



THE SAN FRANCISCO BICYCLE COALITION'S

FAMILY BIKING MINI GUIDE

An introduction to family biking gear, from biking while pregnant to biking your child to school





CONTENTS

Bike While Pregnant	01
Bike With Babies	03
– Ages 0-12 months	
– Ages 1-3 years	
Bike With Your Child on Board	09
– Ages 4-8 years	
Choose Your Family Bike	11
– Bike and gear options	
– Electric pedal assist	
Fit Your Child's Helmet	15
Teach Your Child to Bike	17
Bike to School	19
Resources	21
– Bike education for all ages	
– Gear and products	
– Bike shops	

BIKING WHILE PREGNANT

- ① Yes, you can bike while pregnant: take it easy!
- ② Ride a stable upright bike
- ③ Consult your doctor



GEAR WHILE PREGNANT

STEP THROUGH FRAME

\$100-\$600



BASKETS

\$30-\$90



PANNIERS

\$30-\$200



DOUBLE KICKSTAND

\$20-\$40



BIKING WITH YOUR INFANT (0-12 months)

- ① The law: helmet required
- ② Consider your baby's neck strength and comfort
- ③ Consult your pediatrician on when to start



GEAR (0-12 months)



TRAILER
\$70-\$700



FRONT SEATS

\$40-\$200
Weight limit: 35 pounds.



**FRONT BUCKET
(BAKFIETS)**

\$1500-\$4500
Flexible for larger children and
multiple riders.



BIKING WITH YOUR BABY (1-3 years)

- ① The weight limit for front seat: 35 pounds
- ② Use head support, restraining straps and footrests to keep baby secure
- ③ A trailer can carry up to two children and more stuff



GEAR (1-3 years)



MULTIPLE SEATS

\$40-\$200 per seat



TWO-SEAT TRAILER

\$70-\$700

BIKING WITH YOUR BABY (1-3 years)

- ① Make sure straps are secure and comfortable
- ② Consider the time of day
- ③ Bring snacks, layers and sunscreen



ACCESSORIES (1-3 years)

FRONT WINDSHIELD

PRICE: \$40-\$100



SLEEP ROLLS

PRICE: \$40-\$50



NAP PADS

PRICE: \$30-\$70



BIKE WITH YOUR CHILD ONBOARD (4-8 years)

- ① Ride on-road with younger riders
- ② Bike to school, then bike to work
- ③ Head to the park, bike longer distances



GEAR (4-8 years)



TOW BAR

Attaches your bike to your child's bike
\$50-\$80



TANDEM BIKE

\$200-\$2000



TRAILER BIKE

\$150-\$300



MID/LONG TAIL BIKE

\$2000-\$4500

GET READY: CHOOSE YOUR FAMILY BIKE

- ① Borrow gear, take a test ride
- ② Most economical: add accessories to your bike
- ③ Bigger investment: consider a cargo/family bike



FAMILY AND CARGO BIKES



**YOUR BIKE +
ACCESSORIES**
\$40-\$500

MIDTAIL

\$1000-\$2500



BUCKET BIKE

\$1500-\$4500

LONGTAIL

\$1500-\$3500



ELECTRIC PEDAL ASSIST

- ① How it works: you pedal, electric motor gives you a boost
- ② Carry more weight, go longer distance, climb those hills
- ③ Extended frame and small back wheel improve stability



ELECTRIC ASSIST BIKES + MOTORS

CONVERT YOUR BIKE

Your bike + \$400-\$3000

Have an experienced mechanic install a motor for you.



• *Bionx Conversion Kit*



• *Bafang Mid Drive Kit*

BUILT IN ELECTRIC MOTORS

Adds \$2000 to a family bike



• *Urban Arrow Family*



• *Yuba Spicy Curry*



• *Xtracycle EdgeRunner*

HELMET HOW-TO

- ① The Law: helmet required until age 18, on their own bike, in a child seat or trailer
- ② Adjust strap so helmet fits snug to head
- ③ Let your child choose their own helmet, and decorate it



HELMET HOW-TO

Wear it right!



Two fingers
between the helmet
and your eyebrows.



The straps should
make a **V** below
your ears.



One finger
beneath the strap
under your chin.

**Is your helmet snug and in place?
Then you're ready to ride.**

Caution: make sure the helmet is on frontward! Invest in a new helmet. Used helmets may be unsafe.

TEACH YOUR CHILD TO BIKE

The right equipment:

- ① No training wheels
- ② No pedals! Use a balance bike or remove pedals
- ③ Lower the seat so your child's feet are flat on the ground



TEACH YOUR CHILD TO BIKE

Ready, set, go!

- ① Balance first: push, roll, run and glide
- ② Pedal: use your feet to push off and glide, then find the pedals
- ③ Start from a stop: put one foot on a pedal at 2 o'clock and push off



BIKE TO SCHOOL

- ① Practice on car-free streets and sidewalks
- ② Know all the rules of the road
- ③ Try out your route in advance: alone, then with your child



SF SAFE ROUTES TO SCHOOL

Making it safe, easier and more fun to bike and walk to school

- ① Meet other biking families at your school
- ② Join the annual Bike & Roll to School Week every April
- ③ Build a routine: once a month, once a week, or more!



RESOURCES

Have more questions about biking with your family?



SF BICYCLE COALITION RESOURCES

- **COMMUNITY BIKE BUILDS**

We repair unclaimed bikes to provide free and affordable transportation to those who need it.

Get involved at sfbike.org/our-work/safety-education

- **FREE FAMILY BIKING GUIDE**

An in-depth manual on all stages of family biking, provided in 3 languages.

Download at sfbike.org/family

- **FREE FAMILY BIKING CLASSES**

From Biking with Babies to Biking to School, we can help along the way.

Sign up at sfbike.org/family

- **FREE ADULT BIKE EDUCATION**

Learn the rules of the road and gain confidence on your own before biking with your child.

Find our next event at sfbike.org/resources/urban-bicycling-workshops

- **SF SAFE ROUTES TO SCHOOL**

SFBC is a proud partner of SF Safe Routes to School, making biking and walking easier and safer for students and families.

Get resources for your school at sf saferoutes.org

CAMPS, ORGANIZATIONS, SHOPS + PRODUCTS

SF CAMPS AND ORGANIZATIONS

• BICIS DE PUEBLO / PODER

Community program to encourage bicycling for low-income youth
bicisdelpueblo.com; podersf.org

• MTC SPARE THE AIR YOUTH

Empowering SF Bay Area families to walk, bicycle, carpool and take transit
sparetheairyouth.org

• PRESIDIO YBIKE

Clubs, camps, learn-to-ride workshops, after-school riding clubs, and PE programs
ymcasf.org/programs/ybike-presidio

• SF RECREATION AND PARKS

Public parks, classes, camps, bicycle trails, and outdoor events
sfrecpark.org

• SF SHARED SCHOOLYARDS

Public school playgrounds are open 9:00 am to 4:00 pm weekends in every district of the city sfsharedschoolyard.org

• SUNDAY STREETS

Closure of streets to car traffic on various Sundays for community event sundaystreetssf.com

• WHEEL KIDS

Camps, classes and family rides
wheelkids.com/san-francisco

SF BIKE SHOPS

*MEMBER DISCOUNT PARTNERS

American Cyclery
Avenue Cyclery
Bespoke Cycles
Big Swingin' Cycles
The Bike Connection
Box Dog Bikes
Citizen Chain
City Cycle of San Francisco
DD Cycles
Freewheel
Fresh Air Bicycles
Heavy Metal Bike Shop
High Trails Cyclery
Huckleberry Bicycles
Market Street Cycles

Mike's Bikes
Mission Bicycle Company
Noe Valley Cyclery
Nomad Cyclery
Ocean Cyclery
Pacific Bikes & Boards
Pedal Revolution
PUBLIC Bikes
Refried Cycles
Roaring Mouse Cycles
Sports Basement
Swell Bicycles
A Tran's Bay Bike Shop
Treat Street Bicycle Works
Valencia Cyclery
Warm Planet Bikes
Wiggler Bicycles

PRODUCTS AND BRANDS

*PARTIAL LIST

• HELMETS

Bell, Bern, Giro, Lazer, Nutcase, Razor

• CHILD SEATS

Bell, BoBike, CoPilot, iBert, Kettler, Thule, Topeak, WeeRide, Yepp

• TRAILERS / TAG-ALONGS

Adams, Buddybike, Burley, Trail-a-Bike, Trail-Gator, Weehoo, WeeRide

• BALANCE BIKES

Kinderfeets, Strider, WeeRide

• FAMILY/CARGO BIKES

Bullitt, Bike Friday Haul-a-Day, Urban Arrow, Vie Bikes San Francisco, Xtracycle EdgeRunner, Yuba

The Family Biking Mini Guide was researched and designed by Eva Phillips, SF Bicycle Coalition Intern for Safe Routes to School, and written by Nancy Buffum, Family and Schools Program Manager. Many thanks to Kit Hodge, author of the original Family Biking Guide, Chris Cassidy, SF Bicycle Coalition Communications Director, and MTC's Spare the Air Youth program. Thanks also to the parent and teacher consulting editors, Ana Vasudeo, Anna Gore, and Robert Prinz.



This free Family Biking Guide is brought to you by the San Francisco Bicycle Coalition, a 10,000-plus-member nonprofit promoting the bicycle for everyday transportation. To learn more about the San Francisco Bicycle Coalition and our family biking work, visit sfbike.org/family.