure they have the drill down and ask them to practice it on their own.