Pedal Power
A Webinar on Cycle Commuting, Safety and Law

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About Ryan

• M.S. in Recreation Administration from IU.
• Ph.D. Student in the School of Public Health Department of Recreation, Park and Tourism Studies.
  • Minor in Psychological & Brain Sciences
• Background and Area of Expertise:
  • Outdoor Recreation and Adventure/Experiential Education
  • Experienced outdoor instructor
• Research Interests:
  • Outdoor and nature based experiences and their influence on cognition
  • Adventure Education and Outdoor Recreation Motivations and Outcomes
• Been riding bikes for over 26 years... since before I could walk.
Growth of Bike Commuting by City

• Increases in bike commuting in U.S. cities from 1990-2016
  • Chicago, IL – 389%
  • Portland, OR – 408%
  • San Francisco, CA – 301%
  • Philadelphia, PA – 296%
  • Minneapolis, MN – 130%
  • Washington, D.C. – 498%
  • New Orleans, LA – 292%
  • St. Louis, MO – 169%

*Data from The League of American Bicyclists*
NATIONALLY, since 2005, states have seen, on average, a 46% increase in the share of people commuting by bike. But an average is just that – there are many states that have seen tremendous increases in cycling, including some that might not be expected. This map shows the growth in bicycle commuting for all 50 states from 2005 to 2013.
## Most Dangerous States for Cyclists

<table>
<thead>
<tr>
<th>Rank</th>
<th>State</th>
<th>Avg. Annual Deaths Per Million Residents</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Florida</td>
<td>5.7</td>
</tr>
<tr>
<td>2</td>
<td>Louisiana</td>
<td>3.8</td>
</tr>
<tr>
<td>3</td>
<td>New Mexico</td>
<td>3.1</td>
</tr>
<tr>
<td>4</td>
<td>Arizona</td>
<td>3.0</td>
</tr>
<tr>
<td>5</td>
<td>South Carolina</td>
<td>3.0</td>
</tr>
<tr>
<td>6</td>
<td>California</td>
<td>3.0</td>
</tr>
<tr>
<td>12</td>
<td>Illinois</td>
<td>2.1</td>
</tr>
<tr>
<td>13</td>
<td>Indiana</td>
<td>2.0</td>
</tr>
</tbody>
</table>

Source: National Highway and Traffic Safety Administration
What Can I Do To Be Safer?

Scanning: https://www.bikeleague.org/content/scanning
Use bike lanes when available: https://www.bikeleague.org/content/bike-lanes
Use multi-use trails, but be courteous to other users:

- [https://www.bikeleague.org/content/sharing-trail](https://www.bikeleague.org/content/sharing-trail)
Signaling

• https://www.bikeleague.org/content/signaling
Signaling

• BE PREDICTABLE!
• Signaling Left, Right, Stop.
Cycling Law

Same Rights | Same Rules

healthy.iu.edu
Follow Traffic Laws

• Cyclists are required to follow the same traffic laws as motorists
Traffic Laws

• https://www.bikeleague.org/content/traffic-laws
Is it ok to ride on the sidewalk?

- https://www.bikeleague.org/content/riding-sidewalk
Is it ok to ride on the sidewalk?

- City of Bloomington Bicycle Law - bicycles with tires over 14 inches in diameter are not allowed on the sidewalk.

- Check local law for information on riding on the sidewalk. As a state, Indiana does not outline cycling on the sidewalk.
May I go through a Traffic Controlled Red Light?

Indiana Code 9-21-3-7 Signals exhibiting colored lights or arrows; requirements; explanation of colors

(Proceeding through an intersection with a traffic control light with a red light)

Section 7, (3) (D) If the operator of a motorcycle, motorized bicycle, motor scooter, or bicycle approaches an intersection that is controlled by a traffic control signal, the operator may proceed through the intersection on a steady red signal only if the operator:

   (i) comes to a complete stop at the intersection for at least one hundred twenty (120) seconds; and

   (ii) exercises due caution as provided by law, otherwise treats the traffic signal as a stop sign, and determines that it is safe to proceed.
May I ride next to someone else?

Section 6: Riding two abreast

• A person riding a bicycle upon a roadway may not ride more than two (2) abreast except on paths or parts of roadways set aside for the exclusive use of bicycles.
Use Front and Rear Lights
Not only is it safer to ride with lights but it is also the law!

Section 9 Lamps and reflectors
Sec. 9. A bicycle operated on a highway from one-half (1/2) hour after sunset until one-half (1/2) hour before sunrise must be equipped with the following:

(1) A lamp on the front exhibiting a white light visible from a distance of at least five hundred (500) feet to the front.

(2) A lamp on the rear exhibiting a red light visible from a distance of five hundred (500) feet to the rear or a red reflector visible from a distance of five hundred (500) feet to the rear.
Commuting Tips

• Register your bike – with your city as well as with the University.

• BE PREDICTABLE!
  o Ride in a straight line
  o Clearly signal when changing lanes or turning

• BE SEEN!
  o Use lights, reflectors and bright clothing.

• Claim the lane if needed to:
  • Avoid the “door zone”
  • Set yourself up for a safe left or right turn
Commuting/Cycling Tips

• Use Bike infrastructure when available
  ○ cycling paths, bike lanes, and bike boxes
Commuting/Cycling Tips

• Do not instigate confrontations with motorists – you will lose to a 2000 pound vehicle under the control of an unstable/irrational individual.
  o Get license plate numbers and report to local authorities
  o Ride with video cameras

• IU office of Sustainability Tips and Laws resource -
  http://www.indiana.edu/~sustain/programs/bicycle-initiative/biking-tips.php
What Should I Wear?

- Whatever you want!
- Often when we are commuting we are riding during times of lower light (dawn and dusk). One way to combat lower overall visibility is by making ourselves brighter!
- Use lights, reflectors and bright highlighter colors to aid in visibility.
Discussion and Questions?

Also feel free to contact us.

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