

**We continue this week with a new episode of our series on cycling to work and share with you the stories of people who have been involved in commuting accidents.**

### **Testimonies**

*I was cycling along a small road one morning on an unseparated roadside cycle path. It was daylight, clear and sunny, a beautiful summer morning.*

*I came to a roundabout and left the cycle path to cross the roundabout. I saw a vehicle coming at me from the right at a high speed for the place, but it was too late, it didn't see me and hit me head on on the right side. I bounced off the bonnet breaking the windscreen with my head, luckily I was wearing a helmet, and landed on the road breaking seven ribs and my left collarbone.*

*I heard the tyres screeching as the vehicle started up and hit me just as a motorist came up to me and asked what had happened and I pointed out the vehicle that was trying to get away, she followed it which forced the driver to stop and come to my rescue.*

*It is now the end of September and I still have several weeks to recover before I can resume a normal life.*

*(Source Sécurité routière)*

I was returning from a road bike ride with friends at about 12:00 on the cycle track / shared space between pedestrians and cyclists 500 metres from my house.

Some inconsiderate tourists (on holiday) were walking around and blocked the last bollard for me while I was travelling at 20 km/h. It stopped me dead in my tracks.

I dove head first into it, the bike went over me. I don't remember anything. My face was bloody, glasses broken, helmet cracked in front, upper lip cut, 3 teeth broken, left shoulder painful (spine displaced), little finger on my right hand broken.

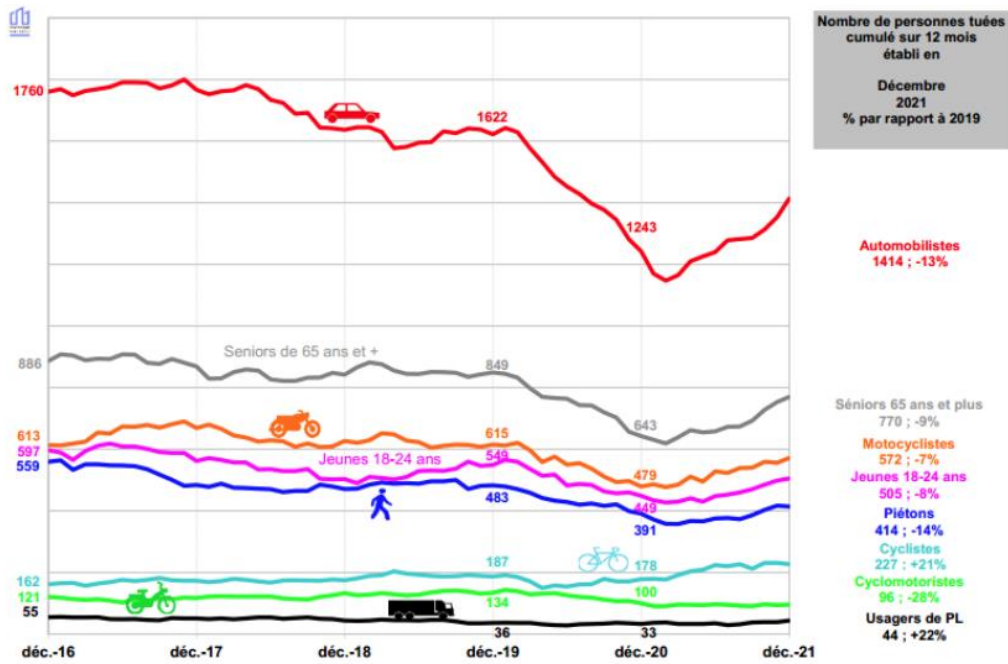
9 months later, still in care, but alive, I'm cycling again. In conclusion: helmets are not compulsory for adults, but they saved my life.

*(Source Sécurité routière)*

Sources figures sécurité routière

**« 1 in 3 cyclists are killed alone, without colliding with another road user »**

**"2 out of 3 cyclists in urban areas are killed by other user »**



**In 2021, a total of 227 cyclists died.**

**This is the first time in 20 years that the threshold of 200 deaths has been exceeded.**