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
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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

PANNIERS
$30-$200

BASKETS
$30-$90

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 BUCKET (BAKFIETS)**
$1500-$4500
Flexible for larger children and multiple riders.

**FRONT SEATS**
$40-$200
Weight limit: 35 pounds.
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

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

**TRAILER BIKE**
$150-$300

**TANDEM BIKE**
$200-$2000

**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

BUCKET BIKE
$1500-$4500

MIDTAIL
$1000-$2500

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

How it works: you pedal, electric motor gives you a boost
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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 sfsaferoutes.org
## 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

## 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
- Wiggle Bicycles

## 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

## 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.