

# Hand Signal Guide

To help drivers know what your moves are and to avoid potential accidents, use hand signals at all times.



LEFT



RIGHT



STOP

## Bike St. Louis Region



This brochure was published to increase bicycle usage on the streets of the city of St. Louis. Users of this brochure and map should be aware that potential hazards and obstructions may exist on the routes shown and that the City of St. Louis, Bike St. Louis and the Great Rivers Greenway District in no way warrant the safety or fitness of the suggested routes. The user of the map and additional content of this brochure bears full responsibility for his or her safety.

# Helpful Information

**Street Maintenance**  
Call the St. Louis City Citizens' Service Bureau at 314-622-4800 or visit the website at [www.stlouis.missouri.org/governemtn.csb.html](http://www.stlouis.missouri.org/governemtn.csb.html), to report cars parked in bike lanes, request pothole repairs or to report damaged or missing Bike St. Louis signs.

**Emergencies** Call 911

**Bicycle Commuting**  
Contact the St. Louis Regional Bicycle Federation at 314-707-5001 or visit the web site at [www.stlbikefed.org](http://www.stlbikefed.org) to learn more about bicycle commuting in the St. Louis region as well as other bicycle resources.

**Bicycle Rides & Events**  
Contact Trailnet at 314-416-9930 or visit the web site at [www.trailnet.org](http://www.trailnet.org) to learn about local trails, bikeways, rides and events.

**City of St. Louis Parks**  
To learn more about the over 100 parks through out the City of St. Louis including locations and recreational facilities, contact the City of St. Louis Department of Parks, Recreation and Forestry at 314-289-5300 or visit the web site at [www.stlouis.missouri.org/citygov/parks/](http://www.stlouis.missouri.org/citygov/parks/).

**Metro**  
Metro operates the St. Louis region's public transportation system. This includes MetroLink, the region's light rail system; MetroBus, the region's bus system; and Call-A-Ride, the paratransit van system. For more information on bus and transit routes, contact Metro at 314-982-1400 or visit the web site at [www.metrostlouis.org](http://www.metrostlouis.org).

**Great Rivers Greenway District**  
The district is responsible for creating The River Ring, an interconnected system of greenways, parks and trails in the City of St. Louis, St. Louis County and St. Charles County. Bike St. Louis is an important component of a region-wide interconnected system of on-street and off road trails, paths and corridors. For more information on Great Rivers Greenway, contact the district at 314-436-7009 or visit the web site at [www.greatrivers.info](http://www.greatrivers.info).

Bike St. Louis is produced in partnership with The Great Rivers Greenway District and the City of St. Louis and City of St. Louis Board of Alderman.

# Safe Bicycling in St. Louis



[www.bikestlouis.org](http://www.bikestlouis.org)

## Where to Ride



- **NEVER** ride against traffic  
*Drivers can see you better when you ride WITH traffic*
- Keep to the right  
Stay aware of the door zone
- **ONLY** ride in the middle of traffic (and WITH traffic) when:
  - *Preparing for a left turn*
  - *When the road has sharp turns with little visibility*
  - *When the road has no shoulder and traffic is moving at your speed*
- **NEVER** ride the opposite way on a one way road

## Road Hazards

- **DO NOT** ride in the door zone (graphic)
- Watch for cars pulling away from roadside parking
- Beware of the asphalt sloping down at the edge of the road
- **DO NOT** weave in and out of parked cars
  - *Always ride in a straight line so that traffic can see you and predict your movements*
- Cross rail road tracks parallel with the ties



## What to Wear

- **ALWAYS** wear a helmet
- **DO NOT** wear loose fitting clothing as it could get tangled in pedals, gears or close passing objects
- Wear bright colors to help others see you
- **ALWAYS** wear reflective gear if you must ride at night
  - *Make sure there is reflective gear on your chest, back and lower legs*
- The use of gloves and pads may minimize injury in the event you should fall



## Bike Fit

- Make sure you can reach the ground with your feet
- Make sure that when one foot is on a pedal and the pedal is all the way down, your knee is only slightly bent. Move your seat up or down to adjust accordingly
- Make sure that you can comfortably reach the handle bars and brakes



## Selecting a Helmet

- Make sure the helmet fits snugly around your head
- Adjust the straps to fit tightly around your chin and the back of your head
- The helmet should sit just above your eyebrows
- Make sure your helmet provides adequate ventilation
- Check to make sure it meets Federal Safety Standards, it should have stickers indicating this

## Bike First Aid

- **ALWAYS** make sure tires are fully inflated before riding
- Wear a small backpack or pouch containing a standard first aid kit, a hand pump or money to pay for air, a tire patch kit and a couple of dollars
- **ALWAYS** make sure to have water



## Know the Law

- Cyclists who ride with traffic must obey the same laws as traffic.
  - *Stop at stop signs and red lights*
  - *Yield to pedestrians*
- Obey all posted signs including yield, stop, one way, cautions and RR Xing)