



Beginner/Intermediate Group

CYCLING HAZARDS

Hazards	Examples of what to do to minimize hazard
VEHICLES	
Backing out of driveways	Develop awareness of what's happening in your peripheral vision
Pulling out in front of a bike	Look in driver's eyes to verify that s/he sees you. Be extra cautious if vehicle has dark driver's side windows.
Turning in front of a bike	Look for turn signals and be extra careful at intersections and busy driveways.
Passing too close	Use a mirror and your ears to gauge whether you need to take evasive action.
Parked cars	Drivers opening doors into roadway are not always looking for cyclists, so either ride further into the street or keep an eye on recently parked cars or drivers getting out of their cars.
ROAD HAZARDS	
Rocks, sand, trash, potholes	Avoid if at all possible. Call out warning if riding with other cyclists.
Glass	Depending on how much glass and the size of shards, you may want to stop to check tires. Sometimes if shards have not been embedded, they can be wiped off tires with gloves. If tire itself is sliced, it may be salvageable for the rest of the ride with a "boot"—a dollar bill works great. Something that will prevent the tube from protruding from the cut.
Pipes, wood logs or boards	Same as above. Some riders may feel comfortable "jumping" the debris. If the debris is small enough, sometimes just standing and keeping your knees flexible will allow a rider to ride over without losing balance.
Railroad tracks	Always cross RR tracks at right angles. This is sometimes problematic when tracks do not cross roads at right angles. If tracks are rough, rise up out of the saddle and let legs absorb the bumps. Call out RR warning if riding with others.

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HEALTH	
Dehydration	During the ride, drink the equivalent of one water bottle (20 oz.) in small amounts each hour or every 12 to 14 miles. Electrolyte (sport) drinks can greatly improve your riding enjoyment. If the weather is exceptionally hot and humid, increase the amount you drink and drink more often, alternating water and sports drinks. (League of American Bicyclists)
LIVING HAZARDS	
Dogs	Quickly assess the dog's intention. Some just want to run with riders. If hostile, YELL with confidence, "NO", "Go home", etc. and pedal hard. Most dogs can be outrun. If the dog is too close, squirt water at him. Some cyclists carry pepper spray just for this purpose. If you are off your bike, keep your bike between you and the dog. Do your best not to show fear: always use a strong voice.
Wild animals	Skunks, particularly, will just dart out into the road and the danger is getting them tangled in wheels. They do not intend danger to riders, but should be avoided. They will spray if they feel threatened.
Pedestrians	Always loudly call your side when passing. Some runners/walkers wear headphones/earbuds so may not hear you if you don't speak loudly. Some riders use a horn or bell to alert pedestrians. Pass pedestrians on the left.
Other cyclists	When observing a cyclist riding in an unsafe manner, take another route, back off, or pass when safely possible. Depending on the rider, a friendly word of advice might be appropriate.
RIDING IN THE DARK	
Cannot be seen	Be visible! Use one or more flashing red taillights, wear reflective clothing.
Cannot see roadway	Use a good headlight to see any road hazards. A light mounted on handlebars or a headlamp work well. Ride at a speed that allows headlights to identify hazards quickly enough to react.