

This time of year the days are also getting shorter. If you ride a bike or walk early in the morning or late in the afternoons, then you need to see and be seen! Please be safe and have fun while riding your bike.



Benefits of Using Bike Lights

It may seem obvious but there is a dual benefit in cyclists using bike lights in dim/dark conditions. They are used to not only to increase the rider's visibility, but also to help others to see the rider. Lights are an extremely important piece of equipment as statistics suggest a car-bike collision rate is several times higher at night than during daylight. What is more startling is that these collisions are largely down to the inadequacy of the cyclist's equipment which can be easily prevented. Using the proper equipment makes cyclists visible to other road users and can make cycling at night much safer than this statistic suggests. The most common setup for bike lights are white lights at the front of the bike, red lights at the back, and orange reflectors on the side, but be sure to check the legal requirements of your jurisdiction as there are different rules on what is required. There is a BIG difference between a light that allows you to be seen and a light that allows you to see. Do your research, don't be too cheap, and ask your local bike shop or expert for advice. Good light systems last for many years and can save our life and make night riding much more fun.

Legal Requirements

Since bicycles are vehicles, like regulations for cars and trucks, KAR 601 sets regulations for their use. KRS 189.030(S1) requires lights when riding at night (or in dark conditions). Lights must cast a beam 50 feet ahead and be visible from 500 feet ahead. S2 requires a rear red reflector and, if riding at night, a red light visible from 500 feet.

LED Bike Lights

Most LED bike lights have a higher luminous efficacy and a lifetime of around 40,000-50,000 hours of operation and options to dim and turn on/off the blinking. There are varying degrees of power to bear in mind. Higher powered LED lights would be recommended for those cyclists that cycle in dim/dark conditions on a regular basis. For those cyclists that occasionally ride at night a lower powered inexpensive LED front light and rear LED flasher would be sufficient, especially for riding on well-lit streets that do not require such an intense beam. There are many types of bike lights on the market to meet the needs of all bike lovers.

The Good Ole Reflective vest.



It may look nerdy, but folks sure will be looking!

Helmets are not required for bicycling in KY.

However, helmets protect against injury in 8 out of 10 crashes involving head bumps.

BE SAFE - WEAR A HELMET

Thank you and have a great day.

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