



Serious Cyclists: If you are looking for a challenging training ride, Sunday Streets is not the place to do it. We offer these ideas for serious riders to enjoy the day:

- Plan a rigorous ride earlier in the day, and join Sunday Streets to cool down after your workout
- Introduce non-cycling friends to the joys of riding at Sunday Streets
- Sign up as a Sunday Streets Volunteer, or help with bike-related programming to share your skills with others, go to www.sundaystreetssf.com/volunteer

Parents: Sunday Streets is a great place for young cyclists to increase their street riding skills, to make sure the day is fun and safe, we ask that parents:

- Stay close to their children as they ride on the route
- Encourage children to learn good bike etiquette, ride in a straight path and use verbal and hand signals to indicate turns and stops
- Keep to the right and ride with slower traffic to avoid collisions with faster moving participants
- Enroll young riders in one of the free safety courses offered at Sunday Streets

Novice Riders: Sunday Streets is a great opportunity to learn to ride a bicycle or dust off that old bike and start riding again. Cyclists of all ages and abilities are welcome, here are a few tips to newer riders:

- Start off slow, and practice away from the crowds till you get your bearings
- Ride in a straight line and use hand or verbal signals to indicate turns or stops
- Ride to the right side of the road with slower moving traffic, and keep an eye out for children and other participants who may cross your path unexpectedly
- If it is offered, take an Adult Bike Ed training to refresh your cycling skills

All: We encourage cycling for recreation and transportation during these events, please be sure to:

- Wear a helmet and be sure that it is properly adjusted
- Ride safely and courteously at all times
- Yield to pedestrians crossing the route and keep an eye out for those who may move unpredictably
- Have fun!

Sunday Streets Bike Program Sponsors:



Free Bike Rentals and Repairs provided by :