

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

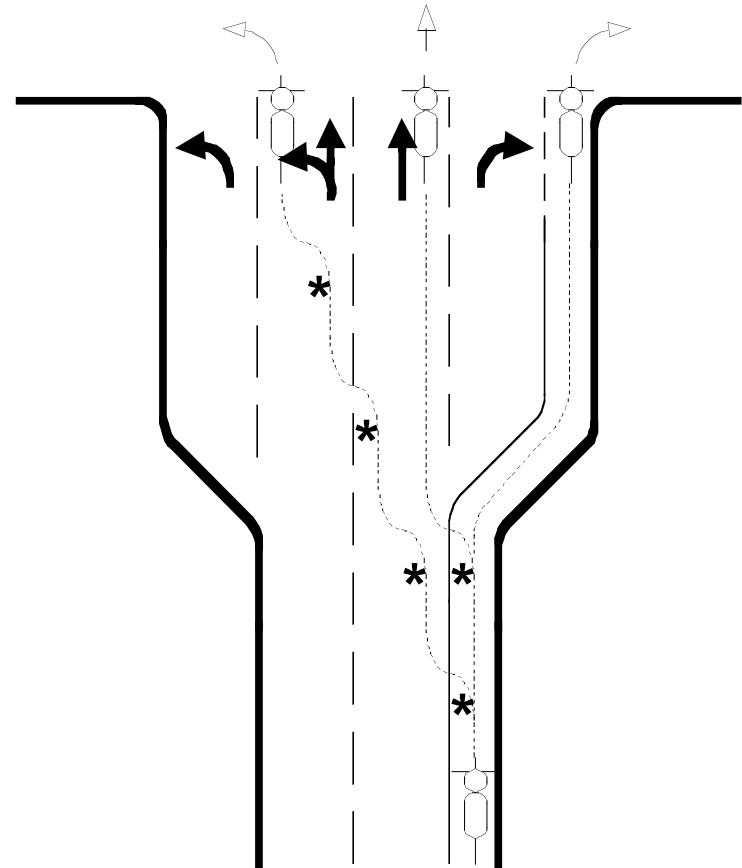
- Vehicular cycling
 - You already know how to drive in traffic. Apply the same principles as a low-speed vehicle.
- With knowledge and practice, traffic ceases to be a mysterious threat. Becomes a condition you can handle with reasonable safety.
- "Bikes fare best when they are operated as and treated 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.

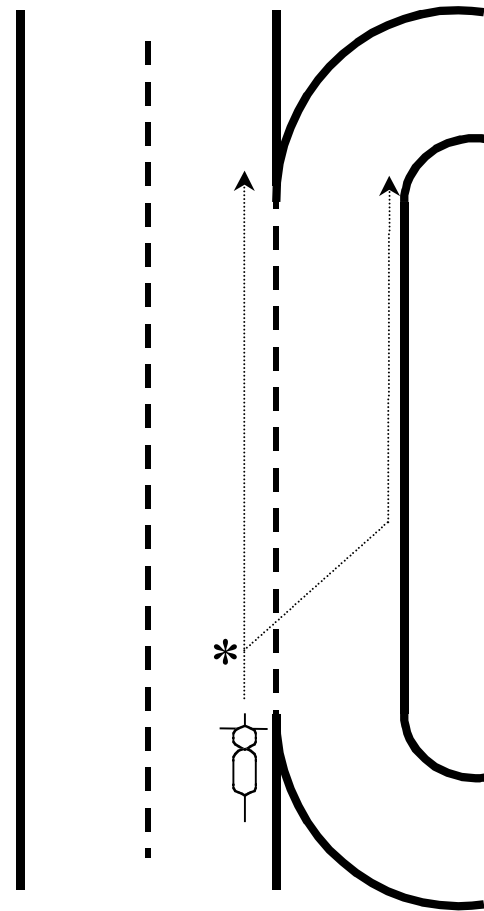
Intersection Positioning Rule

- “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

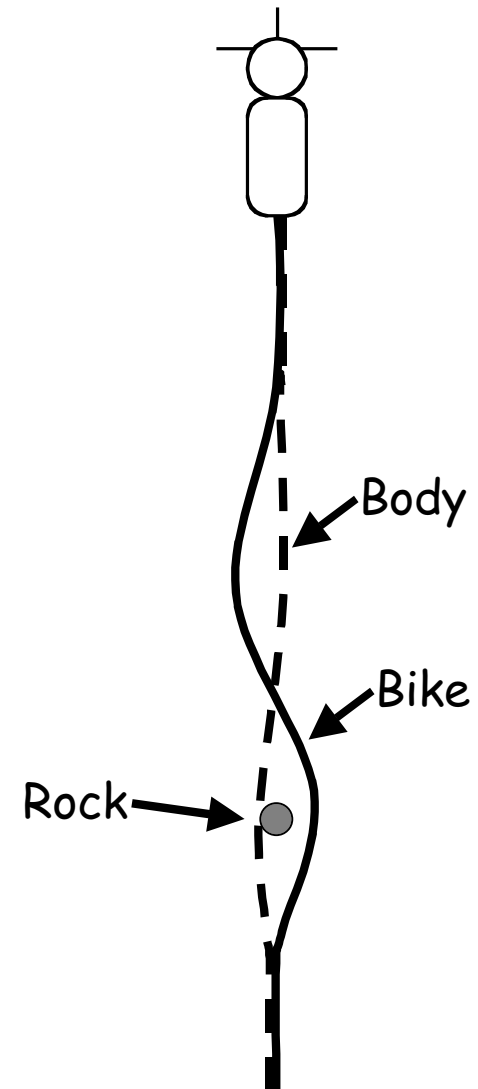


Bike Lanes

- 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.