



Bike Safety Tips: How to stay safe and comfortable while Riding

by Caroline Morse Teel

Cycling is one of the best ways to explore a new city – or just get around your hometown. Maybe you are dreaming of a bike tour through Europe (I definitely am!) or simply want to make your daily commute more enjoyable.

Whatever your reason for riding, it's important to know how to stay safe and comfortable on two wheels. Follow these bike safety tips to protect yourself.

Stay Visible – Drivers can't avoid you if they can't see you, so make yourself and your bike as visible as possible. I love [Knogs Blinder 1300 set](#), a powerful light set that allows you to be seen from far away. The set includes a front light with a 1300-lumen road-focused beam that lights up the road up to 390 feet away, along with a 150-lumen rear light that keeps you visible from both sides.

The [Knog](#) set is my go-to for commuting since the lights have a super long run time (1.5 hours on full brightness and 120 hours on Eco flash mode for the front light and up to 50 hours for the rear light) and are waterproof. My favorite feature is the intelligent button LEDs, which show the battery level at a glance.

The compact light set is also great for travel since it can be attached in seconds without any tools. You can pack it and use it on a rental bike.

Communicate your Actions – Unlike cars, you don't have turn signals or brake lights on your bike, so you must communicate your actions to drivers with hand signals for biking. The National Highway Traffic Safety Administration has a chart and is an excellent graphic depiction of what to do. However, signals can be hard to see in the dark (and confusing for drivers who might not know what hand signs mean). To make your intentions even more visible, you can also buy turn signals for your bike or cycling gloves with light-up indicators.

Let People Know You are There – As someone who is frequently both a pedestrian and a cyclist, I hate being startled while walking on a path by a cyclist screaming: "on your left" at full volume. And as a cyclist, I don't want to scare someone by sneaking up behind them.

Knog's Oi Classic Bell pleases me as both a walker and a rider – a light press on the bell's level delivers a sound that's much more pleasant than other bells yet still loud enough to get people out of the way in a polite manner.

Prevent Theft – According to one study, an average of 2 million bikes are reported stolen each year. Prevent theft by following these tips: 1. Park your bike in a busy, well-lit area 2. Lock your bike to something secure 3. Lock your wheels and frame together 4. Avoid leaving your bike outside overnight 5. Take any easily removable components with you 6. Use a U-Lock

Stay Comfortable – Once you start racking up the miles on your bike, you may also start racking up some physical complaints – like chafing, saddle sores, and calloused hands. Here is what I recommend staying comfortable while riding:

Body glide Cycle Glide: Prevent chafing takes just five seconds with Body glides Cycle Glide. Simply swipe this deodorant-style applicator over your skin or shorts, creating a dry, invisible barrier that protects your skin while riding. The small container and solid formula make it great for travel.

Hestra Bike Short 5-finger gloves: if you dismount with sore wrists or callused palms, try these gloves. These lightweight gloves feature a silicone print on the fingers for reinforced grip and shock-absorbent gel padding on the palm to combat tiredness and numbness in the hands and wrists. Best of all, they are machine-washable so that you can clean them after sweaty rides.

Backcountry MTB liner shorts: If you want the extra comfort and padding that chamois shorts provide but hate how they look, check out these shorts. These sleek spandex shorts conform to your body and have barely noticeable low-profile padding, especially when layered under other shorts. I love the silicone leg grippers, which actually work to keep the shorts from rolling up while riding.

Wear a Helmet: If you only follow one piece of advice from this list, let it be this one – always wear a helmet while cycling. Your bike helmet should have a sticker indicating that it meets the Consumer Product Safety Commission (CPSC) standards for cycling. For my everyday commute I wear this stylish helmet by Thousand. I like it not only for its appearance but the secret pop-lock that safely locks the helmet to your bike, so I don't have to carry it around all day. The sleek design is a lower profile than most helmets and comes in a range of fun colors like rose, gold or striped.

